

**SILAS WOOD 6TH GRADE CENTER
FEBRUARY 2010**

Breakfast Prices: \$1.50/ \$.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 Bagel or Pancakes	Choice of Cereal and Muffin or Bagel or French Toast Sticks	Choice of Cereal and Muffin or Bagel or Canadian Bacon/Bun	Choice of Cereal and Muffin or Bagel or Mini Waffles	Choice of Cereal and Muffin or Bagel or French Toast Sticks

A COMPLETE LUNCH INCLUDES A CHOICE OF ENTRÉE, TWO VEGETABLES/SALAD, ONE FRUIT, BREAD & MILK Offered Daily: Whole Wheat Pizza, Hamburgers, Cheeseburgers, Heroes, Potatoes, Salads, Specials & Desserts

\$2.25 TYPE "A" Lunch \$22.50/10-Meal Ticket \$.25 Reduced Lunch

*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	2	3	4	5
Whole Wheat Wedge Pizza Popcorn Chicken** Italian Hot Pockets** Tossed Salad - Corn Red/White Grapes Choice of Milk ☺ Chicken Caesar Salad	Whole Wheat Wedge Pizza Nachos del Grande Chicken Patty on Bun w/Let.&Tom. Baby Carrots w/LF Dip Italian Mixed Veg. Pudding Choice of Milk ☺ Taco Salad	Whole Wheat Wedge Pizza Toasted Cheese Sandwich Baked Breaded Chicken** Tossed Salad Cole Slaw Peaches Choice of Milk ☺ Chicken Fajita Salad	Whole Wheat Wedge Pizza Popcorn Chicken** Meatball Hero Pasta Salad Sliced Carrots Fresh Fruit Choice of Milk ☺ Chicken Caesar Salad	Whole Wheat Wedge Pizza Quesadillas** Mozzarella Sticks** Green Beans Tossed Salad Mixed Fruit Choice of Milk ☺ Yogurt/Pretzel Salad Platter

8	9	10	11	12
Whole Wheat Wedge Pizza Popcorn Chicken** Honey BBQ Rib-B-Que***/Bun Tossed Salad Corn Red/White Grapes Choice of Milk ☺ Chicken Caesar Salad	Whole Wheat Wedge Pizza Nachos del Grande Spicy Chicken Fingers** Baby Carrots w/LF Dip Italian Mixed Veg. Pineapple Choice of Milk ☺ Taco Salad	Whole Wheat Wedge Pizza Baked Breaded Chicken** Toasted Cheese Sandwich Pasta Salad Cole Slaw Peaches Choice of Milk ☺ Chicken Fajita Salad	Whole Wheat Wedge Pizza Hot Dog on Bun Popcorn Chicken** Three Bean Salad Sliced Carrots Fresh Melon Cup Choice of Milk ☺ Chicken Caesar Salad	Whole Wheat Wedge Pizza Buffalo Chicken on Bun Macaroni & Cheese** Green Beans-Tossed Salad Mixed Fruit Choice of Milk ☺ Yogurt/Pretzel Salad Platter

15	16	17	18	19
SCHOOL CLOSED PRESIDENTS' DAY	SCHOOL CLOSED MID-WINTER RECESS	SCHOOL CLOSED MID-WINTER RECESS	SCHOOL CLOSED MID-WINTER RECESS	SCHOOL CLOSED MID-WINTER RECESS

22	23	24	25	26
Whole Wheat Wedge Pizza Popcorn Chicken** Honey BBQ Rib-B-Que*** Hero Tossed Salad Italian Mixed Veg. Pears Choice of Milk ☺ Chicken Caesar Salad	Whole Wheat Wedge Pizza Nachos del Grande Chicken Patty on Bun w/Let.&Tom. Baby Carrots w/LF Dip Green Beans Peaches Choice of Milk ☺ Taco Salad	Whole Wheat Wedge Pizza Toasted Cheese Sandwich Popcorn Chicken** Three Bean Salad Tossed Salad Red/White Grapes Choice of Milk ☺ Chicken Fajita Salad	Whole Wheat Wedge Pizza Chicken Fingers** Meatball Hero Pasta Salad Cole Slaw Ass't Fresh Fruit Choice of Milk ☺ Chef Salad	Whole Wheat Wedge Pizza Buffalo Chicken on Bun Macaroni & Cheese** Green Beans 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**

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

SECONDARY 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:

Entrees

Turkey Hero

Italian Hero

Ham & Cheese Hero

"Whopper" Burgers

Pizza:

Spinach

Meatball

Eggplant

White (with Mushrooms)

Eggplant Parmigiana Hero

Chicken Salad Platter or Sandwich

Tuna Salad Platter or Sandwich

Tossed Salad

Green Bean Salad

Mixed 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

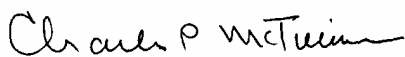
Chocolate Pudding

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