

**SOUTH HUNTINGTON INTERMEDIATE SCHOOLS
BIRCHWOOD/MAPLEWOOD
FEBRUARY 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

CHICKEN NOODLE SOUP	CHICKEN RICE SOUP	VEGETABLE PASTA SOUP	CHICKEN VEG. SOUP	VEG. ALPHABET SOUP
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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1 Whole Wheat 3x5 Pizza Popcorn Chicken** Hamburger or Cheeseburger/Bun Potatoes Baby Carrots w/LF Dip Peaches Choice of Milk ☉ Chicken Caesar Salad	2 Whole Wheat 3x5 Pizza Ham* & Cheese on Bagel Chicken Fingers** Salad - Broccoli Florets w/LF Dip Pudding Choice of Milk ☉ Chef Salad	3 Whole Wheat 3x5 Pizza Toasted Cheese Sandwich Hot Dog on Bun Pasta Salad Sliced Carrots Oranges Slices Choice of Milk ☉ Chicken Fajita Salad	4 Whole Wheat 3x5 Pizza Nachos del Grande Beef Taco & Fixings** Chicken Patty on Bun w/Let.&Tom. Three Bean Salad - Corn Jello Choice of Milk ☉ Taco Salad	5 Pizza Sticks Macaroni & Cheese** Honey Rib-B-Que*** Hero Tossed Salad Italian Mixed Veggies Pears Choice of Milk ☉ Yogurt/Pretzel Salad Platter
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8 Whole Wheat 3x5 Pizza Popcorn Chicken** Hamburger or Cheeseburger/Bun Potatoes - Corn Red/White Grapes Choice of Milk ☉ Chicken Caesar Salad	9 Whole Wheat 3x5 Pizza Baked Breaded Chicken** Honey Rib-B-Que*** Tossed Salad Broccoli Florets w/LF Dip Applesauce Choice of Milk ☉ Chef Salad	10 Whole Wheat 3x5 Pizza Toasted Cheese Sandwich Philly Hero Pasta Salad - Corn Fruit Cup Choice of Milk ☉ Chicken Fajita Salad	11 Whole Wheat 3x5 Pizza Nachos del Grande Beef Taco & Fixings** Chicken Patty on Bun w/Let.&Tom. Cole Slaw - Green Beans Pudding Choice of Milk ☉ Taco Salad	12 Pizza Sticks Fish on Bun Popcorn Chicken** Potatoes Sliced Carrots Fresh Fruit Choice of Milk ☉ Yogurt/Pretzel Salad Platter
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15 SCHOOL CLOSED PRESIDENTS' DAY	16 SCHOOL CLOSED MID-WINTER RECESS	17 SCHOOL CLOSED MID-WINTER RECESS	18 SCHOOL CLOSED MID-WINTER RECESS	19 SCHOOL CLOSED MID-WINTER RECESS
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22 Whole Wheat 3x5 Pizza Popcorn Chicken** Hamburger or Cheeseburger/Bun Potatoes - Corn Red/White Grapes Choice of Milk ☉ Chicken Caesar Salad	23 Whole Wheat 3x5 Pizza Italian Hot Pockets** Hot Dog on Bun Salad - Broccoli Florets w/LF Dip Mixed Fruit Choice of Milk ☉ Chef Salad	24 Whole Wheat 3x5 Pizza Baked Breaded Chicken** Toasted Cheese Sandwich Pasta Salad Italian Mixed Veggies Pineapple Choice of Milk ☉ Chicken Fajita Salad	25 Whole Wheat 3x5 Pizza Nachos del Grande Beef Taco & Fixings** Spicy Chicken Fingers** Corn Three Bean Salad Clementines Choice of Milk ☉ Taco Salad	26 Pizza Sticks Lasagna** Hamburger or Cheeseburger/Bun Tossed Salad Sautéed Carrots Pears Choice of Milk ☉ Yogurt/Pretzel Salad Platter
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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**

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:

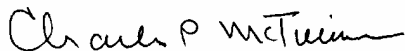
Peaches
Pears
Pineapple
Mixed Fruit
Applesauce

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