

**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	\$2.30
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**

Turkey, Salami, Ham, American, Swiss, Provolone and Low-fat Mozzarella Cheese; Whole Wheat Bread, Club Rolls; Whole Wheat Wraps; Assorted toppings. Also Available Daily: Look for assorted Fruit Express Sandwiches and Salads to Go.



Plain Pizza by the slice, featuring whole grain pizza dough



Hamburgers, Cheeseburgers, Turkey Burgers & Veggie Burgers.



Romaine or classic garden salad greens w/ combination of toppings

- 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 SOCS D to the cafeteria or visit [www.MyPaymentsPlus.com](http://www.MyPaymentsPlus.com)

V =vegetarian    ♥ =healthier choice    P=pork



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.

Breakfast Price: \$1.25

**Tappan Zee High School MAY 2012**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> ♥ <u>Top Your Own Pizza</u> Personal Pizza Pie Choose your Toppings Spinach, Pepper, Pepperoni Onion, Salad and More! Fresh Apple	<b>2</b> ♥ <u>(V) Cheesy Mac</u> Whole Grain Elbow Pasta in Creamy Cheese Sauce Fresh Broccoli Chilled Orange Slices	<b>3</b> ♥ <u>(V) Pizza Dippers</u> Pizza Dough Sticks w/ Melted Mozzarella Tomato Dipping Sauce Fresh Carrots Fresh Pear	<b>4</b> ♥ <u>Twin Tacos</u> Two Tacos Shredded Cheddar Taco Meat, Tomato Salsa Steamed Brown Rice Shredded Romaine Black Beans Pineapple
	<b>7</b> ♥ <u>Chicks and Chips</u> Breaded Chicken Bites Whole Wheat Dinner Roll Baked French Fries Crisp Romaine Salad Chilled Peaches	<b>8</b> ♥ <u>Pepperoni Stromboli</u> Sliced Pepperoni and Two Cheeses Rolled-Up in Pizza Dough Tomato Sauce Dip Carrot Sticks Fresh Orange	<b>9</b> ♥ <u>Bacon Ranch Rib</u> Boneless Baked Rib Topped with Turkey Bacon Crumbles and Ranch Sauce Whole Wheat Club Roll Baked French Fries Crisp Romaine Salad Fresh Orange	<b>10</b> ♥ <u>Nachos Grande</u> Baked Corn Tostitos Scoops Cheese Sauce Taco Meat, Tomato Salsa Steamed Brown Rice Black Beans Pineapple
<b>14</b> ♥ <u>Stuff Your Own Potato</u> Baked Potato with Your Choice of Cheddar, Chili, Sour Cream, Corn, Broccoli, Salsa or Crumbled Turkey Bacon Fresh Orange Wedges	<b>15</b> ♥ <u>Blammin' Steak</u> Sandwich Thinly Sliced Steak Peppers, Onions and Melted Mozzarella Crunchy Carrot Sticks Fresh Pear	<b>16</b> ♥ <u>YOU CHOOSE!</u> Choice of Pasta and Sauce Hearty Meat Sauce, Marinara or Pink Sauce Sliced Garlic Bread Fresh Romaine Salad Fresh Apple	<b>17</b> ♥ <u>Double Pizza Twist</u> Pepperoni and Mozzarella Cheese Baked into Two Mini Pizza Roll-Ups Tomato Sauce Dip Steamed Broccoli Fresh Banana	<b>18</b> ♥ <u>Twin Tacos</u> Two Tacos Shredded Cheddar Taco Meat, Tomato Salsa Steamed Brown Rice Shredded Romaine Black Beans Pineapple
<b>21</b> ♥ <u>Chicken Cheddar Chipotle Wrap</u> Breaded Chicken and Cheddar Topped with Chipotle Ranch Crisp Romaine Salad Fresh Pear	<b>22</b> ♥ <u>(V) Pizza Dippers</u> Pizza Dough Sticks w/ Melted Mozzarella Tomato Dipping Sauce Fresh Broccoli Fresh Apple	<b>23</b> ♥ <u>Ham or Spinach Calzone</u> Puffed Up Pizza Dough Stuffed with Ham or Spinach and Mozzarella Cheese Tossed Spinach Salad Fresh Orange Wedges	<b>24</b> ♥ <u>Nachos Grande</u> Baked Corn Tostitos Scoops Cheese Sauce Taco Meat, Tomato Salsa Steamed Brown Rice Black Beans Pineapple	<b>25</b> <b>School Closed</b>
<b>28</b> <b>Memorial Day School Closed</b>	<b>29</b> <b>School Closed</b>	<b>30</b> ♥ <u>(V) Cheesy Mac Bowl</u> Elbow Pasta in Creamy Cheese Sauce Topped w/Whole Wheat Crunchies Fresh Romaine Salad Chilled Peach Cup	<b>31</b> ♥ <u>Half and Half Day</u> Half of a Pizza Slice 3 Mozzarella Sticks Whole Wheat Dinner Roll Crunchy Carrot Sticks Fresh Orange Wedges	<b>The Veggie of the month is BROCCOLINI</b>

*Stromboli*

*YOU CHOOSE!*

*Flashback Friday*



**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)

**WE OFFER BREAKFAST DAILY**  
Monday Egg Mc Muffin  
Tuesday Bacon Egg and Cheese  
Wednesday Breakfast Burrito  
Thursday Fresh Baked Low Fat Muffin  
Friday Egg and Cheese on a Roll