

Stimson Middle School January Menu Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
2 SCHOOL CLOSED New Year's Day	3 WW Wedge Pizza or Nachos del Grande or Burritos** Three Bean Salad Sliced Carrots Peaches	4 WW Wedge Pizza or Popcorn Chicken ** or Toasted Cheese Sandwich Baby Carrots w/LF Dip Cole Slaw Pears	5 WW French Bread Pizza or Roasted Chicken** or Buffalo Chicken Patty/Bun Pasta Salad Green Beans Applesauce	6 WW Wedge Pizza or Cheese Quesadillas** or Ziti** Corn—Tossed Salad Mixed Fruit
9 WW Wedge Pizza or Popcorn Chicken** or Italian Hot Pockets** Potatoes—Mixed Veg. Tossed Salad Fresh Fruit	10 WW Wedge Pizza or Nachos del Grande or Spicy Chicken Fingers** Three Bean Salad Corn Fresh Melon Cubes	11 WW Wedge Pizza or Popcorn Chicken** or Toasted Cheese Sandwich Tossed Salad—Cole Slaw Mixed Fruit	12 WW French Bread Pizza or Ham* & Cheese on Bagel Buffalo Chicken Patty/Bun Pasta Salad—Green Beans Peaches	13 WW Wedge Pizza or Boneless Rib-B-Que on Hero-P or Lasagna** Corn—Tossed Salad Pears
16 SCHOOL CLOSED Martin Luther King Day	17 WW Wedge Pizza or Nachos del Grande or Chicken Fingers** Three Bean Salad Sliced Carrots Fresh Melon Cubes	18 WW Wedge Pizza or Toasted Cheese Sandwich or Popcorn Chicken** Green Beans—Cole Slaw Red/White Grapes	19 WW French Bread Pizza or Ham* & Cheese on Bagel Buffalo Chicken Patty/Bun Pasta Salad—Broccoli Peaches	20 WW Wedge Pizza or Cheese Quesadilla** or Ziti** Corn—Tossed Salad Mixed Fruit
23 WW Wedge Pizza or Popcorn Chicken** or Taco Pockets** Baby Carrots/LF Dip Tossed Salad Peaches	24 WW Wedge Pizza or Nachos del Grande or Beef Taco & Fixings** or Spicy Chicken Fingers** Sliced Carrots—Cole Slaw Fresh Melon Cubes	25 WW Wedge Pizza or Toasted Cheese Sandwich or Popcorn Chicken** Three Bean Salad Tossed Salad Pudding	26 WW French Bread Pizza or Roasted Chicken** or Buffalo Chicken Patty/Bun Pasta Salad—Green Beans Mixed Fruit	27 WW Wedge Pizza or Boneless Rib-B-Que on Hero-P Lasagna** Corn Tossed Salad Ass't Fresh Fruit
30 WW Wedge Pizza or Burritos** or Chicken Fingers** Potatoes—Italian Mixed Veg. Fruit Cocktail	31 WW Wedge Pizza or Nachos del Grande or Chicken on Bun w/Let.&Tom. Three Bean Salad Sliced Carrots Fresh Melon Cubes	Garden Fresh Salads Served Every Day! Every Monday: Chicken Caesar Salad Every Tuesday: Chicken Fajita Salad Every Wednesday: Chef Salad Every Thursday: Taco Salad Every Friday: Yogurt/Pretzel Salad Platter		

Did You Know:
A 10-meal lunch ticket is only **\$27.50**
(Please make checks payable to SH School Lunch)

Lunch
A complete lunch includes a choice of entree, vegetable/salad, fruit, bread, and milk. **\$2.75**



Daily Selections available

- Pizza
- Hot Vegetables
- Hamburgers
- Cheese Burgers
- Pasta
- Heros: Ham & Cheese, Italian or Turkey
- Assorted Wraps: beef, chicken, or fish
- 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 Coles

Hot Vegetables:
lett, green beans, carrots, broccoli, Italian salad!

Choice of Milk:
skins, 1%, 1% chocolate and 1% strawberry. All milk ala carte - \$6.5



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) 812-3040 or cmwtiernan@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.