



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*

**Westhill Elementary Schools**

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   | Average Weekly   |
|---|--|--|---|--|--|
|    |  | 1<br>Hot Dog on a Bun<br>Sea Shell Pasta Salad<br>Fresh Garden Salad<br>Fruit Yogurt<br>Fresh Fruit  | 2<br>Snowman Pretzel<br>Cheese Pierogi<br>Fresh Garden Salad<br>Fruit Yogurt<br>Fresh Fruit                                       | 3<br>Fish Sandwich<br>Sweet Potato Fries<br>Fresh Garden Salad<br>Fruit Yogurt<br>Fresh Fruit                        | Nutritional Info<br>Calories 739<br>Fiber 8.4g<br>Protein 31.4g<br>Total Fat 28.2%<br>Sat. Fat 9.9%                                |
| 6<br>Cheeseburger on a Multigrain Roll<br>Or<br>Hamburger on a Multigrain Roll<br>Seasoned Green Beans<br>Oven Baked French Fries<br>Fruit Yogurt<br>Fresh Fruit  | 7<br>BBQ Rib Sandwich<br>Sweet Peas & Carrots<br>BBQ Baked Beans<br>Fruit Yogurt<br>Fresh Fruit  | 8<br>Baked Ziti<br>Seasoned Green Beans<br>Fresh Garden Salad<br>Warm Bread Stick<br>Fresh Fruit   | 9<br>Chicken Tenders<br>Northern Blend Vegetables<br>Orange Rice Pilaf<br>Whole Wheat Roll & Butter<br>Fresh Fruit                | 10<br>Grilled Cheese Sandwich<br>Or<br>Grilled Reuben<br>Mixed Vegetables<br>Tomato Soup<br>Fruit Yogurt/Fresh Fruit | Calories 748<br>Fiber 8.0g<br>Protein 33.9 g<br>Total Fat 27.5%<br>Sat. Fat 9.5%   |
| 13<br>Philly Cheese Steak Sandwich<br>w/Peppers & Onions<br>Or<br>Chicken Patty on a Bun<br>Sweet Corn<br>Rice Pilaf<br>Fruit Yogurt<br>Fresh Fruit   | 14<br>Cupid's Chicken Teriyaki<br>Sandwich<br>LoMein Noodles<br>Fresh Garden Salad<br>Fruit Yogurt<br>Fresh Fruit<br>Sweet Heart Cherry Ice Cream Cup<br> | 15<br>Curly Pasta w/Meatballs<br>Fresh Garden Salad<br>Warm Bread Sticks<br>Fruit Yogurt<br>Fresh Fruit<br>Don't Call Me Shirley Cherry Cobbler                    | 16<br>Breakfast for Lunch<br>French Toast Sticks<br>Grilled Ham or Sausage<br>Hash Brown Potatoes<br>Chilled Juice<br>Fresh Fruit | 17<br>Personal Pizza<br>Fresh Garden Salad<br>Whole Wheat Roll & Butter<br>Fruit Yogurt<br>Fresh Fruit               | Calories 758<br>Fiber 8.1g<br>Protein 29.1 g<br>Total Fat 28.1%<br>Sat. Fat 9.2%   |
| 20<br>PRESIDENT'S DAY<br>NO SCHOOL  | 21<br>WINTER RECESS<br>NO SCHOOL   | 22<br>WINTER RECESS<br>NO SCHOOL   | 23<br>WINTER RECESS<br>NO SCHOOL  | 24<br>WINTER RECESS<br>NO SCHOOL   |  |
| 27<br>Chicken Patty on a Bun<br>Sweet Peas & Carrots<br>Rice Pilaf<br>Fresh Fruit   | 28<br>Meatball Sandwich<br>Pasta w/Sauce<br>Fresh Garden Salad<br>Warm Garlic Bread Stick<br>Fruit Yogurt<br>Fresh Fruit   | 29<br>Leaping Cheeseburger on a<br>Multigrain Roll<br>Or<br>Hamburger on a Multigrain Roll<br>Leaping Frog Fries<br>Leaping Vegetables<br>Fruit Yogurt/Fresh Fruit |    |  | Calories 758<br>Fiber 8.1g<br>Protein 29.1g<br>Total Fat 28.1%<br>Sat. Fat 9.2%  |
| <b>**BREAKFAST SERVED DAILY AT ALL SCHOOLS** \$1.25 (Even if you ride the Bus)</b><br><b>Daily Cold Entrée:</b> Peanut butter and jelly sandwich or Turkey Wrap<br><b>Lunch Prices - \$2.05</b><br><b>Student Single - \$1.95</b> <b>Milk Served Daily - \$ .50</b> |  |  |   |  | <b>We Serve NYS Apples</b><br>Nutritional Targets<br>Calories 633<br>Fiber 8.0g<br>Protein 9.0g<br>Total Fat <30%<br>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 daily 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) |
|---------------------|--------|----------|--------|----------------|----------|------------|
| Pretzels (CRS only) | \$0.75 | 160      | 0      | 0%             | 35       | 350        |
| Animal Crackers     | \$0.50 | 130      | 2      | 15%            | 25       | 90         |
| Lemon Ice           | \$0.75 | 100      | 0      | 0%             | 26       | 0          |
| Slush Pop           | \$0.75 | 60       | 0      | 0%             | 15       | 5          |
| 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         |
| Scribbler Popsicle  | \$0.75 | 90       | 0      | 0%             | 22       | 10         |
| Cookies & Cream Bar | \$0.75 | 140      | 1.0    | 11%            | 18       | 35         |
| Lime Juice Bar      | \$0.75 | 80       | 0      | 0%             | 19       | 5          |

**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) |
|--------------------------------|--------|----------|--------|----------------|----------|------------|
| Orange & Lime Buddy            | \$0.75 | 100      | 3      | 30%            | 16       | 25         |
| Reduced Fat Ice Cream Sandwich | \$0.75 | 160      | 4      | 22%            | 28       | 95         |
| Reduced Fat Dixie Cups         | \$0.75 | 100      | 3.5    | 30%            | 14       | 40         |

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

|                           | Price  | Calories | Fat(g) | % Cal from Fat | Carbs(g) | Sodium(mg) |
|---------------------------|--------|----------|--------|----------------|----------|------------|
| Cheese Popcorn (CRS only) | \$0.75 | 100      | 6      | 60%            | 9        | 200        |