



Jillian celebrates National Salad month. It's her favorite time of year to come up with new veggie recipes. Here are some tips on how to serve your veggies: grilled veggie kebobs, veggies with low fat dip, veggie soups and baked potatoes with broccoli and cheese.

# Cottage Lane Elementary School MAY 2012

### DID YOU KNOW...

All products sourced by Whitsons contain Zero Trans Fats. ●The majority of the food sourced by Whitsons contain; No HFCS & No Artificial Flavors, Colors or Sweeteners, and we continue to work on this initiative. ● Meats, condiments and cheeses are all lean or low fat. ● Whole grain breads and rolls served daily. ● Variety of fruit served daily.

### LUNCH PRICES

Type A Lunch Price	\$2.05
Reduced Lunch Price	\$0.25
Milk/Chocolate Milk	\$0.40
100% Juice	\$0.40

### LUNCH INCLUDES

Skim Milk, 1% Milk or Low Fat Chocolate Milk / 100% Juice/ Vegetable Choice/ Fruit Choice

### AVAILABLE DAILY

Whole Grain Bagel w/Butter or Low Fat Cream Cheese / Low Fat American Cheese Sandwich / Salad Plate/Fresh Veggie Sticks w/ Low-fat Yogurt  
*Above Lunches Include: Vegetable choice, Fruit choice, Low Fat Milk & Low Fat Mozzarella Cheese*

### Weekly Alternates

- Monday** Egg Mc Muffin
- Tuesday** Meat Ball Hero
- Wednesday** Hamburger on a bun
- Thursday** Pizza Bagel
- Friday** Grilled Chicken Wrap

V =vegetarian 🍎 =healthier choice ● P=pork

● If you have a food allergy, please speak to your Food Service 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 additional information regarding this menu, please contact your food service director 845-680-1118.

### PREPAID LUNCHES AVAILABLE

Please send a check with child's name clearly written, made payable to SOCSO to the cafeteria or visit [www.MyPaymentsPlus.com](http://www.MyPaymentsPlus.com)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> <b>(V) Pizza Bagel</b> Cheese Melted on a Whole Wheat Bagel With Tomato Sauce Fresh Romaine Salad Chilled Peaches	<b>2</b> <b>(V) Pasta with Meat Sauce</b> Whole Wheat Pasta with Butter or Meat Sauce Sliced Italian Bread Steamed Broccoli Fresh Orange	<b>3</b> <b>Twin Tacos</b> Two Tacos Shredded Cheddar Taco Meat, Tomato Salsa Steamed Brown Rice Shredded Romaine Pineapple	<b>4</b> <b>(V) Cheese Pizza</b> Cheese Pizza with Tomato Sauce and Mozzarella Cheese Fresh Romaine Salad Fresh Crisp Apple
	<b>7</b> <b>Grilled Cheese</b> Melted American on Sliced Wheat Bread Fresh Romaine Salad Peaches	<b>8</b> <b>Brunch for Lunch</b> Cinnamon French Toast Sticks Sausage Patty Carrot Sticks Fresh Pear 	<b>9</b> <b>Cheesy Mac</b> Whole Grain Elbow Pasta in Creamy Cheese Sauce Fresh Broccoli Trees Fresh Orange Smiles Cookie with Lunch!	<b>10</b> <b>Nachos Grande</b> Baked Scoops Cheese Sauce Taco Meat, Tomato Salsa Steamed Brown Rice Black Beans Pineapple
<b>14</b> <b>Stuffed Pizza Sticks</b> Crisp Baked Pizza Sticks Stuffed with Mozzarella Cheese Tomato Sauce Dip Steamed Spinach Fresh Pear	<b>15</b> <b>White Meat Chicken Bites</b> Breaded Chicken Breast Pieces Oven Baked French Fries Fresh Romaine Salad Orange Smiles	<b>16</b> <b>Rotini with Meat Sauce</b> Spiral Shaped Pasta Tomato or Meat Sauce Sliced Italian Bread Fresh Baby Carrots Fresh Apple Jello Cup with Lunch!	<b>17</b> <b>Twin Tacos</b> Two Tacos Shredded Cheddar Taco Meat, Tomato Salsa Steamed Brown Rice Shredded Romaine Pineapple	<b>18</b> <b>(V) Pizzeria Style Pizza</b> Cheese Pizza Pie with Tomato Sauce Fresh Romaine Salad Chilled Peaches 
<b>21</b> <b>Half and Half Day</b> Half of a Pizza Slice 3 Mozzarella Sticks Fresh Romaine Salad Baked French Fries Peach Cup	<b>22</b> <b>Pancake Sammy</b> Whole Grain Pancakes Sandwiching a Sausage Patty Maple Syrup Carrot Sticks Fresh Orange Smiles	<b>23</b> <b>(V) Spaghetti with Meat Balls</b> Whole Wheat Spaghetti with Butter or Tomato Sauce Meat Balls Sliced Italian Bread Steamed Broccoli Fresh Pear	<b>24</b> <b>(V) Cheese Pizza</b> Cheese Pizza with Tomato Sauce and Mozzarella Cheese Fresh Romaine Salad Fresh Crisp Apple	<b>25</b> School Closed
<b>28</b> School Closed Memorial Day	<b>29</b> School Closed Lucky Tray Day!	<b>30</b> <b>Brunch for Lunch</b> Cinnamon French Toast Sticks Sausage Patty Oven Baked Tater Tots Chilled Peach Cup	<b>31</b> <b>Nachos Grande</b> Baked Scoops Cheese Sauce Taco Meat, Tomato Salsa Steamed Brown Rice Black Beans Pineapple	The Veggie of the month is <b>BROCCOLINI</b>

**WE PURCHASE LOCALLY!**  
 Produce is purchased through regional suppliers when seasonally available. Visit our website to see all that we are doing to help save the environment! [www.Whitsons.com](http://www.Whitsons.com)

**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)