

Menu subject to change without notice.

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

September 2010

Westhill Elementary Schools

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	<b>Nutritional Info</b> Calories 670 Fiber 8.2 g Protein 24.3 g Total Fat 23.2% Sat. Fat 8.2%
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 634 Fiber 8.0g Protein 26.7 g Total Fat 19.7% Sat. Fat 6.1%
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 666 Fiber 8.1g Protein 26.8 g Total Fat 21.3% Sat. Fat 7.2%
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 775 Fiber 9.5g Protein 38.8 g Total Fat 22.3% Sat. Fat 7.8%
<b>**BREAKFAST SERVED DAILY AT ALL SCHOOLS** \$1.00 (Even if you ride the Bus)</b> <b>Daily Cold Entrée:</b> Peanut butter and jelly sandwich or Turkey Wrap <b>Lunch Prices - \$1.90</b> <b>Student Single - \$1.80</b> <b>Milk Served Daily - \$ .50</b>					<b>Nutritional Targets</b> Calories 633 Fiber 8.0g Protein 9.0g Total Fat <30% Sat. Fat <10%
<b>We Serve NYS Apples</b>					

## 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