

DID YOU KNOW...

All 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.

□All milk and chicken products are hormone and antibiotic free. □ 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

Type A Lunch Price \$1.30
Reduced Lunch Price \$0.40

ALL STUDENT LUNCH INCLUDES

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

Alternate Lunches Daily

Cheese Sandwiches
Triple Decker Peanut butter & Jelly

AVAILABLE DAILY

Low Fat American Cheese Sandwich / Peanut Butter & Jelly Sandwich / Salad Plate
Above Lunches include: Vegetable, Fresh Fruit, Low Fat Milk & Low Fat Mozzarella Cheese Bread Basket

**If you have a food allergy, please speak to the Director or Lead Server. *Consuming raw or under-cooked 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 the food service office 973-372-2675*

WE PURCHASE LOCAL!

Produce is purchased through regional suppliers when seasonably available. Visit www.Whitsons.com to see all that we are doing to help save the environment!

V =VEGETARIAN SELECTION

=HEAL T HIER CHOICE

WE OFFER BREAKFAST DAILY...

FREE OF CHARGE!!!

Don't forget to stop by the café for breakfast during the hours of 7:30 AM to 8:30 AM

Cereal and Graham Crackers offered Daily
FRUIT CUP OR JUICE OFFERED DAILY
BREAKFAST SERVICE INCLUDES MILK



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.

**Irvington Public Schools
Alternate School Lunch Menu
FEBRUARY 2012**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Chicken Parmigiana Breaded Chicken Breast w/ Lowfat Mozzarella and Marinara Sauce on Whole Wheat Kaiser Fresh Fruit Chilled Fruit Cup	2 Philly Cheese Steak Beef Steak w/Lowfat Cheese on whole wheat Hero Roll Baked Vegetarian Beans Cinnamon Applesauce Fresh Orange	3 Cheese Pizza Whole wheat dough topped with pizza sauce & low fat mozzarella -Carrot Sticks Fresh Banana Chilled Fruit Cup
6 Cheeseburger All beef patty w/lowfat Cheese on Whole Wheat Bun Oven Baked French Fries Steamed Carrots Chilled Pineapple Tidbits	7 Deli Sandwich Beef Salami & Cheese Hero Roll Sliced Tomatoes Shredded Lettuce 100% Fruit Juice Chilled Fruit Cup	8 Greek Fest Chicken Gyros served in Grilled Pita Pocket with tomato slices, lettuce, onion slices, yogurt garlic sauce Fresh Orange Chilled Fruit Cup	9 All American Chicken Pattv Breaded Chicken Patty, Lettuce, tomato and ranch dressing, on Whole Wheat Roll Fresh Pear Chilled Pineapple Tidbits	10 Meatball Pizza Whole wheat dough topped with pizza sauce, sliced meatballs & mozzarella Fresh Banana Chilled Fruit Cup
13 Meatball Hero Beef Meatballs and Marinara on Whole Wheat Hero Roll Sliced Steamed Carrots Fresh Apple Chilled Mixed Fruit	14 Stuffed Breadsticks Mozzarella Cheese Filled Breadsticks w/Marinara Dipping Sauce Chopped Steamed Broccoli Assorted Fresh Fruit	15 Nachos and Cheese Whole Grain Tortilla Chips w/Turkey Taco Meat, Cheddar Cheese Sauce Dipping Sauce Salsa Whole Kernel Corn Assorted Fresh Fruit	16 Chicken Nuggets Whole Grain Breaded Chicken Chunks with BBQ Sauce Mashed Potatoes Dinner Roll Assorted Fresh Fruit	17 SCHOOLS CLOSED FOR PRESIDENTS' WEEKEND
20 SCHOOLS CLOSED FOR PRESIDENTS' WEEKEND	21 Salisbury Steak with Gravy Savory Beef Steaks with Gravy Seasoned Brown Rice Steamed Green Beans Mixed Fruit Cup	22 Homestyle Beef Lasagna Classic Lasagna with Seasoned Beef, parmesan and melted mozzarella with Ricotta cheese Garlic Whole Wheat Bread Romaine Salad Mix	23 Sweet N Sour Chicken Nuggets Succulent pieces of chicken served in a glazed sweet n sour sauce with pineapple pieces over Seasoned Brown Rice Steamed Broccoli	24 Buffalo Chicken Pizza Whole wheat dough topped with Buffalo chicken strips, marinara and lowfat mozzarella Tossed Romaine Salad Fresh Orange and/or Banana
27 Chicken Scampi Golden Brown Chicken Strips dressed in Lemon Butter Sauce Served over Whole Grain Pasta Spinach Salad	28 Crispy Breaded Fish Filet Breaded Fish Filet with Cheese Steamed Green Beans Whole Wheat Dinner Roll	29 Chicken Parmesan Whole Grain Breaded Chicken Patty w/Marinara Sauce and Mozzarella Cheese on Whole Wheat Bun Green Garden Peas Assorted Fresh Fruit		

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

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

Have Allergies to Gluten, Casein or Soy?
Check out NuLife Foods! They offer great tasting, GFCSF foods that help people with food sensitivities to be free. Items are available right in your cafeteria!
www.NuLifeFoods.com