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Fall River RPS School Menu May

Healthy eating may be linked to the prevention of certain types of cancers. 30% to 40% of cancers are directly linked to dietary choices. Unhealthy fats are thought to aid in the growth of certain types of cancers, but the good news is that there are foods that aid in the prevention as well. Fruits and vegetables are thought to help in the fight against disease in mono-unsaturated fats as well as fruits and vegetables are known to reduce the risk of breast cancer. The trick is to start eating healthy when you're young!

Monday	Tuesday	Wednesday	Thursday	Friday
Loaded Nachos ³⁰ corn chips, topped with mexi-beef, nacho cheese sauce AND Spanish Rice with Green Beans	Stromboli's ¹ Meatball or Ham & Cheese with low-fat mozzarella cheese stuffed inside whole wheat pizza dough. AND Sites w/ Ranch Dip	Brunch for Lunch!" ² Apple Cinnamon Whole Wheat Pancakes WITH Sausage Pattie, Scrambled Eggs, AND Oven Roasted Potatoes	Popcorn Chicken Bowl ³ Seasoned Mashed Potatoes Layered with Corn then Popcorn Chicken and Topped with Gravy and served with a Whole Grain	Loaded Nachos ⁴ corn chips, topped with mexi-beef, nacho cheese sauce AND Spanish Rice with Green Beans
Ball Park Combo! ⁷ 3 Nuggets, 2 Cheese Sticks & 1 Whole Grain Soft-Baked Pretzel Carrots	Chicken Sauce & Toss ⁸ baked chicken bites tossed in your choice of sauce; Sweet & Sour, teriyaki or buffalo sauce AND Spanish Rice with Peas	Loaded Baked Potato ⁹ Stuffed with BBQ Pulled Pork, Cheddar Cheese, Sour Cream and a Whole Wheat Roll AND Corn on the Cob	Pepperoni Calzone ¹⁰ Whole Wheat Pizza Dough Stuffed with pepperoni, and Low-fat Mozzarella Cheese and served with Marinara dipping Sauce AND Green Beans	Roasted Turkey Dinner ¹¹ with Green Beans, Sweet Potatoes, Cranberry Jelly, Turkey Gravy, a Whole Wheat Dinner Roll
Brunch for Lunch!" Apple Cinnamon Whole Wheat Pancakes WITH Turkey Bacon, Scrambled Eggs, AND Oven Roasted Potatoes	Combo Baked Mozzarella Sticks & Chicken Nuggets served with Marinara and BBQ Dipping Sauce AND Baby Spinach Side Salad	Smart Choices Day! Baked Chicken Seasoned Rice with Carrots Fresh Fruit Cup AND a Fresh Baked	Popcorn Chicken 17 Bowl! ¹⁷ Seasoned Mashed Potatoes Layered with Corn then Popcorn Chicken and Topped with Gravy and served with a Whole Grain	Soup & A Sandwich A Grilled Ham & Cheese Melt Served with a Cup of Soup and Green Beans
Chicken Cacciatore ²¹ Pulled Chicken Simmered with Zucchini & Summer Squash in tomato Sauce and Served over Pasta Green Beans	"Brunch for Lunch!" ²² Apple Cinnamon Whole Wheat Pancakes WITH Turkey Bacon, Scrambled Eggs, AND Oven Roasted Potatoes	Loaded Baked Potato ²³ Stuffed with BBQ Pulled Pork, Cheddar Cheese, Sour Cream and a Whole Wheat Roll AND Carrots	Chicken Sauce & Toss ²⁴ baked chicken bites tossed in your choice of sauce; Sweet & Sour, teriyaki or buffalo sauce Corn	Build a Ball Park Dog! ²⁵ Choose from 10+ toppings for your dog. AND Carroteenies
No School ²⁸	Popcorn Chicken Bowl ²⁸ Seasoned Mashed Potatoes Layered with Corn then Popcorn Chicken and Topped with Gravy and served with a Whole Grain	American Chop Suey ²⁸ Whole Wheat Elbows with Beef and Tomato Sauce Served with Side Salad	Country Style Fried Chicken ²⁸ Served with a Whole Wheat Roll and Peas	Coney Island Dog ²⁸ Topped with Fine Ground Beef, Yellow Mustard, and Spanish Onions on a Whole Wheat Bun Served with Green Beans

LUNCH PRICES

Full Lunch Price	\$1.75
Reduced Lunch Price	\$.40
Student Milk	\$.45
Adult Milk	\$.69
Adult Lunch	\$3.19

*"If you have a food allergy, please speak to the 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 at (508) 675-8100 x1230"*



Check out what we are doing to help save the environment. Visit www.whitsons.com

WE PURCHASE LOCAL!
 *We always use regional suppliers whenever seasonably available.

ALL STUDENT LUNCHES INCLUDE
 Low-Fat Milk, Low-Fat Chocolate Milk, or Low-Fat Coffee Milk; Fresh Vegetable Choice of the Day; and choice of Fresh Fruit or Fruit Cup

LOOK FOR OUR OTHER DAILY LUNCH ALTERNATES:

- Cheese & Pepperoni Pizza
- Hot meal of the day.
- Chicken Patties and Burgers.
- Grab-n-Go Fresh Salads, Yogurt Parfaits, & Sandwiches

Questions or Comments about the Food Service Program? Please call the Food Service Office at (508) 675-8100 x1134. Menu subject to change. Notice posted when possible.

DID YOU KNOW? Most products sourced by Whitsons have 0 Trans Fats - Milk & Chicken Products are hormone & antibiotic free - All dressings & ketchup are all natural, with no artificial ingredients & no HFCS (high fructose corn syrup) - All condiments are low fat - Teriyaki sauce & soy sauce are low sodium - Sliced bread, hamburger buns & hot dog buns are 100% w. grain & contain no HFCS - Breads, tortilla wraps, taco shells, nacho chips, Panini bread, all natural frozen yogurt, teriyaki sauce, soy sauce & all condiments are free of any partially hydrogenated oils & HFCS - Yogurt is 100% all natural & contains no artificial ingredients - Breakfast items have no trans fats, HFCS or artificial colors - Pancakes & waffles are w. grain & contain no artificial colors or flavors - All pasta is Barilla w. grain - All rice is brown - Pizza crust at secondary level is whole grain; elementary level is whole wheat - Tuna is dolphin safe & packed in water - Canned fruits are packed in natural juice only, no syrup - Fresh fruits & fresh/frozen veg. will be used when gov. commodity not available - All cheese is low fat - Donuts & breakfast pastries have no trans fats, artificial colors or flavors - Fish sticks have whole grain breading - Flavored milk contains no HFCS