

January Menu

Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
2 SCHOOL CLOSED New Year's Day	3 WW 4x3 Pizza or Chicken Fingers** or Ham* & Cheese on Pretzel Roll-P Salad-Corn Red/White Grapes	4 WW 4X3 Pizza or Toasted Cheese Sandwich or Hot Dog on Bun Cole Slaw—Green Beans Mixed Fruit	5 WW 4X3 Pizza or Chicken Patty/Bun w/Let. & Tom. Beef Taco & Fixings** Corn—Pasta Salad Chilled Peaches	6 WW 4X3 Pizza or Chicken Nuggets** or Hamburger/Cheeseburger/Bun Carrots — Tossed Salad Applesauce
9 WW 4X3 Pizza or Popcorn Chicken** or Hamburger/Cheeseburger/Bun Sliced Carrots Broccoli w/LF Dip Chilled Pears	10 WW 4x3 Pizza or Chicken Fingers** or Meatball Hero Tossed Salad-Corn Fruited Cocktail	11 WW 4x3 Pizza or Toasted Cheese Sandwich or Ham* & Cheese on Pretzel Roll-P Cole Slaw Baby Carrots w/LF Dip Chilled Peaches	12 WW 4x3 Pizza or Chicken Patty/Bun w/Let. & Tom Beef Taco & Fixings** Italian Mixed Veggies. Pasta Salad—Applesauce	13 WW 4x3 Pizza or Macaroni & Cheese** or Hamburger/Cheeseburger/Bun Green Beans—Tossed Salad Pears
16 SCHOOL CLOSED Martin Luther King Day	17 WW 4x3 Pizza or Meatball Hero or Popcorn Chicken** Tossed Salad—Green Beans Peaches	18 WW 4x3 Pizza or Toasted Cheese Sandwich or Hot Dog on Bun Cole Slaw—Corn Jello	19 WW 4x3 Pizza or Chicken Patty/Bun w/Let. & Tom. Beef Taco & Fixings** Three Bean Salad—Carrots Mixed Fruit	20 WW 4x3 Pizza or Fish Stix** or Hamburger/Cheeseburger/Bun Italian Mixed Veggies. Tossed Salad—Spiced Pears
23 WW 4x3 Pizza or Popcorn Chicken** or Hamburger/Cheeseburger/Bun Broccoli w/LF Dip Red/White Grapes	24 WW 4x3 Pizza or Rib-B-Que on Bun or Chicken Fingers** Tossed Salad—Pasta Salad Peaches	25 WW 4x3 Pizza or Toasted Cheese Sandwich or Ham* & Cheese on Pretzel-P Cole Slaw-Green Beans Applesauce	26 WW 4x3 Pizza or Chicken Patty/Bun w/Let.&Tom. Beef Taco & Fixings** Three Bean Salad Italian Mixed Veggies.—Fruit Cup	27 WW 4x3 Pizza or Macaroni & Cheese** or Chicken Nuggets** Corn—Tossed Salad Orange Wedges
30 WW 4X3 Pizza or Popcorn Chicken** or Hamburger/Cheeseburger/Bun Tossed Salad Broccoli w/LF Dip —Peaches	31 WW 4x3 Pizza or Chicken Fingers** or Meatball Hero Pasta Salad—Corn Red/White Grapes	<p>Garden Fresh Salads Served Every Day!</p> <p>Every Monday: Chicken Caesar Salad Every Tuesday: Chef Salad Every Wednesday: Chicken Fajita Salad Every Thursday: Taco Salad Every Friday: Yogurt/Pretzel Salad Platter</p>		

Did You Know:
A 10-meal breakfast ticket is \$12.50
And a 10-meal lunch ticket is only \$17.50
(Please make checks payable to SH School Lunch)

Lunch
A complete lunch includes a choice of entrée, vegetable/salad, fruit, bread, and milk.
\$1.75



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 alternatives - \$0.65

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. (631) 812-9040 or director@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'n 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.