



Did you know that snacks are actually good for you? It's true, if you eat a healthy snack more than two hours before your next meal you will be more likely to eat less fattening foods during that next meal. Here are some satisfying healthy snack ideas you can try: Pretzel Rods, Carrot Sticks, Hummus with Crackers & Cucumber and Low Fat Cream Cheese on Graham Crackers.

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

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.*

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
	How many Pumpkins can you count on this page?			
1. Gloria's Pizza Cheese Pizza Slice 2. Salami & Cheese Sub Mixed Vegetable	1. Chicken Nuggets Breaded chicken w/ sweet & sour sauce. Served with seasoned vegetable rice. 2. Veggie Wrap Romaine Salad	1. Seasoned Meatloaf Meatloaf served w/ Baked Beans & Breadstick 2. Buffalo Chicken Wrap Caesar Salad	1. Glorias Pizza Cheese Pizza Slice 2. Nacho Lunch Tortilla chips topped w/ LF cheese & Salsa Carrot Sticks w/LF Dip	1. Meatball Sub Baked Meatball in Marinara sauce w/ provolone cheese. 2. Tuna Salad Wrap Served w/ Steamed Green Beans
No School All Levels	1. Chicken Sandwich Baked breaded chicken on a bun. Served w/ Tomato soup 2. Roast Beef & Cheddar cheese on a bagel Roasted Cauliflower	1. Nacho Grande Seasoned beef w/ lettuce- cheddar cheese & salsa. Served with tortilla chips. 2. Chicken Salad Wrap Carrot Stick w/LF Dip	1. Glorias Pizza Cheese Pizza Slice 2. Italian Sub Garden Salad W/LF Dressing	1. Baked Ham Dinner Baked fresh glazed Ham served w/whipped potatoes & Dinner roll Butterscotch pudding 2. BLT & Cheese Pretzel Bagel Butternut Squash
1. Gloria's Pizza Cheese Pizza Slice 2. Italian Wrap Celery Sticks W/LF Dip	1. Shepards Pie Whipped Mashed Potatoes, Seasoned Beef & corn. Served w/ Gravy Cheese Breadstick 2. Egg Salad Wrap	Early Release No Lunch	Early Release No Lunch	Early Release No Lunch
1. Gloria's Pizza Cheese Pizza Slice 2. Tuna Salad Sub Romaine Salad w/LF Dressing	1. Chicken Dinner Boneless Chix Tenders sautéed in a lemon chicken sauce w/white rice, cranberry sauce & dinner roll 2. Turkey BLT Wrap Seasoned Carrots	1. Mini Corn Dogs Mini Corn Dogs served w/Mac N Cheese & Jello 2. American Sub Mixed Vegetable	1. Glorias Pizza Cheese Pizza Slice 2. Whole Grain Pretzel Served w/LF Cheese Caroteenies W/LF Dip	1. Spooky Spaghetti & Meatballs Spaghetti & Meatballs served w/ marinara sauce. 2. Ham & Cheese Sub Garden Salad



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.*