

Menu subject to change without notice.

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

February 2012

Onondaga Hill Middle School

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

\*\*BREAKFAST SERVED DAILY AT ALL SCHOOLS\*\* \$1.25 (Even if you ride the Bus)

Mondays, Wed. & Fri. - Julienne Salad

Tues. & Thurs. - Chicken Caesar Salad

Lunch Prices - \$2.30

Student Single - \$2.20

Milk Available Everyday - \$ .50

We Serve NYS Apples

Nutritional Targets	
Calories	785
Fiber	8.0g
Protein	14.56g
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,  $\leq 360$  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