

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

Lunch Price \$1.50
 Reduced Lunch Price \$0.40
 Adult Lunch Price \$3.00
 Student Milk \$0.25
 Adult Milk \$0.69

LUNCH INCLUDES

1% Milk or Low Fat Chocolate Milk or Low Fat Coffee Milk / Fresh Vegetable / Fresh Fruit or Fruit Cup

AVAILABLE DAILY

Sun Butter & Jelly Sandwich
 16oz Salad with Cheese Stick & Whole Wheat Roll
 Above Lunch Include: Vegetable choice, Fruit choice & Low Fat Milk

SENSIBLE SNACKS CONTAIN

Fat=7g or less - Sat Fat=2g or less
 Sodium=360mg or less - Sugar=15g or less

°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 the food service director, Bob Cutting @ 508-675-8100 ext. 1230

PREPAID LUNCHESES AVAILABLE








If you would like to make a payment or to check your child's account balance, visit www.mynutrikids.com.

To pay by check: Make check payable to the Fall River School Lunch Fund and have your child bring it to school office or the cashier. Please call 508-675 8100 ext.1134 with any questions.



Murray's celebrates Spring with his "rooti tutti fruity" menu ideas. Here are some of his favorite fruit recipes. Why not give them a try: blueberries over rice pudding and a banana yogurt and graham cracker crumb parfait.

**Fall River Public Schools
 Elementary Lunch Menu
 APRIL 2012**


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Chicken Patty Melt On a Whole Grain Bun OR Turkey & Cheese on Whole Wheat AND Green Beans Fresh Fruit/Apple Sauce</p>	<p>3 American Chop Suey OR Ham & Cheese On Whole Wheat AND Steamed Carrots Fresh Fruit/Pears</p>	<p>4 Popcorn Chicken Bowl Whole Grain Dinner Roll OR Turkey & Cheese on Whole Wheat with Corn AND Fresh Fruit/Peaches</p>	<p>5 Cheese Pizza On a Whole Wheat Crust OR Ham & Cheese On Whole Wheat AND Broccoli Bites w/ Ranch Dip Fresh Fruit/Pears</p>	<p>6 NO SCHOOL GOOD FRIDAY</p>
<p>9 Rib-B-Que on a Whole Wheat Bun OR Ham & Cheese On Whole Wheat AND Baked Beans Fresh Fruit/ Applesauce</p>	<p>10 Roasted Turkey Dinner a Whole Wheat Dinner Roll OR Turkey & Cheese on Whole Wheat AND Mashed Potato Fresh Fruit/Blueberries</p>	<p>11 Pepperoni Pizza On a Whole Wheat Crust OR Ham & Cheese On Whole Wheat AND Green Beans Fresh Fruit/Pears</p>	<p>12 Chicken and Cheese Quesadilla OR Bologna & Cheese on Whole Wheat AND Carroteenies w/ Ranch Dip Fresh Fruit/Sliced Apples</p>	<p>13 Take Me Out To The Ball Game! Hot Dog on Whole Wheat Bun OR Italian Coldcut Sub AND Baby Spinach Side Salad Sliced Oranges/Mixed Fruit</p>
<p>16 </p>	<p></p>	<p>18 </p>	<p></p>	<p>20 </p>
<p>23 Baked Chicken Bites Whole Grain Dinner Roll OR Turkey & Cheese on Whole Wheat AND Broccoli Bites w/ Ranch Dip Fresh Fruit/Pears</p>	<p>24 Brunch For Lunch! Pancakes with a Sausage Patty OR Tuna Wrap AND Oven Roasted Potato Fresh Fruit/Strawberries</p>	<p>25 Beef Taco with Salsa, Cheese & Lettuce OR Turkey & Cheese on Whole Wheat AND Carrots Fresh Fruit/Applesauce</p>	<p>26 Turkey Pot Pie OR Ham & Cheese On Whole Wheat AND Peas Fresh Fruit/Pears</p>	<p>27 Murray's Frutti Tutti Spring! Cheese Pizza OR Orange Smile Salad OR Sunbutter & Banana Sandwich AND Bananas/Peaches</p>
<p>30 Chicken & Cheese Nachos OR Turkey & Cheese with Lettuce on Whole Wheat AND Spanish Rice with Peas Fresh Fruit/Pears</p>	<p>CELEBRATE EARTH DAY IT IS THE 22nd!</p> <p>BANANAS are the fruit of the month.</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, GFCFSF foods that help people with food sensitivities to be free. Certain items are available right in your cafeteria!
 www.NuLifeFoods.com

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

Lunch Price \$1.50
 Reduced Lunch Price \$0.40
 Adult Lunch Price \$3.00
 Student Milk \$0.25
 Adult Milk \$0.69

LUNCH INCLUDES

1% Milk or Low Fat Chocolate Milk or Low Fat Coffee Milk / Fresh Vegetable / Fresh Fruit or Fruit Cup

AVAILABLE DAILY

Sun Butter & Jelly Sandwich 82g
 16oz Salad 35g with Cheese Stick 1g & Whole Wheat Roll 14g

Above Lunch Include: *Vegetable choice, Fruit choice & Low Fat Milk*

SENSIBLE SNACKS CONTAIN

Fat=7g or less - Sat Fat=2g or less
 Sodium=360mg or less - Sugar=15g or less

●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 the food service director, Bob Cutting @ 508-675-8100 ext. 1230

PREPAID LUNCHEs AVAILABLE









If you would like to make a payment or to check your child's account balance, visit www.mynutrikids.com.

To pay by check: Make check payable to the **Fall River School Lunch Fund** and have your child bring it to school office or the cashier. Please call 508-675 8100 ext.1134 with any




Murray's celebrates Spring with his "rooti tutti fruity" menu ideas. Here are some of his favorite fruit recipes. Why not give them a try: blueberries over rice pudding and a banana yogurt and graham cracker crumb parfait.

**Fall River Public Schools
 Elementary Lunch Menu
 APRIL 2012**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>2 Chicken Patty Melt On a Whole Grain Bun 38g OR Turkey & Cheese WW 49g AND Steamed Green Beans 6g Apple Sauce 25g</p>	<p>3 American Chop Suey 25g OR Ham & Cheese On Whole Wheat 23g AND Steamed Carrots 9g Canned Pears 20g</p>	<p>4 Popcorn Chicken 18g (corn 16g, mashed potato 12g) Bowl Whole Grain Dinner Roll 14g OR Turkey & Cheese WW 49g AND Canned Peaches 17g</p>	<p>5 Cheese Pizza On a WW Crust 46g OR Ham & Cheese On Whole Wheat 23g AND Broccoli Bites w/ Ranch Dip 9g Canned Pears 20g</p>	<p>6 NO SCHOOL GOOD FRIDAY</p>	
<p>9 Rib-B-Que on a WW Bun 39g OR Ham & Cheese On Whole Wheat 23g AND Baked Beans 27g Apple Sauce 25g</p>	<p>10 Roasted Turkey Dinner 7g WW Dinner Roll 14g OR Turkey & Cheese WW 49g AND Mashed Potato 15g Frozen Blueberries 10g</p>	<p>11 Pepperoni Pizza On a Whole Wheat 46g OR Ham & Cheese On Whole Wheat 23g AND Steamed Green Beans 6g Canned Pears 20g</p>	<p>12 Chicken and Cheese Quesadilla 42g OR Bologna & Cheese on Whole Wheat 32g AND Carroteenies 5g Canned Sliced Apples 17.2g</p>	<p>13 <u>Take Me Out To The Ball Game!</u> Hot Dog on a Whole Wheat Bun 63g OR Italian Coldcut Sub 52g AND Baby Spinach Mix 6g Canned Mixed Fruit 15g</p>	
<p>16 </p>	<p>17 </p>	<p>18 </p>	<p>19 </p>	<p>20 </p>	<p>20 </p>
<p>23 Baked Chicken Bites 14g Whole Grain Dinner Roll 14g OR Turkey & Cheese WW 49g AND Broccoli Bites w/ Ranch Dip 9g Canned Pears 20g</p>	<p>24 <u>Brunch For Lunch!</u> Pancakes with a Sausage Patty 82g OR Tuna Wrap 37g AND Oven Roasted Potato 19g Frozen Strawberries 38g</p>	<p>25 Beef Taco with Salsa, Cheese & Lettuce 22g OR Turkey & Cheese WW 49g AND Steamed Carrots 9g Apple Sauce 25g</p>	<p>26 Turkey Pot Pie 10g OR Ham & Cheese On Whole Wheat 23g AND Peas 14g Canned Pears 20g</p>	<p>27 <u>Murray's Frutti Tutti Spring!</u> Cheese Pizza 46g OR Orange Smile Salad 38g OR Sunbutter & Banana Sandwich 73g AND Canned Peaches 17g</p>	
<p>30 Chicken & Cheese Nachos 48g OR Turkey & Cheese WW 49g AND Spanish Rice with Peas 19g Canned Pears 20g</p>	<p>CELEBRATE EARTH DAY IT IS THE 22nd!  BANANAS are the fruit of the month. </p>				

Greenleaf Cuisine **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, GFCFSF foods that help people with food sensitivities to be free. Certain items are available right in your cafeteria!
 www.NuLifeFoods.com

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

Lunch Price	\$1.50
Reduced Lunch Price	\$0.40
Adult Lunch Price	\$3.00
Student Milk	\$0.25
Adult Milk	\$0.69

LUNCH INCLUDES

1% Milk or Low Fat Chocolate Milk or Low Fat Coffee Milk / Fresh Vegetable / Fresh Fruit or Fruit Cup

AVAILABLE DAILY

Sun Butter & Jelly Sandwich
16oz Salad with a Mozzarella Cheese Stick
Above Lunch Include: *Vegetable choice, Fruit choice & Low Fat Milk*

SENSIBLE SNACKS CONTAIN

Fat=7g or less - Sat Fat=2g or less
Sodium=360mg or less - Sugar=15g or less

***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 the food service director @ 508-675-8100 ext. 1230**

PREPAID LUNCHESES AVAILABLE




If you would like to make a payment or to check your child's account balance, visit www.mynutrikids.com.

To pay by check: Make check payable to the **Fall River School Lunch Fund** and have your child bring it to school office or the cashier. Please call 508-675 8100 ext.1134 with any questions.



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.

**Fall River Public Schools
Elementary Lunch Menu
MAY 2012**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chicken Patty Melt On a Whole Grain Bun OR Turkey & Cheese on Whole Wheat AND Peas Fresh Fruit/Apple Sauce	2 <u>Brunch For Lunch!</u> Whole Wheat Pancakes with a Sausage Patty OR Ham & Cheese on Whole Wheat AND Oven Roasted Potato Fresh Fruit/Blueberries	3 American Cheeseburger On a Whole Wheat Bun OR Turkey & Cheese on Whole Wheat AND Steamed Carrots Fresh Fruit/Pears	4 <u>Celebrate Cinco De Mayo!</u> Chicken & Cheese Quesadilla OR Tuna Wrap AND Baby Spinach Side Salad Fresh Fruit/Sliced Apples
	7 <u>Ball Park Combo!</u> 3 Nuggets, 2 Cheese Sticks, 1 Bag of Pretzels OR Ham & Cheese Wrap AND Carroteenies w/ Ranch Dip Fresh Fruit/Peaches	8 Grilled Ham & Cheese Melt OR Turkey & Cheese on Whole Wheat AND Green Beans Fresh Fruit/Apple Sauce	9 Chicken Fajita Rice Bowl OR Ham & Cheese On Whole Wheat AND Corn & Black Bean Salsa Fresh Fruit/Pears	10 Meatball Sub OR Turkey & Cheese on Whole Wheat AND Oven Roasted Potato Fresh Fruit/Mixed Fruit
14 <u>Brunch For Lunch!</u> Whole Wheat Pancakes with a Sausage Patty OR Tuna Wrap AND Oven Roasted Potato Fresh Fruit/Strawberries	15 Hot Dog on Whole Wheat Bun OR Italian Coldcut Sub AND Green Beans Sliced Oranges/Pears	 Jillian's Veggie Day! Chicken Patty Melt OR Turkey & Cheese on Whole Wheat AND Fresh Veggies w/ Hummus Dip Fresh Fruit/Apple Sauce	17 Turkey Nachos with Cheddar Cheese Sauce & Salsa OR Ham & Cheese On Whole Wheat AND Spanish Rice with Peas Fresh Fruit/Mixed Fruit	18 Bagel Cheese Pizza On a Whole Wheat Crust OR Turkey & Cheese on Whole Wheat AND Steamed Carrots Fresh Fruit/Pears
21 Chicken Cacciatore w/ Whole Wheat Spaghetti OR Turkey & Cheese on Whole Wheat w/ Zucchini & Summer Squash AND Fresh Fruit/Pears	22 Popcorn Chicken Bowl Whole Grain Dinner Roll OR Ham & Cheese On Whole Wheat with Corn AND Fresh Fruit/Peaches	23 Beef Taco with Salsa, Cheese & Lettuce OR Turkey & Cheese on Whole Wheat AND Steamed Carrots Fresh Fruit/Applesauce	24 Baked Chicken Bites Whole Grain Dinner Roll OR Ham & Cheese On Whole Wheat AND 3 Bean Salad Fresh Fruit/Pears	25 Pepperoni Pizza On a Whole Wheat Crust OR Turkey & Cheese on Whole Wheat AND Green Beans Fresh Fruit/Mixed Fruit
2 <u>Memorial Day</u>  No School	29 Texas BBQ Rib OR Bologna & Cheese On Whole Wheat AND Baked Beans Fresh Fruit/ Applesauce	30 American Chop Suey OR Turkey & Cheese On Whole Wheat AND Steamed Carrots Fresh Fruit/Peaches	31 Hot Turkey & Cheese Bagel Sandwich OR Ham & Cheese Wrap AND Green Beans Fresh Fruit/Apple Sauce Try a Wedge of Ruby Red Grapefruit Today!	<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

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

Lunch Price	\$1.50
Reduced Lunch Price	\$0.40
Adult Lunch Price	\$3.00
Student Milk	\$0.25
Adult Milk	\$0.69

LUNCH INCLUDES

1% Milk or Low Fat Chocolate Milk or Low Fat Coffee Milk / Fresh Vegetable / Fresh Fruit or Fruit Cup

AVAILABLE DAILY

Sun Butter & Jelly Sandwich 82g
16oz Salad 35g with Cheese Stick 1g & Whole Wheat Roll 14g

Above Lunch Include: *Vegetable choice, Fruit choice & Low Fat Milk*

SENSIBLE SNACKS CONTAIN

Fat=7g or less - Sat Fat=2g or less
Sodium=360mg or less - Sugar=15g or less

***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 the food service director @ 508-675-8100 ext. 1230**

PREPAID LUNCHESES AVAILABLE



If you would like to make a payment or to check your child's account balance, visit www.mynutrikids.com.

To pay by check: Make check payable to the **Fall River School Lunch Fund** and have your child bring it to school office or the cashier. Please call 508-675 8100 ext.1134 with any questions.



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.

**Fall River Public Schools
Elementary Lunch Menu
MAY 2012**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chicken Patty Melt On a Whole Grain Bun 38g OR Turkey & Cheese WW 49g AND Peas 14g Apple Sauce 25g	2 <u>Brunch For Lunch!</u> Pancakes with a Sausage Patty 82g OR Ham & Cheese On WW 23g AND Oven Roasted Potato 19g Frozen Blueberries 10g	3 American Cheeseburger On a Whole Wheat Bun32g OR Turkey & Cheese WW 49g AND Steamed Carrots 9g Canned Pears 20g	4 <u>Celebrate Cinco De Mayo!</u> Chicken and Cheese Quesadilla 42g OR Tuna Wrap 37g AND Baby Spinach Mix 6g Canned Sliced Apples 17.2g
	7 <u>Ball Park Combo!</u> 3 Nuggets 9g, 2 Cheese Sticks 9g 1 Bag Pretzel 12g OR Ham & Cheese WW 23g AND Carroteenies 5g Canned Peaches 17g	8 Grilled Ham & Cheese Melt 23g OR Turkey & Cheese WW 49g AND Steamed Green Beans 6g Apple Sauce 25g	9 Chicken Fajita Rice Bowl 41g OR Ham & Cheese On WW 23g Corn & Black Bean 18g AND Canned Pears 20g	10 Meatball Sub 41g OR Turkey & Cheese WW 49g AND Oven Roasted Potato 19g Canned Mixed Fruit 15g
14 <u>Brunch For Lunch!</u> Pancakes with a Sausage Patty 82g OR Tuna Wrap 37g AND Oven Roasted Potato 19g Frozen Strawberries 38g	15 Hot Dog on a Whole Wheat Bun 63g OR Italian Coldcut Sub 52g AND Steamed Green Beans 6g Canned Pears 20g	Jillian's Veggie Day! Chicken Patty Melt On WW Bun 38g OR Turkey & Cheese WW 49g AND Fresh Veggies w/ Hummus Dip 27g Apple Sauce 25g	17 Nachos 48g with Pulled Turkey4g OR Ham & Cheese On WW 23g AND Spanish Rice with Peas 19g Canned Mixed Fruit 15g	18 Bagel Cheese Pizza 33g OR Turkey & Cheese WW 49g AND Steamed Carrots9g Canned Pears 20g
21 Chicken Cacciatore w/ Whole Wheat Spaghetti 94g OR Turkey & Cheese WW 49g w/ Zucchini & Summer Squash 53g AND Canned Pears 20g	22 Popcorn Chicken 18g (corn 16g, mashed potato 12g) OR Ham & Cheese On WW 23g with Corn 16g AND Canned Peaches 17g	23 Beef Taco with Salsa, Cheese & Lettuce 22g OR Turkey & Cheese WW 49g AND Steamed Carrots9g Apple Sauce 25g	24 Baked Chicken Bites14g Whole Grain Dinner Roll 14g OR Ham & Cheese On WW 23g AND Three Bean Salad 26g Canned Pears 20g	25 Pepperoni Pizza On a Whole Wheat 46g OR Turkey & Cheese WW 49g AND Steamed Green Beans 6g Canned Pears 20g
2 Memorial Day  No School	29 Texas BBQ Rib 6g OR Bologna & Cheese on Whole Wheat 32g AND Baked Beans 27g Apple Sauce 25g	30 American Chop Suey 25g OR Turkey & Cheese WW 49g AND Steamed Carrots9g Canned Peaches 17g	31 Hot Turkey & Cheese Bagel Sandwich 77g OR Ham & Cheese On WW 23g AND Steamed Green Beans 6g Apple Sauce 25g	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, GFCFSF foods that help people with food sensitivities to be free. Certain items are available right in your cafeteria!
www.NuLifeFoods.com