




# February 2012

## Westhill High School

**Menu subject to change without notice.**

For optimum nutrition, students will be encouraged to select fruits and vegetables as part of a lunch.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Average Weekly
		<p>1</p> <p>Turkey Club Sandwich Sea Shell Pasta Salad Fresh Garden Salad Fruit Yogurt Fresh Fruit</p>	<p>2</p> <p>Pepperoni Pizza Or Garlic Pizza Fresh Garden Salad Fruit Yogurt Whole Wheat Roll &amp; Butter Fresh Fruit Cookie</p>	<p>3</p> <p>Fish Sandwich Sweet Potato Fries Fresh Garden Salad Fruit Yogurt Fresh Fruit</p>	<p><b>Nutritional Info</b></p> <p>Calories 811 Fiber 9.47g Protein 31.83g Total Fat 28.99% Sat. Fat 9.72%</p>
<p>6</p> <p>Cheeseburger on a Multigrain Roll Or Chipotle Burger on a Multigrain Roll Seasoned Green Beans Oven Roasted Potatoes Fruit Yogurt Fresh Fruit</p>	<p>7</p> <p>BBQ Rib Sandwich Sweet Peas &amp; Carrots BBQ Baked Beans Fruit Yogurt Fresh Fruit</p>	<p>8</p> <p>Baked Ziti Seasoned Green Beans Fresh Garden Salad Warm Bread Stick Fresh Fruit</p>	<p>9</p> <p>Chicken Tenders Northern Blend Vegetables Orange Rice Pilaf Whole Wheat Roll &amp; Butter Fresh Fruit</p>	<p>10</p> <p>Grilled Cheese Sandwich Or Grilled Reuben Mixed Vegetables Soup of Choice Fruit Yogurt Fresh Fruit</p>	<p>Calories 787 Fiber 8.78g Protein 31.02g Total Fat 24.33% Sat. Fat 6.98%</p>
<p>13</p> <p>Philly Cheese Steak Sandwich w/Peppers &amp; Onions Sweet Corn Rice Pilaf Fruit Yogurt Fresh Fruit</p>	<p>14</p> <p>Cupid's Chicken Teriyaki Sandwich LoMein Noodles Fresh Garden Salad Fresh Fruit Sweet Heart Cherry Ice Cream Cup</p> 	<p>15</p> <p>Curly Pasta w/Meatballs Fresh Garden Salad Warm Bread Sticks Fruit Yogurt Fresh Fruit Don't Call Me Shirley Cherry Cobbler</p>	<p>16</p> <p>Breakfast for Lunch French Toast Sticks Grilled Ham or Sausage Hash Brown Potatoes Chilled Juice Fresh Fruit</p>	<p>17</p> <p>Personal Pizza Fresh Garden Salad Whole Wheat Roll &amp; butter Fruit Yogurt Fresh Fruit</p>	<p>Calories 882 Fiber 8.05g Protein 31.92g Total Fat 28.45% Sat. Fat 7.70%</p>
<p>20</p> <p>PRESIDENT'S DAY NO SCHOOL</p>	<p>21</p> <p>WINTER RECESS NO SCHOOL</p>	<p>22</p> <p>WINTER RECESS NO SCHOOL</p>	<p>23</p> <p>WINTER RECESS NO SCHOOL</p>	<p>24</p> <p>WINTER RECESS NO SCHOOL</p>	
<p>27</p> <p>Chicken Patty on a Bun Sweet Peas &amp; Carrots Rice Pilaf Fresh Fruit</p>	<p>28</p> <p>Meatball Sandwich Roasted Spaghetti Squash w/Sauce Fresh Garden Salad Warm Garlic Bread Stick Fruit Yogurt Fresh Fruit</p>	<p>29</p> <p>Leaping Cheeseburger on a Multigrain Roll Leaping Frog Fries Leaping Vegetables Fruit Yogurt Fresh Fruit</p>			<p>Calories 797 Fiber 8.03g Protein 30.89g Total Fat 25.34% Sat. Fat 6.99%</p>

**\*\*BREAKFAST SERVED DAILY AT ALL SCHOOLS\*\* \$1.50 (Even if you ride the Bus)**

**Mondays -** Deli Bar, Baked Potato(Cheese, Ham & Cheese, Chili) \*Vegan Choices Upon Request\*

**Tuesdays -** Taco Bar(Soft or Hard Shell)

**Thursday -** Pasta Bar(Meatballs, Ziti, Chicken Alfredo)

**Friday -** Calzones(Cheese, Pepperoni, Veggie) or Salad Bar

**Lunch Prices -** \$2.30

**Student Single -** \$2.20

**Milk Available Everyday -** \$.50

**We Serve NYS Apples**

**Nutritional Targets**

Calories 785  
Fiber 8.0g  
Protein 14.56 g  
Total Fat <30%  
Sat. Fat <10%

## Snack Nutritional Information

All snacks have been grouped into four categories: **Healthiest/Go**, **Sensible/Go**, **Caution/Slow**, and **Limited/Whoa**

- Snacks (apples, oranges, bananas, carrots, and animal crackers) available for \$0.25
- To start or add to your child's NutriKids account, please submit a check payable to: Westhill Internal Fund
- NutriKids account can be used for breakfast, lunch and snacks

**HEALTHIEST "GO"**: Fruits, vegetables, nuts, and seeds in any form

Fresh Fruits: apples, pears, oranges, bananas \$0.25

Fresh Vegetables: carrots \$0.25

**SENSIBLE "GO"**: Contains  $\leq 3g$  Fat,  $\leq 25\%$  of Calories from Fat,  $\leq 30g$  Carbohydrates,  $\leq 360mg$  Sodium

QuickTime™ and a decompressor are needed to see this picture.

	Price	Calories	Fat(g)	%Cal from Fat	Carbs(g)	Sodium(mg)
Baked Lays Chips	\$0.75	130	1.5	12%	26	170
Baked Doritos	\$0.75	90	2.5	22%	16	160
Pretzels	\$0.75	160	0	0%	35	350
Animal Crackers	\$0.50	130	2	15%	25	90
Marshmallow Treat	\$0.50	100	2.5	25%	18	130
Nutri-Grain Bar	\$0.75	140	3	15%	26	105
Lemon Ice	\$0.75	100	0	0%	26	0
Fudge Bar	\$0.75	100	1.5	15%	20	70
Yogurt Bar	\$0.75	80	1.5	19%	15	40
Push Up Pop	\$0.75	120	1.5	8%	27	20
Vanilla Foam Cup (No Sugar Added)	\$0.75	70	0	0%	19	20

**CAUTION "SLOW"**: Contains  $\leq 5g$  Fat,  $\leq 30\%$  of Calories from Fat,  $\leq 30g$  Carbohydrates,  $\leq 360mg$  Sodium

	Price	Calories	Fat(g)	%Cal from Fat	Carbs(g)	Sodium(mg)
Soft Pretzel	\$0.75	250	.5	2%	52	220
Orange & Lime Buddy	\$0.75	100	3	30%	16	25
Ice Cream Sandwich	\$0.75	160	4	22%	28	95

**LIMITED: "WHOA"**: Contains  $\leq 8g$  Fat,  $\leq 35\%$  of Calories from Fat,  $\leq 30g$  Carbohydrates,  $\leq 360$  mg Sodium

	Price	Calories	Fat(g)	% Cal from Fat	Carbs(g)	Sodium(mg)
Cheese Popcorn	\$0.75	100	6	60%	9	200
Oat/Honey Granola Bar	\$0.50	130	5	35%	19	65
Chocolate Chip Granola Bar	\$0.50	160	7	38%	23	50
Dixie Ice Cream Cup	\$0.75	90	3.5	33%	14	40
Chocolate Marshmallow Cone	\$0.75	210	8	38%	30	115