

**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.

**LUNCH PRICES**

Type A Lunch Price	\$2.50
Reduced Lunch Price	\$.25
Milk/Chocolate Milk	\$.50
100% 6oz Juice	\$.60
Breakfast	\$1.00

**PREPAID LUNCHES AVAILABLE**

10 Lunches=\$25.00 20 Lunches= \$50  
30 Lunches=\$75.00 40 Lunches= \$100.00

**ALL STUDENT LUNCH INCLUDES**

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

**AVAILABLE DAILY**

Assorted Bagel w/Butter or Cream Cheese w/ Tuna, Cheese, or Cubed Turkey, American Cheese Sandwich Salad Plate

Above Lunches include Fresh Vegetable sticks or vegetable of the day, Fresh Fruit, fruit cup or fruit juice & low fat milk

**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 ext 3407*

**WE PURCHASE LOCAL!**

Produce is purchased through regional suppliers when seasonally 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 MENU**

A variety of cold cut sandwiches



Two different topped pizzas daily

School website is : [www.hbschools.us](http://www.hbschools.us)



Take care of your body and mind. Keep your body fit with exercise and feed it with healthy fuel, such as lean proteins, plenty of fresh vegetables and fruits and whole grains.

**Hampton Bays Middle School FEBRUARY 2012**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Guest Chef Coming February 2nd</b> Come in and have a Muffin with your Breakfast</p>		<p><b>1</b> Baked Ziti w/ (T) *Meat sauce Italian Bread Slice Garden Romaine Salad Fresh Apple</p>	<p><b>2</b> Chinese Chicken w/ Broccoli Over Rice Fortune Cookie Sautéed Carrots Sweet Tangerine</p>	<p><b>3</b> Turkey Hot Dog on a Whole Wheat Bun Sautéed Onions Steak Fries Baked Beans Fruit Basket</p>
<p><b>6</b> Chicken &amp; Cheese Burrito Sautéed Zucchini &amp; Onions Fiesta Rice Fresh Apple</p>	<p><b>7</b> *Meatball Hero Plain or Parmesan Caesar Salad w/ dressing Fresh Banana</p>	<p><b>8</b> Vegetable Soup W/ Checkerboard Grilled Cheese Sweet Peas Sweet Grapes</p>	<p><b>9</b> *Philly Cheese Steak on a Hero or BBQ Rib Hero W/ Sautéed Peppers &amp; Onions Maple Glazed Carrots Chilled fruit Cup</p>	<p><b>10</b> <u>Pasta Bar</u> Choice of Pasta w/ *Meat sauce, Alfredo sauce Or Mariana Sauce Romaine Garden Salad Garlic Bread Fresh Fruit Basket</p>
<p><b>13</b> Chicken Fajita w/ Peppers &amp; Onions Brown Rice Orange Glazed Carrots Chilled Fruit Cup</p>	<p><b>14</b> Potato Bar Baked Potato, Mashes Potato or Steak Fries w/ toppings Cheese, Bacon, Broccoli, Black Bean Salad Sour Cream Fresh Baked Corn Bread Delicious Apple</p>	<p><b>15</b> Cheesy Macaroni &amp; Cheese Garlic Bread Garden Romaine Salad Chilled Peach Cup</p>	<p><b>16</b> Oven Roasted Chicken w/ Mashed Potato &amp; Gravy Dinner Roll Sautéed Broccoli Sweet Grapes</p>	<p><b>17</b> Mozzarella Sticks &amp; Chicken Tenders Dipping w/ Sauce Sautéed Cauliflower Fresh Banana</p>
<p><b>20</b> </p>	<p><b>NO</b></p>	<p><b>SCHOOL</b></p>		
<p><b>27</b> Chicken Lo-mien Sautéed Broccoli Fried Rice Fortune Cookie Orange Wedges</p>	<p><b>28</b> *Twin (T) Tacos w/ Lettuce, Cheese &amp; Salsa Brown Rice, Black Bean &amp; Corn Salad Delicious Apple</p>	<p><b>29</b> <u>Breakfast Bar</u> French Toast w/ Choice of (T) Bacon, Canadian Bacon, or Ham Or Egg &amp; Cheese on a Bun Potato Tots Orange Juice Warm Apple Sauce</p>	<p><b>IT'S LEAP YEAR!</b> The fruit of the month is <b>TANGERINES.</b> </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](http://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](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)