

Monday	Tuesday	Wednesday	Thursday	Friday
2 SCHOOL CLOSED New Year's Day	3 WW Wedge Pizza or Italian Hot Pockets** or Chicken Patty on Bun w/Let&Tom. Baby Carrots w/LF Dip Italian Mixed Veg. Sliced Peaches	4 WW Wedge Pizza or Toasted Cheese Sandwich or Chicken Fingers** Tossed Salad—Cole Slaw Fresh Fruit	5 WW Wedge Pizza or Cheese Quesadilla** or Popcorn Chicken** Pasta Salad—Sliced Carrots Pudding	6 WW Wedge Pizza or Fish Tacos** or Honey BBQ Chicken Nuggets** Green Beans-Tossed Salad Mixed Fruit
9 WW Wedge Pizza or Popcorn Chicken** or Honey BBQ Rib-B-Que-P Tossed Salad—Corn Red/White Grapes	10 WW Wedge Pizza or Nachos del Grande Italian Hot Pockets** Baby Carrots w/LF Dip Italian Mixed Veggies. Mixed Fruit	11 WW Wedge Pizza or Toasted Cheese Sandwich or BBQ Roasted Chicken** Tossed Salad—Cole Slaw Pudding	12 WW Wedge Pizza or Popcorn Chicken** or Meatball Hero Pasta Salad—Carrots Fresh Fruit	13 WW Wedge Pizza or Macaroni & Cheese** or Chicken Strips** Green Beans—Tossed Salad Mixed Fruit
16 SCHOOL CLOSED Martin Luther King Day	17 WW Wedge Pizza or Nachos del Grande or Chicken Patty on Bun w/Let.&Tom. Italian Mixed Veg. Pasta Salad Peaches	18 WW Wedge Pizza or Toasted Cheese Sandwich or Chicken Fingers** Cole Slaw Tossed Salad Pudding	19 WW Wedge Pizza or Cheese Quesadilla** or Popcorn Chicken** Three Bean Salad Sliced Carrots Fresh Fruit	20 WW Wedge Pizza or Honey BBQ Chicken Nuggets** or Fish Tacos** Green Beans Tossed Salad Mixed Fruit
23 WW Wedge Pizza or Popcorn Chicken** or Honey BBQ Rib-B-Que-P Tossed Salad—Corn Pears	24 WW Wedge Pizza or Nachos del Grande Chicken Patty on Bun w/Let.&Tom. Baby Carrots w/LF Dip Green Beans Peaches	25 WW Wedge Pizza or Toasted Cheese Sandwich or Chicken Fingers** Three Bean Salad Tossed Salad Red/White Grapes	26 WW Wedge Pizza or Meatball Hero or Oven Roasted Chicken** Pasta Salad Cole Slaw Applesauce	27 WW Wedge Pizza or Macaroni & Cheese** or Chicken Fingers** Green Beans—Tossed Salad Fresh Fruit
30 WW Wedge Pizza or Popcorn Chicken** or Honey BBQ Rib-B-Que-P Tossed Salad—Corn Pears	31 WW Wedge Pizza or Nachos del Grande Chicken Patty/Bun w/Let.&Tom. Baby Carrots w/LF Dip Italian Mixed Veggies. Sliced Peaches	Garden Fresh Salads Served Every Day! Every Monday: Chicken Caesar Salad Every Tuesday: Taco Salad Every Wednesday: Chicken Fajita Salad Every Thursday: Chicken Caesar Salad Every Friday: Yogurt/Pretzel Salad Platter		

Did You Know:
A 10-meal lunch ticket is only **\$25.00**
(Please make checks payable to SH School Lunch)

Lunch
A complete lunch includes a choice of entrée, vegetable/salad, fruit, bread, and milk. **\$2.50**



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 Coins

Hot Vegetables:
(corn, green beans, carrots, broccoli, Italian mixed)

Choice of Milk:
skim, 1%, 1% chocolate and 1% strawberry. All milk ala carte - **\$.65**

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 Chixx Soy Patty are offered as a healthy Vegan alternative.

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 cmctiernan@shufsd.org

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.