

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. ● All milk and chicken products are hormone and antibiotic free. ●Meats, condiments and cheeses are all lean or low fat. ● All entrees contain between 500-900 mg of sodium. ● We offer whole grain pastas, rice and bread products.

LUNCH PRICES

Breakfast	\$1.75
Reduced Breakfast	\$.30
Type A Lunch Price	\$3.00
Reduced Lunch Price	\$.40
Deli/ Salad Bar	\$3.25
Milk/Chocolate Milk	\$.60
100% Juice	\$1.25
Soy Milk	\$1.00

Prepaid POS lunch deposits available

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

Electronic check deposit available on-line @ payfort.net for \$ 1.75 each deposit, any amount.

LUNCH INCLUDES

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

ALL STUDENT LUNCH INCLUDES

Skim Milk, 1% Milk or Low Fat Chocolate Milk / 100% Juice/ Fresh Vegetable / Fresh Salad

WE OFFER BREAKFAST DAILY

Don't forget to stop by the café for breakfast during the hours of 6AM to 10AM. Daily Choice:

Bagels. Muffins. Fruit. Juice. Hot Breakfast sandwiches

ALTERNATE MENU

Alternate menu

Variety of cold cut sandwiches



Two different topped pizzas daily



Hot meal of the day - On menu



Grab n Go chicken patties and burgers



Grab n Go Fresh sandwiches



Fresh Salad Bar Daily

● 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 **Kevin Silvia 781-721-7033**



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.

McCall Middle School MAY 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 <u>Turkey Cacciatore</u> Turkey braised w/ onions, peppers simmered in a tomato sauce. Served over whole grain pasta Garden Salad w/Italian dressing	2 <u>Italian Stallion Panini</u> Sliced Ham, pepperoni, mozzarella & tomato served on flatbread and grilled. Served w/ North Carolina spicy slaw	3 <u>Cinco De Mayo</u> Mexi-Beef served in a flour tortilla topped w/ refried beans, shredded lettuce & cheddar cheese. Served w/ Salsa & Mexi-Rice.	4 <u>Popcorn Chicken</u> Breaded popcorn chicken served w/ BBQ sauce, French fries & fiesta corn
	7 Early Release All Levels	8 <u>Pasta Bolognese</u> Whole grain elbow pasta in a tomato sauce w/ seasoned beef. Served w/ green beans & dinner roll.	9 <u>Chicken Fajita Bowl</u> Brown rice topped w/ chicken fajita, black beans & corn topped w/ cheddar cheese & salsa.	10 <u>Macaroni & Cheese</u> Elbow pasta in a cheddar cheese sauce topped w/ breadcrumbs & baked. Served w/ peas, carrots & breadstick
14 <u>Chicken Cutlet</u> Chicken breast dredged in flour sautéed & topped w/ a chicken lemon sauce. Mashed potatoes Green Beans	15 <u>Brunch for Lunch</u> French Toast w/syrup served w/ scrambled eggs & sausage patty. Cupped Peaches	16 <u>Spicy Chicken Sandwich</u> Breaded spicy chicken patty on a bun topped w/ lettuce, tomato, ranch dressing. Served w/ potato wedges & seasoned carrots	17 <u>Build a Burger</u> All beef burger on a bun topped w/ cheese, lettuce, tomato & Onion. Served w/ baked tator tots.	18 <u>Chicken Nuggets</u> Breaded chicken nuggets served w/ honey mustard sauce Mixed Vegetables
21 <u>Steak n Cheese Sub</u> Beef strips w/ peppers, onions served in a sub topped w/ cheese sauce. Baked Beans	22 <u>Chicken Chow Mein</u> Diced chicken tossed in a chow mien sauce w/ bamboo shoot, water chestnuts, pea pods served over rice & topped w/ chow mien noodles Cupped Pineapple	23 <u>Chili Dog</u> All beef hot dog topped w/ cowboy chili served w/ vegetable macaroni salad	24 <u>Roast Turkey Panini</u> Roast Turkey, Swiss cheese, sliced tomato in ciabatta bread grilled. Served w/ baked chips	25 <u>Chicken Tenders</u> Breaded chicken tenders served w/ sweet potato fries & Seasoned corn
28 No School All Levels	29 <u>Margarita Flatbread</u> Flat bread brushed w/ garlic oil topped w/ tomato, basil & mozzarella cheese Tomato soup Romaine salad.	30 <u>Beef Stroganoff</u> Beef Strips with onions & mushrooms in a beef gravy over egg noodles. Served w/ peas & carrots & garlic toast	31 <u>Blackened Chicken Breast</u> Chicken Breast rubbed w/ Cajun spice then grilled. Served w/ baked potato fries & steamed broccoli.	<p>The Veggie of the month is BROCCOLINI</p>



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



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



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