

**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](http://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  
Pre School Lunch Menu  
FEBRUARY 2012**

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   |
|---|--|---|---|--|
|   |  | <b>1</b><br><u>Pasta with Meat Sauce</u><br>Whole Grain Pasta with Turkey Spaghetti Meat Sauce<br>Green Beans<br>Assorted Fresh Fruit                                 | <b>2</b><br><u>Grilled Chicken &amp; Rice</u><br>Seasoned Grilled Chicken<br>Fajita Strips over Beans and Brown Rice<br>Steamed Carrots<br>100% Fruit Juice | <b>3</b><br><u>Pizza</u><br>Whole Wheat Cheese Pizza<br>Tossed Garden Salad w/ Lowfat Dressing<br>Assorted Fresh Fruit                                   |
| <b>6</b><br><u>Cheeseburger</u><br>100% Beef Patty with Cheese on Whole Wheat Bun<br>Oven Baked Tator Tots<br>Assorted Fresh Fruit  | <b>7</b><br><u>Grilled Chicken Salad</u><br>Garden Salad w/Grilled Chicken Strips w/Lowfat Dressing<br>Breadsticks<br>Assorted Fresh Fruit<br>100% Fruit Juice | <b>8</b><br><u>Stuffed Breadsticks</u><br>Mozzarella Cheese Filled Breadsticks w/Marinara Dipping Sauce<br>Chopped Steamed Broccoli<br>Assorted Fresh Fruit           | <b>9</b><br><u>Chicken Nuggets</u><br>Whole Grain Breaed Chicken Chunks with BBQ Sauce<br>Mashed Potatoes<br>Dinner Roll<br>Assorted Fresh Fruit            | <b>10</b><br><u>Pizza</u><br>Whole Wheat Cheese Pizza<br>Tossed Garden Salad w/ Chick Peas<br>Assorted Fresh Fruit                                       |
| <b>13</b><br><u>Beefaroni</u><br>Pasta w/Turkey Spaghetti Meat Sauce<br>Green Beans<br>Assorted Fresh Fruit   | <b>14</b><br><u>Chicken Stir Fry</u><br>Grilled Chicken Strips w/ Oriental Style Vegetables<br>Seasoned Fried Brown Rice<br>100% Fruit Juice                   | <b>15</b><br><u>Hot Diggity Dog</u><br>Turkey Hot Dog<br>Vegetarian Beans<br>Chilled Fruit Cup  | <b>16</b><br><u>Hot Turkey Ham and Cheese</u><br>Hot Turkey Ham and Melted Cheese on Whole Wheat Bun<br>Oven Baked Tator Tots<br>100% Fruit Juice           | <b>17</b><br><u>SCHOOLS CLOSED FOR PRESIDENTS' WEEKEND</u>   |
| <b>20</b><br><u>SCHOOLS CLOSED FOR PRESIDENTS' WEEKEND</u>  | <b>21</b><br><u>Cheese Quesadillas</u><br>Cheese Filled Quesadillas w/Salsa<br>Tossed Side Romaine Garden Salad with Lowfat Dressing<br>100% Fruit Juice       | <b>22</b><br><u>Chicken Nuggets</u><br>Whole Grain Breaed Chicken Chunks w/BBQ Sauce<br>Mashed Potatoes<br>Green Beans<br>Assorted Fresh Fruit                        | <b>23</b><br><u>Deli Turkey Sandwich</u><br>Oven Roasted Turkey Breast and Cheese on Whole Wheat Bun<br>Potato Wedges<br>100% Fruit Juice                   | <b>24</b><br><u>Pizza</u><br>Whole Wheat Cheese or Cheeseburger Pizza<br>Tossed Romaine Salad w/ Lowfat Dressing<br>Baby Carrots<br>Assorted Fresh Fruit |
| <b>27</b><br><u>Chicken Parmesan</u><br>Whole Grain Breaed Chicken Patty w/Marinara Sauce and Mozzarella Cheese on Whole Wheat Bun<br>Green Garden Peas<br>Assorted Fresh Fruit | <b>28</b><br><u>Sloppy Joe</u><br>Seasoned Ground Turkey Sloppy Joe on Whole Wheat Bun<br>Crinkle Cut Carrots<br>100% Fruit Juice                              | <b>29</b><br><u>Grilled Chicken Pasta Alfredo</u><br>Grilled Chicken Strips in Whole Grain Pasta w/ Alfredo Sauce<br>Chopped Steamed Broccoli<br>Assorted Fresh Fruit |   |  |



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**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, GFCSF foods that help people with food sensitivities to be free. Items are available right in your cafeteria! [www.NuLifeFoods.com](http://www.NuLifeFoods.com)