

January Menu

Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
2 SCHOOL CLOSED New Year's Day	3 WW 3x5 Pizza or Chicken Fingers** or Hamburger or Cheeseburger/Bun Tossed Salad Broccoli Florets w/LF Dip Red/White Grapes	4 WW 3x5 Pizza or Toasted Cheese Sandwich or Philly Hero Pasta Salad—Corn Fruit Cup	5 WW 3x5 Pizza or Nachos del Grande or Beef Taco & Fixings** or Chicken Patty on Bun w/Let&Tom Cole Slaw—Green Beans Pudding	6 WW Pepperoni Pizza or Macaroni & Cheese** or Chicken Parmigiana** Potatoes—Sliced Carrots Fresh Fruit
9 WW 3X5 Pizza or Popcorn Chicken** or Hamburger/Cheeseburger on Bun Potatoes—Celery Stix w/LF Dip Peaches	10 WW 3x5 Pizza or Chicken Fingers** or Meatball Hero Salad-Corn Pudding	11 WW 3x5 Pizza or Toasted Cheese Sandwich or BBQ Roasted Chicken** Pasta Salad—Green Beans Orange Slices	12 WW 3x5 Pizza or Nachos del Grande or Beef Taco & Fixings** Chicken Patty on Bun w/Let.&Tom. Three Bean Salad Carrots Jello	13 WW Pepperoni Pizza or Fish Stix** or Lasagna** Potatoes Corn Asst. Fresh Fruit
16 SCHOOL CLOSED Martin Luther King Day	17 WW 3X5 Pizza or Hot Dog on Bun Chicken Fingers** Salad-Broccoli Florets w/LF Dip Applesauce	18 WW 3x5 Pizza or Toasted Cheese Sandwich or Ham* & Cheese on Bagel-P Pasta Salad—Sliced Carrots Sliced Pears	19 WW 3x5 Pizza or Nachos del Grande or Hot&Spicy Chicken Patty on Bun Three Bean Salad—Corn Jello	20 WW Pepperoni Pizza or Macaroni & Cheese** or BBQ Roasted Chicken** Tossed Salad Italian Mixed Veggies Orange Slices
23 WW 3x5 Pizza or Popcorn Chicken** or Hamburger/Cheeseburger on Bun Potatoes—Corn Mixed Fruit	24 WW 3x5 Pizza or Fish Stix** or BBQ Roasted Chicken** Salad—Broccoli Florets w/LF Dip Red/White Grapes	25 WW 3x5 Pizza or Toasted Cheese Sandwich or Italian Hot Pockets** Pasta Salad—Carrots Pudding	26 WW 3x5 Pizza or Nachos del Grande or Beef Taco & Fixings** or Spicy Chicken Fingers** Green Beans—Three Bean Salad Applesauce	27 WW Pepperoni & Pizza or Lasagna** or Hamburger or Cheeseburger/Bun Tossed Salad Sauteed Carrots Orange Slices
30 WW 3x5 Pizza or Popcorn Chicken** or Hamburger/Cheeseburger on Bun Potatoes—Celery Stix w/LF Dip Peaches	31 WW 3x5 Pizza or Chicken Fingers** or Honey Rib-B-Que-P Salad—Broccoli Florets w/LF Dip Applesauce	Garden Fresh Salads Served Every Day! Every Monday: Chicken Caesar Salad Every Tuesday: Chef Salad Every Wednesday: Chicken Fajita Salad Every Thursday: Taco Salad Every Friday: Yogurt/Pretzel Salad Platter		
			Fresh Fruits (when in season) • Apples, oranges, bananas, clementines, melon cuts, kiwi fruit, and watermelon.	
			Canned Fruits • Peaches, pears, applesauce, mixed fruit, pineapple, and strawberries.	

Did You Know:

A 10-meal breakfast ticket is **\$12.50**
And a 10-meal lunch ticket is only **\$20.00**
(Please make checks payable to SH School Lunch)

Lunch

A complete lunch includes a choice of entree, vegetable/salad, fruit, bread, and milk. **\$2.00**



Daily Selections available

Side Bar:

Sides available with/for

- Lunch: Cole Slaw - Pasta Salad
- 3-Bean Salad - Health Salad
- Tossed Salad
- Baby Carrots/low fat dip
- Celery Stix - Cucumber Coins

Hot Vegetables:

(corn, green beans, carrots, broccoli, Italian mixed)

Choice of Milk:

skim, 1%, 1% chocolate and 1% strawberry. All milk a la carte - 48¢

Additional information about these products may be found on our website www.shufsd.org. Please feel free to call or email the School Lunch Director with any questions. (831) 812-3040 or ocetlerian@shufsd.org

WE ARE COMMITTED TO SERVING HEALTHY, NUTRITIOUS MEAL CHOICES

To be considered a sensible choice, a snack should contain:

- 7 grams or less of fat
- 2 grams or less of saturated fat

- 0 grams of trans fat
- 15 grams or less of sugar
- 300 milligrams or less of sodium
- One serving per package



Did You Know:

- UPON REQUEST: Veggie Pockets (dairy) and Taco Pockets (dairy) are offered daily as a healthy vegetarian alternative.
- All sandwiches and Pizza are made with Whole Wheat flour.
- UPON REQUEST: Veggie Burgers and Chick Soy Patty are offered as a healthy Vegan alternative.

Snacking for Good Nutrition!

Most children come home from school wanting a snack before dinner. How do you keep it quick and light so it doesn't ruin their appetite? Follow these guidelines:

1. Children love to dip things. Take advantage of this by offering carrots with low-fat ranch dip, celery with peanut butter, or fruit with yogurt dip.
2. Use reduced-fat, fat-free, or light versions of pudding, Jell-O, and applesauce cups.
3. Read labels carefully. A healthful snack should have less than 3 grams of fat per 100 calories.
4. Cut out the sugar. Minimize your child's sugar intake by diluting fruit juices.
5. Push the water! Make sure your children are drinking lots of water.
6. Swap these: graham crackers with peanut butter for cookies; granola bar with chocolate chips for a candy bar; cheerios for sugary cereals; yellow corn chips and salsa for chips and dip; fresh grapes for fruit snacks.
7. Finally, give your children access to healthful foods and give them the power to choose!

Students with Special Dietary Needs

The School Lunch Program has a policy of providing modified menus for students who have physical or special dietary needs and are unable to consume regular meals.

These conditions may include, but are not limited to: allergies, diabetes (carbohydrate controlled), gluten intolerance, lactose intolerance, and need for sodium restriction.

Parents/guardians must provide a completed medical statement that includes the following: the student's disability or medical concern, the recommended diet prescription, the foods to be omitted and the suggested replacements, the signature of an appropriate medical authority, and the date.

Parents are encouraged to contact the School Lunch Director, Charles P. McTiernan, at 631-812-3040 for further information.

Our Commitment To You

The South Huntington Union Free School District (SHUFSD) believes it is critical to start children on the right path to choosing nutritious meals and snacks, which is fundamental to their well-being.

The School Lunch Department of SHUFSD is committed to raising nutritional awareness and providing a quality food service program.

We proudly participate in the National School Lunch and Breakfast Programs, which allows us to offer a free breakfast and lunch to eligible students.

Over the past few years, the Lunch Department has changed the bread products and pizza dough we use from white flour to whole wheat. The department has also eliminated products containing high-fructose corn syrup (HFCS) and trans fat wherever possible and will continue to work with manufacturers and vendors to completely eliminate these items from inventory.