

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 \$ 2.50
- Reduced Lunch Price \$.40
- Milk/Chocolate Milk \$.50
- 100% Juice \$.40
- Lactaid Milk \$.50
- Adult Lunch \$ 4.00

PREPAID LUNCHES AVAILABLE

- 10 Lunches= \$30.00 20 Lunches= \$60.00
- 30 Lunches=\$90.00 40 Lunches=\$120.00

LUNCH INCLUDES

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

ALTERNATE MENU

Great American Sandwich

A variety of cold cut sandwiches (turkey, ham, roast beef, salami, tuna salad, chicken salad, provolone, American, Swiss, lettuce, tomato, mustard, mayo, pickles.

La Cuccina

Two different topped pizzas offered daily on Whole Grain Dough

Chef Productions

Hot meal of the day listed on menu

Miss Ruby's Grill

Grab n Go chicken patties and burgers (with or without cheese, lettuce, tomato, mustard, mayo)

Fruit Express

Grab-N-Go Fresh Salad Offerings (Garden Salad, Chef Salad, Caesar Salad)

Coyote Grill

South Western Cuisine

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

- 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 at 203-899-2990.



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.

Norwalk Middle Schools Menu FEBRUARY 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1 Turkey & Cheese Chef Salad Garden Greens w/ Turkey, Cheddar Cheese and Fresh Vegetables, WW Roll Or Hot Turkey Sandwich Sliced Turkey with Gravy on Slice Whole Wheat Bread Served w/Mashed Potatoes Sweet Corn</p>	<p>2 Turkey & Cheese Chef Salad Garden Greens w/ Turkey, Cheddar Cheese and Fresh Vegetables, WW Roll Or Baked Ziti Whole Wheat Ziti With Marinara Sauce With Ricotta & Mozzarella Cheeses Baked and Topped with Parmesan Cheese Tossed Garden Greens Fresh Fruit / Fruit Cup</p>	<p>3 Turkey & Cheese Chef Salad Garden Greens w/ Turkey, Cheddar Cheese and Fresh Vegetables, WW Roll Or Sloppy Joe Sliders Tangy Sloppy Joe Meat on Two Mini Slider Rolls Oven Wedges Fresh Fruit/Fruit Cup</p>
<p>6 Garden Salad Mixed Greens w/ Shredded Carrots, Tomato and Cucumbers, WW Roll Or Chicken Tenders Oven Baked Chicken Tenders Served with WW Dinner Roll Steamed Fresh Peas & Carrots Fresh Fruit/ Fruit Cup</p>	<p>7 Garden Salad Mixed Greens w/ Shredded Carrots, Tomato and Cucumbers, WW Roll Or Crunchy Baked Chicken Crispy Baked Chicken w/ Steamed Brown Rice With Mixed Winter Vegetables Fresh Fruit/Fruit Cup</p>	<p>8 Garden Salad Mixed Greens w/ Shredded Carrots, Tomato and Cucumbers, WW Roll Or All Beef Hot Dog Served on a Whole Wheat Roll Cheesy Scalloped Potatoes Garden Green Beans Fresh Fruit /Fruit Cup</p>	<p>9 Garden Salad Mixed Greens w/ Shredded Carrots, Tomato and Cucumbers, WW Roll Or Homemade Meatloaf Savory Meatloaf w/ Smashed Red Potatoes And Gravy Peas & Carrots Fresh Fruit /Fruit Cup</p>	<p>10 Garden Salad Mixed Greens w/ Shredded Carrots, Tomato and Cucumbers, WW Roll Or Three Cheese Stromboli Whole Wheat Pizza Dough Brushed with Garlic, Filled Cheddar, Mozzarella and Parmesan Cheeses Baked to Perfection Tossed Garden Greens Fresh Fruit/Fruit Cup</p>
<p>13 Turkey Cesar Salad Fresh Greens Tossed w/ Turkey, Parmesan Cheese & Fresh Vegetables Or Chicken Nuggets Oven Baked Chicken Nuggets Served with WW Dinner Roll Steamed Fresh Peas & Carrots Fresh Fruit/ Fruit Cup</p>	<p>14 Turkey Cesar Salad Fresh Greens Tossed w/ Turkey, Parmesan Cheese & Fresh Vegetables Or Meat Ball Grinder Tender Meat Balls in a Marinara Sauce Topped With Melted Mozzarella Cheese Tossed Cesar Salad Fresh Fruit/Fruit Cup</p>	<p>15 Turkey Cesar Salad Fresh Greens Tossed w/ Turkey, Parmesan Cheese & Fresh Vegetables Or Breakfast Bar French Toast Sticks with Choice Of Toppings (Strawberry or Peaches) Hash Brown Patties Baby Carrots Fresh Fruit /Fruit Cup</p>	<p>16 Turkey Cesar Salad Fresh Greens Tossed w/ Turkey, Parmesan Cheese & Fresh Vegetables Or Beef Burrito Seasoned Beef Wrapped in A Soft Burrito Shell With Cheddar Cheese Served on a Bed of Shredded Lettuce with Salsa Fresh Fruit/Fruit Cup</p>	<p>17 Fish Sandwich Available on Friday's During Lent </p>
<p>Winter Break No School</p>				
<p>20 Closed Winter Break</p>		<p>21 Closed Winter Break</p>		<p>22 Tuna Salad Fresh Greens W/ Tuna Tomatoes and Cucumbers, WW Roll Or Chicken Tenders or Fish Sandwich Oven Baked Tenders Served with WW Dinner Roll Steamed Fresh Winter Vegetables Fresh Fruit/ Fruit Cup</p>
<p>27 Garden Salad Mixed Greens w/ Shredded Carrots, Tomato and Cucumbers, WW Roll Or Chicken Rings Oven Baked Chicken Rings Served with WW Dinner Roll Steamed Fresh Peas & Carrots Fresh Fruit/ Fruit Cup</p>		<p>28 Garden Salad Mixed Greens w/ Shredded Carrots, Tomato and Cucumbers, WW Roll Or Barbeque Turkey Grinder Sweet BBQ Turkey on a Whole Wheat Roll Cheesy Parmesan Broccoli Fresh Fruit /Fruit Cup</p>		<p>29 Garden Salad Mixed Greens w/ Shredded Carrots, Tomato and Cucumbers, WW Roll Or Italian Roasted Chicken Baked Chicken Roasted with Italian Herbs and Cheese Buttery Egg Noodles Garlic Green Beans Fresh Fruit/Fruit Cup</p>

IT'S LEAP YEAR!
The fruit of the month is **TANGERINES.**

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