

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. ● Most entrees contain between 500-900 mg of sodium. ● We offer whole grain pastas, rice and bread products.

LUNCH PRICES

Reimbursable Lunch Price \$2.75
 Reduced Lunch Price \$.40
 Milk/Chocolate Milk \$.50

LUNCH INCLUDES

Skim Milk, 1% Milk or Low Fat Chocolate Milk / Vegetable Choice which includes the **Salad Bar** Fruit Choice

ALTERNATE DAILY MENUS



Two Different topped Pizzas and a specialty item.



Grab & Go Chicken Patties, Hamburgers, Cheese burgers, Veggie Burgers.



Grab & Go Fresh Salad Platters & Sandwiches

WE OFFER BREAKFAST DAILY

Don't forget to stop by the café for breakfast during the hours of **7AM to 7:32AM.**

Monday— **Assorted Muffins, 100% Fruit Juice**

Tuesday— **Bagels w/ Cream Cheese, 100% Fruit Juice**

Wednesday— **Breakfast Sandwiches, 100% Fruit Juice**

Thursday— **Assorted Cereals, Graham Crackers, 100% Fruit Juice**

Friday— **French Toast Sticks, Hash Brown Patty 100% Fruit Juice**

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 **Rhonda Bergeron at 860-757-6300ext. 3519**



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.

Greater Hartford Academy of the Arts
MAY 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chicken Parmesan on a Whole Wheat Roll Caesar Salad Chilled Fruit Cup	2 Beef Rib B Que Sandwich On a Whole Wheat Bun Pickles, Onions Sweet Potato Fries	3 Sensational Salads Spinach Salad with Chicken and a Whole Wheat Dinner Roll All Natural Dressing	4 Cinco De Mayo Taco Lasagna Mexi Beef, Beans, Cheese, Salsa and Whole Wheat Tortillas layered lasagna style Fresh Pico De Gallo
7 Ballpark Favorites Coney Dog Chili, Onions and Cheddar Cheese On a Whole Wheat Bun Three Bean Salad	8 BBQ Chicken Macaroni Salad Broccoli Whole Wheat Dinner Roll	9 Ballpark Favorites Baked Macaroni & Cheese Carrots Whole Wheat Garlic Bread	10 Turkey Rueben Turkey, Swiss, Sauerkraut and Dressing Grilled to perfection on Rye Bread Chilled Pickles	11 Sensational Salads Chicken Caesar Salad Whole Wheat Garlic Bread Fruited Jell-O
14 Ballpark Favorites Jerk Chicken Carrots Rice & Beans Whole Wheat Dinner Roll	15 Sensational Salads Greek Salad -Chicken, Feta Cheese, Olives Pepperoncini over Mixed Greens Whole Wheat Dinner Roll	16 LaCuccina Special Cheese Calzones Mixed Green Salad All Natural Dressing Melon Cup	17 Coyote Special Loaded Beef Nachos Mexi Beef, Cheese Sauce, Pico De Gallo, Sour Cream, and Jalapenos over Corn Tortilla Chips	18 Turkey Club Wrap Turkey, Bacon, Swiss Cheese, Romaine & Tomato in a Whole Wheat Tortilla Garden Salad
21 Ballpark Favorites Buffalo Chicken In a Whole Wheat Tortilla Mixed Green Salad All Natural Dressing	22 Ruby's Special Bacon Cheeseburger on a Whole Wheat Bun Sweet Potato Fries Red Beans & Brown Rice	23 Italian Combo Wrap Ham, Salami, Pepperoni & Cheese in a Whole Wheat Tortilla Romaine, Tomato and Pickles	24 Teriyaki Chicken Broccoli Fried Rice Pineapple Cup	25 Professional Development Day Early Release
28 Memorial Day No School	29 Chicken Tenders Three Bean Salad Carrot Dippers Whole Wheat Dinner Roll Cinnamon Applesauce	30 Sensational Salads Chef Salad Ham, Turkey, Egg & Cheese over Mixed Greens Whole Wheat Dinner Roll	31 LaCuccina Special Chicken Parmesan Roll Caesar Salad Whole Grain Pasta Salad	The Veggie of the month is BROCCOLINI



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