

DID YOU KNOW...

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. ● Our milk and chicken products are free of added hormones and antibiotics at the time of processing. ●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

LUNCH INCLUDES

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

AVAILABLE DAILY

Low Fat American Cheese Sandwich on Whole Wheat Bread/

Week One: Whole Wheat Bagel, Cream Cheese, Yogurt, Cheese Stick

Week Two: Chef Salad Platter, Whole Wheat Dinner Roll

Week Three: Whole Wheat Bagel, Cream Cheese, Yogurt, Cheese Stick

Week Four: Chicken Caesar Salad Plate, Whole Wheat Dinner Roll

Week Five: Whole Wheat Bagel, Cream Cheese, Yogurt, Cheese Stick

Above Lunches Include: Vegetable choice, Fruit choice, Low Fat Milk

WE OFFER BREAKFAST DAILY

Don't forget to stop by the café for breakfast during the hours of **8:45AM to 9:00AM. Daily Choice:**

**Bagels. Muffins. Fruit. Juice.
Reduced Sugar Cereals**

Please See Separate Menu for Daily Selections

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 **Rose Vail (860) 236-2899 ext. 2621**



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.

**University of Hartford
Magnet School
MAY 2012**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Italian Combo Wrap Pepperoni, Salami, Ham & Cheese in a Whole Wheat Tortilla Broccoli Watermelon Cup	2 Beef Nachos Mexi Beef, Cheese Sauce, Tomatoes, Lettuce, Sour Cream Brown Rice & Beans Mixed Fruit Cup	3 BBQ Chicken Sweet Potato Fries Whole Wheat Dinner Roll Banana	4 PIZZA PARTY! Slice of Whole Grain Pizza Choice of Cheese or Taco Pizza Romaine Salad All Natural Dressing
	7 Mozzarella Sticks (V) Marinara Sauce Three Bean Salad Whole Wheat Dinner Roll	8 Sloppy Joe on a Whole Wheat Bun Carrots Diced Pears	9 Brunch for Lunch Whole Grain French Toast Sticks Turkey Sausage Hash Brown Patty Strawberry Cup	10 Chicken Teriyaki Brown Rice Broccoli Whole Wheat Dinner Roll Pineapple Cup
14 Chicken Nuggets Assorted Dipping Sauces Mixed Green Salad Whole Wheat Dinner Roll	15 Soft Beef Tacos Mexi Beef, Cheese, Lettuce & Tomato in Flour Tortillas Brown Rice & Beans Applesauce	16 Chicken Salad Plate Over Mixed Greens Whole Wheat Dinner Roll All Natural Dressing Banana	17 Turkey Bologna & Cheese Wrap in a Whole Wheat Tortilla Potato Salad Orange	18 PIZZA PARTY! Pizza Bagel Choice of Cheese or Pepperoni Broccoli Melon Cup
21 All Beef Hot Dog on a Whole Wheat Bun Vegetarian Beans Peach Cup	22 Macaroni & Cheese (V) Carrots Whole Wheat Dinner Roll Melon Cup	23 Brunch For Lunch Whole Grain French Toast Sticks Turkey Sausage Hash Brown Patty Mixed Fruit Cup	24 Cheeseburger on a Whole Wheat Bun Broccoli Tips All Natural Dip Orange	25 PIZZA PARTY! Slice of Whole Grain Pizza Choice of Cheese or Pepperoni Romaine Salad All Natural Dressing
28 Memorial Day No School	29 Chicken Patty on a Whole Wheat Bun BBQ Sauce Carroteenies All Natural Dip Pineapple Cup	30 Early Release Turkey & Cheese Wrap in a Whole Wheat Tortilla Sweet Potato Fries Banana	31 Chef Salad Plate Turkey, Ham & Cheese, Garbanzo Beans over Mixed Greens Whole Wheat Dinner Roll	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