

September 2010

Onondaga Hill Middle 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
		8 Chicken Patty on a Bun Seasoned Green Beans Oven Baked Fries Fruit Yogurt Roll & Butter	9 Hot Dog on a Bun Mixed Vegetables Rice Pilaf Roll & Butter	10 Grilled Cheese Sandwich Peas & Carrots Salt Potato Fruit Yogurt	Nutritional Info Calories 808 Fiber 8.2 g Protein 27.8 g Total Fat 29.2% Sat. Fat 9.6%
13 Personal Pizza Seasoned Green Beans Fresh Garden Salad Fruit Yogurt Roll & Butter	14 BBQ Rib Sandwich Peas & Carrots Roasted Potatoes Roll & Butter	15 Chicken Tenders Fresh Zucchini Rice Pilaf Roll & Butter	16 Tacos Corn Bread Fresh Garden Salad Roll & Butter	17 Fish Sandwich Peas & Carrots Golden Potato Rounds Roll & Butter	Calories 792 Fiber 8.0g Protein 33.7 g Total Fat 23.2% Sat. Fat 6.9%
20 Cheeseburger on a Multi-grain Bun Seasoned Green Beans Rice Pilaf Fruit Yogurt Roll & Butter	21 Cheese Pizza Fresh Garden Salad Fruit Yogurt Roll & Butter	22 Hot Turkey Sandwich Orange Rice Pilaf Fruit Yogurt Roll & Butter	23 Breakfast for Lunch French Toast Sticks Sausage or Ham Hash Brown Potatoes Roll & Butter Orange Juice	24 Grilled Cheese Sandwich Peas & Carrots Oven Roasted Potatoes Roll & Butter	Calories 819 Fiber 8.2g Protein 31.8 g Total Fat 25.95% Sat. Fat 8.6%
27 Chicken Parmesan Sandwich w/Curly Pasta with Sauce Corn Roll & Butter Orange Juice	28 Hamburger on a Bun Peas & Carrots Golden Potato Rounds Fruit Yogurt Roll & Butter	29 Curly Pasta w/Meatballs Seasoned Green Beans Fresh Garden Salad Fruit Yogurt It. Bread & Butter	30 Popcorn Chicken Peas & Carrots Salt Potatoes Fruit Yogurt Fresh Fruit		Calories 846 Fiber 8.3g Protein 42.9 g Total Fat 23.5% Sat. Fat 8.3%
		Welcome Back Welcome Back			

BREAKFAST SERVED DAILY AT ALL SCHOOLS \$1.00 (Even if you ride the Bus)

Mondays, Wed. & Fri. - Julienne Salad

Tues. & Thurs. - Chicken Caesar Salad

Lunch Prices - \$2.15

Student Single - \$2.05

Milk Available Everyday - \$.50

We Serve NYS Apples

Nutritional Targets

Calories 785

Fiber 8.0g

Protein 14.56g

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

	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	0.5	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, ≤ 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