

**LUNCH PRICES**

Lunch Price

**\$3.50**

Baked Fries

**\$1.25**

Small Soup

**\$1.25**

Large Soup

**\$2.00**

**ALL STUDENT LUNCH INCLUDES**

Fruit, Vegetable, Milk, Juice

**SMART CHOICES AVAILABLE DAILY**

Turkey Sandwich/Wrap, Tuna Sandwich or Wrap (v), American Cheese Sandwich (v), Low Fat Yogurt w/ Veggie Sticks & Breadsticks (v), Garden Salad w/ Cheese Stick & Breadsticks (v)

**HOT ALTERNATES AVAILABLE DAILY**

Cheese Pizza w/ Variety of Toppings

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Homemade Soup Available Daily

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**Self Serve Salad Bar**

**.30 per ounce**

**WE PURCHASE LOCAL!**

Produce is purchased through regional suppliers when seasonably available. Visit [www.whitsons.com](http://www.whitsons.com) to see all that we are doing to help save the environment!

**V = VEGETARIAN SELECTION**

**= HEALTHIER CHOICE**

**P = PORK PRODUCT**

**WE OFFER HOT & COLD**

**BREAKFAST DAILY**

Don't forget to stop by the café for breakfast during the hours of 7:30—8:30

If you have a food allergy, please speak to the Director or Lead Server. \*Consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.

\*Menu is subject to change, notice posted when available. If you have any questions or would like



Eat healthy on the run. You needn't sacrifice healthy eating to accommodate a busy schedule. This month, we focus on nutritious meals on the run. Why not try: yogurt with granola, mixed nuts, whole fruit or even a veggie wrap.

**Eastchester High School**  
**MAY 2012**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> CHICKEN & BLACK BEAN BURRITO In a Wheat Tortilla With Melted Cheese Salsa & Sour Cream Pineapple	<b>2</b> PHILLY CHEESE STEAK Thinly Sliced with American Cheese, Sautéed Onions & Peppers on a Wedge Fresh Fruit	<b>3</b> BAKED POTATO BAR Idaho Potato topped with your choice of Broccoli, Cheese, Salsa & Sour Cream Fresh Fruit	<b>4</b> HAMBURGER CHEESEBURGER Or HOT DOG On a Whole Wheat Bun Lettuce, Tomato, Pickle Chips Fresh Fruit
<b>7</b> POPCORN CHICKEN With Chipotle Ranch Dipping Sauce Sweet Corn Fresh Fruit	<b>8</b> CINCO DE MAYO TACO TUESDAY 2 Hard Shell Tacos filled With Mexi Beef, Shredded Lettuce, Salsa & Cheddar Cheese	<b>9</b> HERB ROASTED CHICKEN Sweet Potato Wedges Mixed Vegetables Fresh Fruit	<b>10</b> RIB B Q Boneless BBQ Style Beef Rib on a Whole Wheat Hero Macaroni Salad Cole Slaw	<b>11</b> HAMBURGER CHEESEBURGER Or HOT DOG On a Whole Wheat Bun Lettuce, Tomato, Pickle Chips Fresh Fruit
<b>14</b> CHICKEN NUGGETS With Honey Mustard Dipping Sauce Sweet Corn Fresh Fruit	<b>15</b> MEATBALL PARMESAN On A Whole Wheat Wedge Steamed Broccoli Fresh Fruit	<b>16</b> CHICKEN PATTY MELT On a Whole Wheat Bun with American Cheese, Lettuce & Tomato Green Bean Salad Fresh Fruit	<b>17</b> BRUNCH FOR LUNCH Waffle Sticks or Pancakes With Baked Ham Slice Tater Tots Bananas	<b>18</b> HAMBURGER CHEESEBURGER Or HOT DOG On a Whole Wheat Bun Lettuce, Tomato, Pickle Chips Fresh Fruit
<b>21</b> POPCORN CHICKEN With Chipotle Ranch Dipping Sauce Sweet Corn Fresh Fruit	<b>22</b> SWEDISH MEATBALLS Served in a Brown Gravy Over Egg Noodles Mixed Vegetables Fresh Fruit	<b>23</b> TORTELLINI PRIMAVERA In a Light Pesto Sauce Dinner Roll Fresh Fruit	<b>24</b> OVEN FRIED CHICKEN BASKET Cole Slaw & Jalapeño Corn Bread Apples	<b>25</b> NO SCHOOL
<b>28</b> MEMORIAL DAY OBSERVED	<b>29</b> FISH & CHIPS Filet of Fish Sandwich on a Whole Wheat Bun American Cheese & Shredded Lettuce Tartar Sauce & French Fries	<b>30</b> ASIAN RICE BOWL Popcorn Chicken & Broccoli Tossed in a Savory Asian Sauce Brown Rice Oriental Blend Vegetables	<b>31</b> NACHOS Baked Nacho Chips Topped with Shredded Lettuce, Salsa & Cheddar Cheese Pineapple Cup	The Veggie of the month is BROCCOLINI



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**Visit Our Virtual Cafeteria!**

Take a tour of our virtual cafe! Drag and drop meal components onto your tray and see nutritional information including: allergens, nutrition facts, etc. [www.Whitsons.com/Nutrition](http://www.Whitsons.com/Nutrition)

**Have Allergies to Gluten, Casein or Soy?**

Check out NuLife Foods! They offer great tasting, GFCSF foods that help people with food sensitivities to be free. Certain items are available right in your cafeteria! [www.NuLifeFoods.com](http://www.NuLifeFoods.com)