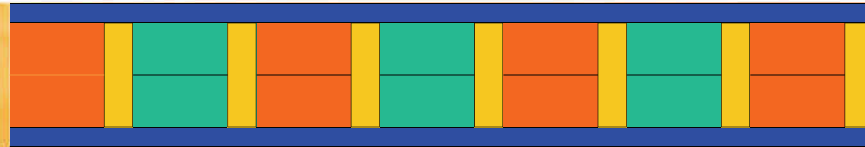


Irvington Public School Satellite Menu FEBRUARY 2012



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
		1 Teriyaki Chicken Brown Rice Peas & Carrots Fresh Pear	2 Tex-Mex Beef, Beans and Cheese Nachos Baked Whole Grain Corn Chips Sliced Carrots Fresh Apple	3 Whole Grain Cheese Pizza Fresh Carrot Sticks with Low Fat Ranch Dressing 100% Grape Juice
6 Whole Grain Spaghetti with Meatballs and Tomato Sauce & Mozzarella Green Beans Fruit Juice Whole Wheat Bun	7 Baked Whole Grain Chicken Nuggets BBQ Sauce PC Brown Rice Spinach Fresh Tangerine	8 BBQ Chicken Sandwich on a Whole Wheat Roll Broccoli Banana	9 Tandoori Chicken Brown Rice Green Peas Local Macintosh Apple	10 Home Style Baked Mac & Cheese Bread Crumbs Peas and Carrots Fresh Anjou Pear
13 Chicken Parmesan with Whole Grain Pasta, Marinara Sauce Green Beans Fresh Orange	14 Salisbury Steak with Country Gravy Mashed Potatoes Local Macintosh Apple	15 Fresh Meatball Whole Wheat Sub with Tomato Sauce Mozzarella Cheese Green Beans Fresh Banana	16 Chicken Soft Taco (Whole Wheat Tortilla) Mexi Style Corn Brown Rice Fresh Banana	17 <u>SCHOOLS CLOSED FOR PRESIDENTS' WEEKEND</u>
20 <u>SCHOOLS CLOSED FOR PRESIDENTS' WEEKEND</u>	21 <u>Cheese Quesadillas</u> Cheese Filled Quesadillas w/Salsa Tossed Side Romaine Garden Salad with Lowfat Dressing 100% Fruit Juice	22 <u>Chicken Nuggets</u> Whole Grain Breaded Chicken Chunks w/BBQ Sauce Mashed Potatoes Green Beans Assorted Fresh Fruit	23 <u>Deli Turkey Sandwich</u> Oven Roasted Turkey Breast and Cheese on Whole Wheat Bun Potato Wedges 100% Fruit Juice	24 <u>Pizza</u> Whole Wheat Cheese or Cheeseburger Pizza Tossed Romaine Salad w/ Lowfat Dressing Baby Carrots Assorted Fresh Fruit
27 <u>Chicken Parmesan</u> Whole Grain Breaded Chicken Patty w/Marinara Sauce and Mozzarella Cheese on Whole Wheat Bun Green Garden Peas Assorted Fresh Fruit	28 <u>Sloppy Joe</u> Seasoned Ground Turkey Sloppy Joe on Whole Wheat Bun Crinkle Cut Carrots 100% Fruit Juice	29 <u>Grilled Chicken Pasta Alfredo</u> Grilled Chicken Strips in Whole Grain Pasta w/ Alfredo Sauce Chopped Steamed Broccoli Assorted Fresh Fruit		

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



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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

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