

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

Reimbursable Lunch Price \$2.25
 Reduced Lunch Price \$0.25
 Milk/Chocolate Milk \$0.50

PREPAID LUNCHE\$ AVAILABLE

10 Lunches= \$22.50 20 Lunches= \$45.00
 30 Lunches=\$67.50 40 Lunches=\$90.00

LUNCH INCLUDES

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

AVAILABLE DAILY

Low Fat American Cheese Sandwich / Peanut Butter & Jelly Sandwich / Salad Plate

Above Lunches include:

Vegetable choice, Fruit choice, Low Fat Milk & Low Fat Mozzarella Cheese

WE OFFER BREAKFAST DAILY

Don't forget to stop by the café for breakfast

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 *Stephanie* or *Rich* at 475-6644

AVAILABLE DAILY

Monday: Turkey Sandwich
 Tuesday: Turkey Bologna Sandwich
 Wed: Turkey & Cheese Sandwich
 Thursday: Ham Sandwich
 Friday: Tuna Salad Sandwich
 PBJ offered Daily
All Sandwiches served on



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.

Albany Elementary

FEBRUARY 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1 Tuna Salad With Mixed Greens, Shredded Cheese Low Fat Dressing Whole Wheat Roll Or Cheeseburger All Beef Patty topped with Melted American Cheese On a Whole Wheat Roll Sweet Carrots Fresh Fruit/ Fruit Cup</p>	<p>2 Tuna Salad With Mixed Greens, Shredded Cheese Low Fat Dressing Whole Wheat Roll Or Taco Seasoned Turkey Taco Meat in a Tortilla with Salsa Sweet Corn & Brown Rice Fresh Fruit/ Fruit Cup</p>	<p>3 Tuna Salad With Mixed Greens, Shredded Cheese Low Fat Dressing Whole Wheat Roll Or Whole Wheat Cheese Pizza Romaine Mixed Greens Low Fat Dressing Fresh Fruit/ Fruit Cup</p>
<p>6 Chef Salad With Mixed Greens, Shredded Cheese Low Fat Dressing Whole Wheat Roll Or Chicken Rings Vegetable Medley Whole Wheat Dinner Roll Fresh Fruit/ Fruit Cup</p>	<p>7 Chef Salad With Mixed Greens, Shredded Cheese Low Fat Dressing Whole Wheat Roll Or Not So Sloppy Joe Seasoned Turkey Meat Steamed Brown Rice Sweet Corn Niblets Fresh Fruit/ Fruit Cup</p>	<p>8 Chef Salad With Mixed Greens, Shredded Cheese Low Fat Dressing Whole Wheat Roll Or BRONXIE FOR LUNCHE\$ FRENCH TOAST FOR LUNCHE\$ French Toast W/Turkey Sausage Carrot Sticks Fresh Fruit/ Fruit Cup</p>	<p>9 Chef Salad With Mixed Greens, Shredded Cheese Low Fat Dressing Whole Wheat Roll Or Macaroni & Cheese Elbow Macaroni in a Creamy cheese sauce WW Dinner Roll Steamed Peas Fresh Fruit/ Fruit Cup</p>	<p>10 Chef Salad With Mixed Greens, Shredded Cheese Low Fat Dressing Whole Wheat Roll Or Cheese Pizza Bagel Romaine Mixed Greens Low Fat Dressing Fresh Fruit/ Fruit Cup</p>
<p>13 Turkey Breast on Romaine Greens with Carrots and Low Fat Dressing, Whole Wheat Roll Or Chicken Nuggets With Dipping Sauce Mixed Vegetables Whole Wheat Dinner Roll Fresh Fruit/ Fruit Cup</p>	<p>14 Turkey Breast on Romaine Greens with Carrots and Low Fat Dressing, Whole Wheat Roll Or Valentine's Day Dinner Oven Roasted Turkey with Gravy Mashed Potatoes Sweet Corn Whole Wheat Roll Fresh Fruit/ Fruit Cup</p>	<p>15 Turkey Breast on Romaine Greens with Carrots and Low Fat Dressing, Whole Wheat Roll Or Sabretts All Beef Hot Dog On Whole Wheat Hot Dog Roll Baked Beans Fresh Fruit/ Fruit Cup</p>	<p>16 Turkey Salad on Romaine Greens with Carrots and Low Fat Dressing, Whole Wheat Roll Or Salisbury Steak All Beef Pattie with Gravy Mashed Potatoes Whole Wheat Dinner Roll Fresh Fruit/ Fruit Cup</p>	<p>17 Turkey Breast on Romaine Greens with Carrots and Low Fat Dressing, Whole Wheat Roll Or Whole Wheat Cheese Pizza Romaine Mixed Greens Low Fat Dressing Fresh Fruit/ Fruit Cup</p>
20 School Closed	21 School Closed	22 School Closed	23 School Closed	24 School Closed
<p>27 Tuna Salad With Mixed Greens, Shredded Cheese Low Fat Dressing Whole Wheat Roll Or Chicken Patty Sandwich All White Chicken Pattie On a Whole Wheat Roll Steamed Broccoli Fresh Fruit/ Fruit Cup</p>	<p>28 Tuna Salad With Mixed Greens, Shredded Cheese Low Fat Dressing Whole Wheat Roll Or Turkey Ham Melt Turkey Ham and Cheese On a Whole Wheat Roll Carrot Sticks Fresh Fruit/ Fruit Cup</p>	<p>29 Tuna Salad With Mixed Greens, Shredded Cheese Low Fat Dressing Whole Wheat Roll Or Penne with Meat Sauce Whole Grain Penne with Turkey Meat Sauce Garden Green Beans Fresh Fruit/ Fruit Cup</p>	<p>IT'S LEAP YEAR! The fruit of the month is TANGERINES.</p>	



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, GFCFSF foods that help people with food sensitivities to be free. Items are available right in your cafeteria!
www.NuLifeFoods.com