

LUNCH PRICES

Type A Lunch Price	\$3.00
Reduced Lunch Price	\$.40
Milk Choice	\$.60
Lactaid Milk (reg/choc)	\$.60
Soy	\$1.00
Ala-carte	\$1.25



Murray Celebrates 5 A Day

Make sure you have at least 5 fruits and vegetables each day to keep your body its healthiest! Veggies are nutritious and fruits can be fun to eat! Try filling up an ice cream cone with a mixture of frozen low fat vanilla yogurt and your favorite fruit flavors. Everyone knows that Murray loves his bananas cones, but did you know that sometimes he eats them with cereal too?

Muraco/Lynch Elementary School September 2009

ALL STUDENT LUNCH INCLUDES

Skim Milk, 1% Milk or Strawberry,
Low Fat Chocolate Milk
100% Orange Juice
Fresh Vegetable / Fresh Fruit

Lunch Alternatives

- 3: Peanut Butter and Jelly Sandwich
- 4: Peanut Butter and Fluff Sandwich
- 5: Healthy Choice Salad**
Served over a bed of mixed greens with tomato wedges, cucumbers, and dressing.
**Above served with low-moisture, part-skim mozzarella cheese, and whole wheat dinner roll and the remainder of the meal.*

ALL BAGEL LUNCHES INCLUDE:
Bagel Choice, Cream Cheese, Yogurt, Cheese Stick, Fresh Vegetable Choice, Choice of Fresh Fruit or Cupped Fruit or Juice and Milk Choice.

Questions or comments on the Foodservice Program? Please call Kevin Silvia Food Service Director Whitson's Culinary Group "Bringing Fresh Ideas to the Table"
781-721-7033 or 7032

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Early Release Day No Lunch	2 Early Release Day No Lunch	3 1.Chicken Tenders Breaded chicken tenders served with Mashed potato, w/ honey mustard sauce. 2. Ham & Cheese Sub Seasoned corn	4 No School Labor Day Weekend
No School Labor Day Weekend	9 1.Pasta & Meatballs Whole grain pasta served with marinara sauce & meatballs 2. American Sub Garden Salad	10 1.South of the Border Taco Seasoned beef served in a soft taco w/ Shredded lettuce, Cheese, Salsa & Rice 2. Veggie Wrap	11 1.Glorias Pizza Cheese Pizza Slice 2. Nacho Lunch Tortilla chips topped w/ LF cheese & Salsa Carrot Sticks w/LF Dip	12 1.Hot Dog Grilled hot dog served in a whole grain roll w/ baked beans & Chocolate Pudding 2.Tuna on a bun Caesar Salad
14 Dominos Pizza Cheese Pizza Slice 2.Salami & Cheese Sub Broccoli Bites w/LF Dip	15 1. Baked Mac "N" Cheese Elbow mac baked in LF cheese w/ seasoned breadstick 2. Chicken Salad Wrap Peas & Carrots	16 1.Build Your Cheese Burger Beef Burger w/ cheese Choice Lettuce, Tomato, pickle chips served w/ sweet potato fries 2. Bagel Lunch Cupped fruit	17 1.Glorias Pizza Cheese Pizza Slice 2.Italian Sub Garden Salad W/LF Dressing	18 1.Texas Grilled Cheese "N" Soup Texas toast w/ Cheese and served w/ Tomato Soup 2. Egg Salad Wrap Celery Sticks w/LF Dip
No School Professional Development Day	22 1.Steak & Cheese Sub Steak strips w/ cheese & roasted peppers in a sub 2.Chicken Caesar Wrap Cucumber wheels w/LF Dip	23 1.Brunch Lunch Whole grain Pancakes served with scrambled eggs and turkey sausage w/syrup 2. BLT & Cheese Wrap	24 1.Glorias Pizza Cheese Pizza Slice 2.Whole Grain Pretzel Served w/LF Cheese Cauliflower Bites Apple Crisp	25 1.Chicken Parmesan Breaded chicken topped w/ marinara sauce, provolone cheese served w/Pasta 2. Turkey & Cheese on a bun Garden Salad
28 1.Dominos Pizza Cheese Pizza Slice 2. Tuna Salad Sub Romaine Salad w/LF Dressing	29 1.Roasted Chicken Roasted chicken w/ Red Bliss Roasted Potatoes & Dinner roll. 2. Bologna & Cheese on a roll w/ Steamed Carrots	30 1.Taco Salad Nacho boat filled w/ Lettuce, Pico de Gallo, Cheddar cheese and fajita chicken, Sour Cream. 2. Roast Beef Wrap W/Lettuce & Tomato		

Fruit & Veggie Of The Month



DID YOU KNOW

All our Milk & Chicken Products are Antibiotic and Hormone free!
All Products in our program have Zero Trans Fats!
Breads & Bread Products are 100% Whole Grain and contain No High Fructose Corn Syrup or Hydrogenated Oils!
We Serve a 100% all Natural Yogurt, with No Artificial Ingredients.
All Dressings are All Natural, with No Artificial Ingredients & No High Fructose Corn Syrup!
Our Ketchup is High Fructose Corn Syrup Free!
We offer Only Low Fat Cheeses and Condiments!
Vegetables are always fresh and crisp!
Unless otherwise indicated all of our Pasta is Whole Grain Barilla brand!
Our Taco Shells and Tortilla Chips are Free of any Hydrogenated Oils.

Prepaid Lunch Tickets Available

5 Lunches= 15.00 20 Lunches= 60.00
10 Lunches=30.00 30 Lunches= 90.00

WE PURCHASE LOCAL!

*We always use regional suppliers whenever seasonably available.



Check out what we are doing to help save the environment.
Visit www.Whitsons.com

**If you have a food allergy, please speak to the owner, manager, chef or your 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.*