

**SOUTH HUNTINGTON PRIMARY SCHOOLS  
COUNTRYWOOD/OAKWOOD  
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 French Toast Sticks	Choice of Cereal and Muffin or Waffle Sticks	Choice of Cereal and Muffin or Breakfast Chicken/Bun	Choice of Cereal and Muffin or Egg/Bun	Choice of Cereal and Muffin or Pancakes

**A COMPLETE LUNCH INCLUDES A CHOICE OF ENTRÉE, TWO VEGETABLES/SALAD, ONE FRUIT, BREAD & MILK**  
**\$1.50/TYPE "A" Lunch /\$15.00/10 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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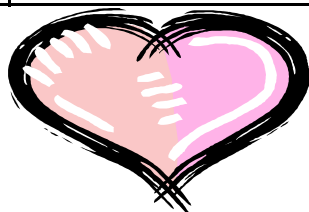
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Whole Wheat 4x3 Pizza or Popcorn Chicken** or Hamburger/Cheeseburger on Bun Sliced Carrots Broccoli w/LF Dip Spiced Chilled Pears Choice of Milk ☉ Chicken Caesar Salad	Whole Wheat 4x3 Pizza or Chicken Fingers** or Ham* & Cheese on Pretzel Roll Tossed Salad Corn Fruited Jello Choice of Milk ☉ Chef Salad	Whole Wheat 4x3 Pizza or Toasted Cheese Sandwich or Hot Dog on Bun Cole Slaw - Baby Carrots w/LF Dip Cantalope & Melon Cubes Choice of Milk ☉ Chicken Fajita Salad	Whole Wheat 4x3 Pizza or Chicken Patty on Bun or Beef Taco & Fixings** Three Bean Salad Italian Mixed Veggies. Peaches Choice of Milk ☉ Taco Salad	Whole Wheat 4x3 Pizza or Fish Sticks** or Hamburger/Cheeseburger on Bun Green Beans-Tossed Salad Pears Choice of Milk ☉ Yogurt/Pretzel Salad Platter

<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Whole Wheat 4x3 Pizza or Popcorn Chicken ** or Hamburger/Cheeseburger on Bun Sliced Carrots Broccoli w/LF Dip Red/White Grapes Choice of Milk ☉ Chicken Caesar Salad	Whole Wheat 4x3 Pizza or Meatball Hero or Chicken Fingers** Tossed Salad Green Beans Peaches Choice of Milk ☉ Chef Salad	Whole Wheat 4x3 Pizza or Toasted Cheese Sandwich or Chicken Nuggets** Cole Slaw Corn Cantalope & Melon Cubes Choice of Milk ☉ Chicken Fajita Salad	Whole Wheat 4x3 Pizza or Chicken Patty on Bun w/Lettuce&Tomato or Beef Taco & Fixings** Three Bean Salad Carrots Mixed Fruit Choice of Milk ☉ Taco Salad	Whole Wheat 4x3 Pizza or Macaroni & Cheese** or Popcorn Chicken** Corn Tossed Salad Spiced Pears Choice of Milk ☉ Yogurt/Pretzel Salad Platter

<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>SCHOOL CLOSED PRESIDENTS' DAY</b>	<b>SCHOOL CLOSED MID-WINTER RECESS</b>	<b>SCHOOL CLOSED MID-WINTER RECESS</b>	<b>SCHOOL CLOSED MID-WINTER RECESS</b>	<b>SCHOOL CLOSED MID-WINTER RECESS</b>

<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Whole Wheat 4x3 Pizza or Popcorn Chicken** or Hamburger/Cheeseburger on Bun Tossed Salad Broccoli w/LF Dip Peaches Choice of Milk ☉ Chicken Caesar Salad	Whole Wheat 4x3 Pizza or Chicken Fingers** or Meatball Hero Salad Corn Red/White Grapes Choice of Milk ☉ Chef Salad	Whole Wheat 4x3 Pizza or Toasted Cheese Sandwich or Chicken Nuggets** Cole Slaw - Green Beans Cantalope & Melon Cubes Choice of Milk ☉ Chicken Fajita Salad	Whole Wheat 4x3 Pizza or Chicken Patty on Bun w/Lettuce&Tomato or Beef Taco & Fixings** Corn - Pasta Salad Mixed Fruit Choice of Milk ☉ Taco Salad	Whole Wheat 4x3 Pizza or Macaroni & Cheese** or Popcorn Chicken** Carrots - Tossed Salad Applesauce 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 WITH 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