

**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. ●All entrees contain between 500-900 mg of sodium. ● We offer whole grain pastas, rice and bread products.

Type A Lunch Price \$2.00  
 Reduced Lunch Price \$.25  
 Milk/Chocolate Milk \$.50  
 100% Juice \$.40  
 Breakfast \$1.00

**PREPAID LUNCHES AVAILABLE**

10 Lunches= \$20 20 Lunches= \$40  
 30 Lunches=\$60 40 Lunches=\$80

**AVAILABLE DAILY**

Whole Grain Bagel w/Butter or Cream Cheese with daily protein option  
 American Cheese Sandwich  
 Or Salad Plate

**ALL STUDENT LUNCH INCLUDES**

Vegetable, Fresh Fruit, Fruit cup or Juice, Skim Milk, 1% Milk or Low Fat Chocolate Milk  
 Daily Offering: Fresh Veggie Sticks

**SENSIBLE SNACKS CONTAIN**

Fat=7g or less - Sat Fat=2g or less  
 Sodium=360mg or less - Sugar=15g or less

*\*If you have a food allergy, please speak to the 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 the food service director **Debbie@ 723-2110 xt 3407***

**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**  
**=HEALTHIER CHOICE**  
**P=PORK PRODUCT**

**Alternate Daily Sandwiches on Wheat Bread**


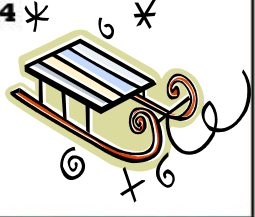
Monday- American Cheese  
 Tuesday- Turkey  
 Wednesday- Ham (P)  
 Thursday- Egg Salad  
 Friday- Tuna Salad

Above Lunches include Choice of Vegetable Choice of 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.

**Hampton Bays Elementary FEBRUARY 2012**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
February 14th is Valentines day Bring in a Red Heart and receive a Surprise School website is : <a href="http://www.hbschools.us">www.hbschools.us</a>		1 Pasta &* Meatballs Italian Bread Garden Salad w/Low Fat Dressing Chilled Fruit Cup	2 <b>HOMEMADE SOUP</b> Vegetable Soup W/ Checkerboard Grilled Cheese On whole wheat Bread Steamed Broccoli Mixed Fruit Cup	3 (V) Whole Wheat Cheese Pizza w/ Low Fat Mozzarella Cheese Romaine Garden Salad w/ Low Fat Dressing Fresh Fruit Basket
6 Baked Chicken Tenders Fluffy Brown Rice Sweet Corn Delicious Apple	7 <b>Brunch For Lunch</b> Pancakes w/ Syrup Sliced Ham (P) Baked Potato Tots 100% Orange Juice Warm Apple Sauce w/ cinnamon	8 (V) Cheesy Baked Macaroni & Cheese Garden Salad w/Low Fat Dressing Italian Bread Sweet Red Grapes	9 *Hamburger/ Cheeseburger or *Turkey Burger Sweet Potato Fries Mixed Vegetables Shredded Lettuce Petite Banana	10 (V) Whole Wheat Cheese Pizza w/ Low Fat Mozzarella Cheese Italian Blend Vegetables Fresh Fruit Basket
13 Oven Fried Chicken Mashed Potatoes w/ Gravy Sautéed Broccoli Dinner Roll Mixed Fruit Cup	14 Meatball Dunkers w/ Marinara Italian Bread Spinach Salad Petite Banana	15 Cheesy Baked Ziti w/ Marinara Sauce Italian Blend Vegetables Italian Bread Melon Slice	16 Turkey Hot Dog on Whole Wheat Bun Steak Fries Sweet Peas Sweet Tangerine	17 Cheesy Stuffed Breadsticks w/ Marinara Sauce Green Bean Salad Fresh Fruit Basket
20 	NO SCHOOL		WINTER BREAK	
27 Baked Popcorn Chicken Buttered Noodles Seasoned Carrots Coins Delicious Apple	28 Nacho Grande *Turkey Taco Nacho Scoops Cheese Sauce, Salsa Brown Rice Sweet Corn Delicious Apple	29 Pasta W/ (T) *Meat sauce Italian Bread Garden Salad w/Low Fat Dressing Chilled Fruit Cup	24 * 	
			IT'S LEAP YEAR! The fruit of the month is TANGERINES. 	



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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)