

**DID YOU KNOW...**

Products sourced by Whitsons contain Zero Trans Fats. ●The majority of the food sourced by Whitsons contain; No HFCS & No Artificial Flavors, Colors or Sweeteners, and we continue to work on this initiative. ● Our milk and chicken products are free of added hormones and antibiotics at the time of processing. ●Meats, condiments and cheeses are all lean or low fat. ● Most entrees contain between 500-900 mg of sodium. ● We offer whole grain pastas, rice and bread products.

**LUNCH PRICES**

Reimbursable Lunch Price \$2.50  
 Reduced Lunch Price \$0.25  
 Milk/Chocolate Milk \$0.50  
 100% Juice \$0.50




**PREPAID LUNCHES AVAILABLE**

Thru [www.mynutrikids.com](http://www.mynutrikids.com) or in the Cafeteria

**ALL LUNCHES INCLUDE**

Skim Milk, 1% Milk or Low Fat Chocolate Milk / 100% Juice/ Vegetable Choice/ Fruit Choice

**AVAILABLE DAILY**

-  A Variety of Cold Cut Sandwiches
-  Three Different Topped Pizza's Daily
-  Hot Meal of the Day
-  Grab "N" Go Burgers & Chicken Patties
-  Grab "N" Go Fresh Salad & Sandwiches

**SENSIBLE SNACKS CONTAIN**

Fat=7g or less - Sat Fat=2g or less  
 Sodium=360mg or less - Sugar=15g or less

V =vegetarian ●  =healthier choice ● P=pork

● If you have a food allergy, please speak to your Food Service Director or Lead Server.  
 \*\*\* Consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.

● Menu is subject to change, notice posted when available.

● If you have any questions or would like additional information regarding this menu, please contact your food service director

Patty Dilluvio at (914) 937-3600 ext 3261 or 3053



Take care of your body and mind. Keep your body fit with exercise and feed it with healthy fuel, such as lean proteins, plenty of fresh vegetables and fruits and whole grains.

**Blind Brook MS/HS  
 FEBRUARY 2012**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> <u>Hebrew National Hot Dog</u> Baked Beans Sauerkraut Corn on the Cob Choice of Fruit & Veggie	<b>2</b> (V) <u>Cheese Lasagna</u> Sweet Peas French Bread Choice of Fruit & Veggie	<b>3</b> <u>Sliders</u> Hamburger, Cheese-burger & Chicken Steak Fries Choice of Fruit & Veggie
<b>6</b> (V) <u>Tortellini</u> with Marinara Sauce Mixed Vegetables Dinner Roll Choice of Fruit & Veggie	<b>7</b> <u>Chicken with Broccoli</u> White Rice Choice of Fruit & Veggie	<b>8</b> (V) <u>Stuffed Bread Sticks</u> With Marinara Sauce Green Beans Choice of Fruit or Veggie	<b>9</b> <u>Nachos Grande</u> With Meat, Cheese & Salsa Mexican Rice Choice of Fruit & Veggie	<b>10</b> <u>Meatball Parmesan Wedge</u> Carrot Coins Choice of Fruit & Veggie
<b>13</b> (V) <u>Triple Decker Grilled Cheese</u> Chicken Noodle Soup Sweet Peas Choice of Fruit & Veggie	<b>14</b> <u>Texas Riblet Melt On a Roll</u> Baked Beans Cole Slaw Choice of Fruit & Veggie	<b>15</b> (V) <u>Pasta Primavera</u> In a Light Cream Sauce Fresh Vegetables Garlic Bread Choice of Fruit & Veggie	<b>16</b> <u>Chicken Tenders</u> Seasoned Rice Corn Choice of Fruit & Veggie	<b>17</b> (V) <u>Macaroni &amp; Cheese</u> California Vegetables Dinner Roll Choice of Fruit & Veggie
 <h1 style="font-family: cursive;">Winter Recess</h1> 				
<b>27</b> (V) <u>Baked Ziti</u> with Ricotta & Mozzarella Dinner Roll Steamed Spinach Choice of Fruit & Veggie	<b>28</b> <u>Beef or Chicken Burritos</u> Black Beans Yellow Rice Choice of Fruit & Veggie	<b>29</b> <u>Sweet &amp; Sour Chicken</u> Fried Rice (V) Egg Roll Oriental Vegetables Choice of Fruit & Veggie	 <p><b>IT'S LEAP YEAR!</b>                      The fruit of the month is TANGERINES.</p>	

**Greenleaf Cuisine**  
 WE PURCHASE LOCALLY!  
 Produce is purchased through regional suppliers when seasonally available. Visit our website to see all that we are doing to help save the environment! [www.Whitsons.com](http://www.Whitsons.com)

**Visit Our Virtual Cafeteria!**  
 Take a tour of our virtual cafe! Drag and drop meal components onto your tray and see nutritional information including; allergens, nutrition facts, etc. [www.Whitsons.com/Nutrition](http://www.Whitsons.com/Nutrition)

**Have Allergies to Gluten, Casein or Soy?**  
 Check out NuLife Foods! They offer great tasting, GFCFSF foods that help people with food sensitivities to be free. Items are available right in your cafeteria!  
[www.NuLifeFoods.com](http://www.NuLifeFoods.com)