



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.

# Tappan Zee 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 Black Beans 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>(V) Grilled Cheese</b> Melted American on Sliced Wheat Bread Fresh Romaine Salad Peaches	<b>8</b>  <b>(V) Brunch for Lunch</b> Cinnamon French Toast Sticks Sausage Patty Carrot Sticks Fresh Pear 	<b>9</b>  <b>(V) Cheesy Mac</b> Whole Grain 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 Fresh 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 Black Beans 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 Smiley Face</b> Whole Grain Pancakes Sliced Canadian Bacon 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	<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)