

**SOUTH HUNTINGTON INTERMEDIATE SCHOOLS  
BIRCHWOOD/MAPLEWOOD  
APRIL 2010**

**Breakfast Prices: \$1.25/ \$.25 Reduced**

*All Breakfast Entrées are served with a choice of Milk and Juice or Asst. Fresh or Canned Fruit*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Choice of Cereal and Muffin or Bagels or Pancakes	Choice of Cereal and Muffin or Egg on Bun or French Toast Sticks	Choice of Cereal and Muffin or Canadian Bacon/Bun or Waffles	Choice of Cereal and Muffin or French Toast Sticks or Breakfast Chicken/Bun	Choice of Cereal and Muffin or Bagels or Egg on Bun

**A COMPLETE LUNCH INCLUDES A CHOICE OF ENTRÉE, TWO VEGETABLES/SALAD, ONE FRUIT, BREAD & MILK  
\$1.75/TYPE "A" Lunch /\$17.50/10 Meal Ticket**      *Reduced Lunch Tickets: \$2.50 for 10-Meal Ticket*

\*Contains Nitrates    \*\*Bread offered with this entree    \*\*\*Contains Pork

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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		1	2
		<b>SCHOOL CLOSED SPRING RECESS</b>	<b>SCHOOL CLOSED SPRING RECESS</b>

5	6	7	8	9
<b>SCHOOL CLOSED SPRING RECESS</b>	<b>Whole Wheat 3x5 Pizza</b> <b>Baked Breaded Chicken**</b> Meatball Hero Salad - Corn Mixed Fruit Choice of Milk ☉ Chef Salad	<b>Whole Wheat 3x5 Pizza</b> <b>Toasted Cheese Sandwich</b> <b>Italian Hot Pockets**</b> Pasta Salad Green Beans Oranges Choice of Milk ☉ Chicken Fajita Salad	<b>EARLY DISMISSAL - 12:30</b> (\$1.75) <b>French Toast Sticks</b> w/Ham <b>Pancake/Sausage Stix</b> <b>Fruit Cup - Juice</b> Choice of Milk ☉ Taco Salad	<b>Pizza Sticks</b> <b>Fish on Bun**</b> <b>Popcorn Chicken**</b> Potatoes Corn Fresh Fruit Choice of Milk ☉ Yogurt/Pretzel Salad Platter

12	13	14	15	16
<b>Whole Wheat 3x5 Pizza</b> <b>Popcorn Chicken**</b> <b>Hamburger or Cheeseburger/Bun</b> Potatoes Baby Carrots w/LF Dip Peaches Choice of Milk ☉ Chicken Caesar Salad	<b>EARLY DISMISSAL - 12:30</b> (\$1.75) <b>French Toast Sticks</b> w/Ham <b>Pancake/Sausage Stix</b> <b>Fruit Cup - Juice</b> Choice of Milk ☉ Chef Salad	<b>Whole Wheat 3x5 Pizza</b> <b>Toasted Cheese Sandwich</b> <b>Ham* &amp; Cheese on Bagel</b> Pasta Salad Green Beans Orange Slices Choice of Milk ☉ Chicken Fajita Salad	<b>Whole Wheat 3x5 Pizza</b> <b>Nachos del Grande</b> <b>Beef Taco &amp; Fixings**</b> <b>Chicken Patty on Bun</b> w/Let.&Tom. <b>Three Bean Salad - Corn</b> Jello Choice of Milk ☉ Taco Salad	<b>Pizza Sticks</b> <b>Macaroni &amp; Cheese**</b> <b>Honey Rib-B-Que*** Hero</b> Tossed Salad Italian Mixed Veggies Pears Choice of Milk ☉ Yogurt/Pretzel Salad Platter

19	20	21	22	23
<b>Whole Wheat 3x5 Pizza</b> <b>Popcorn Chicken**</b> <b>Hamburger or Cheeseburger/Bun</b> Potatoes - Corn Mixed Fruit Choice of Milk ☉ Chicken Caesar Salad	<b>Whole Wheat 3x5 Pizza</b> <b>Oven Breaded Chicken**</b> <b>Hot Dog on Bun</b> Salad - Broccoli Florets w/LF Dip Red/White Grapes Choice of Milk ☉ Chef Salad	<b>EARLY DISMISSAL - 12:30</b> (\$1.75) <b>French Toast Sticks</b> w/Ham <b>Pancake/Sausage Stix</b> <b>Fruit Cup - Juice</b> Choice of Milk ☉ Chicken Fajita Salad	<b>Whole Wheat 3x5 Pizza</b> <b>Nachos del Grande</b> <b>Beef Taco &amp; Fixings**</b> <b>Spicy Chicken Fingers**</b> Green Beans Three Bean Salad Clementines Choice of Milk ☉ Taco Salad	<b>Pizza Sticks</b> <b>Fish on Bun</b> <b>Hamburger or Cheeseburger/Bun</b> Tossed Salad Sauteed Carrots Pears Choice of Milk ☉ Yogurt/Pretzel Salad Platter

26	27	28	29	30
<b>Whole Wheat 3x5 Pizza</b> <b>Popcorn Chicken**</b> <b>Hamburger or Cheeseburger/Bun</b> Potatoes Celery Stix w/LF Dip Peaches Choice of Milk ☉ Chicken Caesar Salad	<b>Whole Wheat 3x5 Pizza</b> <b>Baked Breaded Chicken**</b> <b>Honey Rib-B-Que*** on Bun</b> Salad - Broccoli Florets w/LF Dip Applesauce Choice of Milk ☉ Chef Salad	<b>Whole Wheat 3x5 Pizza</b> <b>Toasted Cheese Sandwich</b> <b>Philly Hero</b> Pasta Salad Corn Fruit Cup Choice of Milk ☉ Chicken Fajita Salad	<b>Whole Wheat 3x5 Pizza</b> <b>Nachos del Grande</b> <b>Beef Taco &amp; Fixings**</b> <b>Chicken Patty on Bun</b> w/Let.&Tom. <b>Cole Slaw - Green Beans</b> Pudding Choice of Milk ☉ Taco Salad	<b>Pizza Sticks</b> <b>Macaroni &amp; Cheese**</b> <b>Popcorn Chicken**</b> Tossed Salad Italian Mixed Veggies Pears Choice of Milk ☉ Yogurt/Pretzel Salad Platter

A variety of canned and fresh fruits and vegetable choices are offered in addition to those stated on the daily menus.

Salad entrées are available each day - one with meat and one vegetarian

Choice of Milk - 1%, skim and 1% chocolate - All Milk \$.65

**MEALS ARE AVAILABLE FOR FIELD TRIPS**

**VEGGIE (DAIRY) TACO POCKETS ARE OFFERED DAILY AS A HEALTHY VEGETARIAN ALTERNATIVE.**

**ALL SANDWICHES ARE MADE ON WHOLE WHEAT BREAD. ALL PIZZA MADE WITH WHOLE WHEAT FLOUR.**

**\*\*\* VEGGIE BURGERS AND CHIXX SOY NUGGETS ARE OFFERED AS A HEALTHY VEGAN ALTERNATIVE.\*\*\***

**\*\*\*EXTRA ENTRÉE AVAILABLE AT A LA CARTE PRICES\*\*\***

For the students' convenience and nutritional requirements, vegetarian entrées are prepared using soy products and are available everyday. SOY entrées are high in Omega 3 fatty acids, low in saturated fat and cholesterol free. **If you wish to view more information about these products, or have any questions, comments or suggestions, please call the School Lunch Director's Office at (631) 812-3040 or feel free to send an e-mail to [cmctiernan@shufsd.org](mailto:cmctiernan@shufsd.org)**

Lactose-free milk will be available upon request for those students who need to reduce their cholesterol intake or are lactose intolerant.

PRIMARY SCHOOLS

**SOUTH HUNTINGTON UNION FREE SCHOOL DISTRICT  
OFFICE OF THE SCHOOL LUNCH DIRECTOR  
60 WESTON STREET  
HUNTINGTON STATION, NEW YORK 11746  
(631) 812-3040**

Dear Parents:

Because of the extensive menu choices offered to your children, it is impossible to list them on the menu each day. The front menu lists these choices which will be offered on a particular day. However, "Specials" are offered over the course of the month on a daily basis. They include:

Entrées:

Ham & Cheese Hero  
Turkey Hero  
Chicken Salad Platter or Sandwich  
Tuna Salad Platter or Sandwich

Tossed Salad  
Green Bean Salad  
Cole Slaw  
Three Bean Salad  
Pasta Salad

Fruits & Vegetables:

Fresh Fruit (in Season):

Watermelon  
Cantaloupe  
Honeydew  
Plums  
Pears  
Tangerines  
Clementines

Canned Fruit:


Peaches  
Pears  
Pineapple  
Mixed Fruit  
Applesauce

Chocolate Pudding  
Vanilla Pudding

In addition, apples, oranges and bananas are available everyday.

Should you have any questions or suggestions concerning your child's lunch program, please feel free to contact me at the above number.

Sincerely,



**Charles P. McTiernan  
School Lunch Director**

CPM:kf