

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

LUNCH PRICES

Reimbursable Lunch Price \$ 2.20
 Reduced Lunch Price \$.40
 Fat Free Chocolate Milk \$.50
 100% Juice \$.40
 Lactaid Milk \$.50

PREPAID LUNCHES AVAILABLE

10 Lunches= \$22.00 20 Lunches= \$44.00
 30 Lunches=\$66.00 40 Lunches=\$88.00

LUNCH INCLUDES

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

AVAILABLE DAILY

Cheese / Low Fat American Cheese Sandwich
 (HC) Healthy Choice of the week
 (V) Low-Fat Cheese Sandwich/ on Whole Wheat Roll
Above Lunches Include: Vegetable choice, Fruit Choice, Low Fat Milk Choice
Salads are served with Whole Grain Bread

SENSIBLE SNACKS CONTAIN

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

WE OFFER BREAKFAST DAILY

Don't forget to stop by the café for breakfast
 Daily Choice:

Cereal, graham crackers, fruit or 100% juice, milk
 Reduced Breakfast \$.30

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.

Veggie of the Month

Cauliflower is low in fat, low in carbohydrates but high in dietary fiber, folate, water, and vitamin C. Cauliflower can be roasted, boiled, fried, steamed or eaten raw. Steaming or microwaving better preserves anti cancer



Join the Nutrition Safari this month with their exercise "touchdown" plan. They are eating top energy boosting foods like: oatmeal, lentils, bananas, lean beef, almonds and yogurt in order to perform their best.

**Norwalk Elementary
 Schools Menu
 JANUARY 2012**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Schools Closed New Years Holiday</p>	<p>3</p> <p><u>Pizza Salad</u> Mixed Garden Greens w/ Pepperoni and Mozzarella Cheese Fresh Vegetables and WW Roll Or <u>Chicken Nuggets</u> With BBQ or Ketchup Garden Green Beans Whole Wheat Roll Fresh Fruit /Fruit Cup</p>	<p>4</p> <p><u>Pizza Salad</u> Mixed Garden Greens w/ Pepperoni and Mozzarella Cheese Fresh Vegetables and WW Roll Or <u>Quesadillas</u> Soft Tortilla Filled With Cheddar Cheese & Pepperoni Sweet Corn Fresh Fruit/ Fruit Cup</p>	<p>5</p> <p><u>Pizza Salad</u> Mixed Garden Greens w/ Pepperoni and Mozzarella Cheese Fresh Vegetables and WW Roll Or <u>Burger Bar</u> Hamburger or Cheeseburger on a WW Bun with your choice of WW Bun with your choice of Lettuce and Pickles Oven Baked Fries Fresh fruit/ Fruit Cup</p>	<p>6</p> <p><u>Pizza Salad</u> Mixed Garden Greens w/ Pepperoni and Mozzarella Cheese Fresh Vegetables and WW Roll Or <u>Pizza, Pizza</u> Whole Wheat Pizza Wedge Or Veggie Pizza with Broccoli Tossed Garden Salad of Romaine Lettuce, Tomatoes and Cucumbers Fresh Fruit /Fruit Cup</p>
<p>9</p> <p><u>Turkey Chef Salad</u> Garden Greens w/ Turkey and Fresh Vegetables, WW Roll Or <u>Chicken Tenders</u> Oven Baked Tenders Served with WW Dinner Roll Steamed Fresh Broccoli & Cauliflower Fresh Fruit/ Fruit Cup</p>	<p>10</p> <p><u>Turkey Chef Salad</u> Garden Greens w/ Turkey and Fresh Vegetables, WW Roll Or <u>Boneless Rib Grinder</u> Tender Boneless Beef Rib in a Tangy Barbeque Sauce Served on Whole Wheat Grinder Roll , Green Beans Fresh Fruit/Fruit Cup</p>	<p>11</p> <p><u>Turkey Chef Salad</u> Garden Greens w/ Turkey and Fresh Vegetables, WW Roll Or <u>Brunch For Lunch</u> Whole Grain French Toast Sticks Turkey Sausage Patty Baked Potato Puffs Fresh Fruit /Fruit Cup</p>	<p>12</p> <p><u>Turkey Chef Salad</u> Garden Greens w/ Turkey and Fresh Vegetables, WW Roll Or <u>Nachos Grande on Scoops!</u> Tortilla Chips with Seasoned Ground Turkey, Shredded Cheddar Cheese & Bean Salsa Corn on the Cob Fresh Fruit /Fruit Cup</p>	<p>13</p> <p><u>Turkey Chef Salad</u> Garden Greens w/ Turkey and Fresh Vegetables, WW Roll Or <u>Pizza, Pizza</u> Whole Wheat Pizza Bagel Or Veggie Pizza Tossed Garden Salad with Shredded Carrots Fresh Fruit /Fruit Cup</p>
<p>16</p> <p>Schools Closed Martin Luther King Day</p>	<p>17</p> <p><u>Garden Salad</u> Mixed Greens w/ Shredded Cheese, Carrots, Tomato and Cucumbers Or <u>Chicken Rings</u> Baked Chicken Rings With Ketchup or BBQ Sauce Whole Wheat Dinner Roll Winter Vegetables Fresh Fruit/Fruit Cup</p>	<p>18</p> <p><u>Garden Salad</u> Mixed Greens w/ Shredded Cheese, Carrots, Tomato and Cucumbers Or <u>Hot Dog</u> All Beef Hot Dog On A Whole Wheat Roll Crinkle Cut Oven Fries Fresh Fruit/Fruit Cup</p>	<p>19</p> <p><u>Garden Salad</u> Mixed Greens w/ Shredded Cheese, Carrots, Tomato and Cucumbers Or <u>Turkey Dinner</u> Oven Roasted Turkey Diced On Whole Wheat Bread with Gravy Cranbury Sauce, Green Beans Orange Smiles</p>	<p>20</p> <p><u>Garden Salad</u> Mixed Greens w/ Shredded Cheese, Carrots, Tomato and Cucumbers Or <u>Pizza, Pizza</u> Whole Wheat Pizza Square Or Veggie Pizza with Peppers Tossed Garden Greens Carrots & Cucumber w/Low Fat Dressing Fresh Fruit /Fruit Cup</p>
<p>23</p> <p><u>Tuna Salad</u> Mixed Greens w/ Tuna Fresh Vegetables WW Roll Or <u>Pop Corn Chicken</u> Baked Chicken Bites w/ BBQ Sauce, WW Roll Steamed Peas & Carrots Fresh Fruit/ Fruit Cup</p>	<p>24</p> <p><u>Tuna Salad</u> Mixed Greens w/ Tuna Fresh Vegetables WW Roll Or <u>Meat Ball Wedge</u> Hearty Beef Meatball in a Marinara Sauce Topped w/ Parmesan Cheese Steamed Broccoli Fresh Fruit /Fruit Cup</p>	<p>25</p> <p><u>Tuna Salad</u> Mixed Greens w/ Tuna Fresh Vegetables WW Roll Or <u>Mix Up Day</u> Chicken Rings with Mozzarella Sticks , Marinara Sauce Caesar Salad Greens topped with Parmesan Cheese Italian Bread Slice</p>	<p>26</p> <p><u>Tuna Salad</u> Mixed Greens w/ Tuna Fresh Vegetables WW Roll Or <u>Sweet-n-Sour Chicken</u> Tender Chicken Tossed With Noodles in a Savory Asian Sauce With Shredded Carrots and Broccoli Fresh Fruit /Fruit Cup</p>	<p>27</p> <p><u>Tuna Salad</u> Mixed Greens w/ Tuna Fresh Vegetables WW Roll Or <u>Pizza, Pizza</u> Whole Wheat Pizza Wedge Or Veggie Pizza Tossed Garden Salad with Cucumbers & Tomatoes Fresh Fruit/ Fruit Cup</p>
<p>30</p> <p><u>Turkey & Cheese Chef Salad</u> Garden Greens w/ Turkey, Cheddar Cheese and Fresh Vegetables, Whole Wheat Roll Or <u>Chicken Tenders</u> Baked Tenders with WW Dinner Roll & BBQ Dipping Sauce Vegetable Medley Fresh Fruit/ Fruit Cup</p>	<p>31</p> <p><u>Turkey & Cheese Chef Salad</u> Garden Greens w/ Turkey, Cheddar Cheese and Fresh Vegetables, Wheat Roll Or <u>Slider Tuesday</u> Memphis Barbeque Turkey On Two Mini Slider Rolls Seasoned Potato Wedges Fresh Fruit/ Fruit Cup</p>			



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