

**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

**LUNCHES INCLUDE**

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

**AVAILABLE DAILY**

Whole Wheat Bagel, Whole Wheat Roll or  
 Low Sugar Cereal with Low Fat Yogurt,  
 Fresh Fruit & Low Fat Cheese Stick  
 Assorted Deli Sandwiches  
 Tuna, Egg or Marinated Chicken  
 Served on a Bed of Lettuce with Fresh  
 Vegetables

**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 addi-  
 tional information regarding this menu, please  
 contact your food service director

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



We all know that Grant loves his snacks! But did you know that he only chooses smart and delicious snacks? Grant always chooses carefully; some of his favorites are whole grain pretzels, popcorn, almonds and raisins.

**Ridge St. Elementary**  
**FEBRUARY 2012**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> Barilla Whole Grain Pasta with Sauce & Meatballs Or Mozzarella Sticks Tossed Salad Garlic Bread Choice of Fruit & Veggie	<b>2</b> Hebrew National Hot Dog Or (V) Macaroni & Cheese Baked Beans Corn Choice of Fruit & Veggie	<b>3</b> (V) Cheese Pizza On WW Crust Or (V) Pizza Bagel Tomato Salad Choice of Fruit & Veggie
<b>6</b> Popcorn Chicken Or Egg Salad on a Roll Mashed Potatoes Sweet Peas WW Dinner Roll Choice of Fruit & Veggie	<b>7</b> (V) WG Waffle Sticks Or (V) Cheese Omelet on a WW Bagel Tater Tots Turkey Sausage Pattie Choice of Fruit & Veggie	<b>8</b> Barilla Whole Grain Pasta with Sauce & Meatballs Or Meatball Wedge Tossed Salad Cheese Toast Choice of Fruit & Veggie	<b>9</b> <b>Sliders</b> Hamburger, Cheeseburger or Veggie Burger Oven Baked Fries Corn on the Cob Choice of Fruit & Veggie	<b>10</b> (V) Cheese Pizza On WW Crust Or Pepperoni Roll Mixed Green Salad Choice of Fruit & Veggie
<b>13</b> Baked Chicken Tenders Or Tuna Salad Wrap with Lettuce Seasoned Rice Carrot Coins Choice of Fruit & Veggie	<b>14</b> Taco's with Meat, Cheese & Salsa Or Chicken Fajita Mexican Rice Sweet Corn Choice of Fruit & Veggie <b>LUCKY FRUIT DAY</b>	<b>15</b> Barilla Whole Grain Pasta with Sauce & Meatballs or (V) Stuffed Bread Sticks with Marinara Sauce California Vegetables Choice of Fruit & Veggie	<b>16</b> Chicken Patty on a WW Bun Or (V) Potato & Cheese Pierogies Steamed Broccoli Choice of Fruit & Veggie	<b>17</b> (V) Cheese Pizza On WW Crust Or Chicken Parmesan Pizza Garden Salad Choice of Fruit & Veggie
	<h1>Winter Recess</h1>			
<b>27</b> Baked Chicken Tenders Or Turkey BLT Wrap Mashed Potatoes Green Beans WW Dinner Roll Choice of Fruit & Veggie	<b>28</b> (V) Grilled Cheese on WW Bread Or Philly Cheese Wedge Chicken Noodle Soup Mixed Vegetables Choice of Fruit & Veggie	<b>29</b> Barilla Whole Grain Pasta with Sauce & Meatballs or Whole Grain Fish Sticks Tomato Salad Choice of Fruit & Veggie	<b>IT'S LEAP YEAR!</b> The fruit of the month is <b>TANGERINES.</b>	



**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)