

Monday	Tuesday	Wednesday	Thursday	Friday
2 <b>SCHOOL CLOSED</b> New Year's Day	3 Buffalo Chicken** or Nachos del Grande Tossed Salad Green Beans Peaches	4 Toasted Cheese Sandwich or Honey BBQ Rib-B-Que Hero-P Three Bean Salad Corn Red/White Grapes	5 Spicy Chicken** or Meatball Hero Three Bean Salad Cole Slaw Pears	6 Chicken Fingers** or Macaroni & Cheese** Baby Carrots w/LF Dip Tossed Salad Applesauce
9 Popcorn Chicken** Meatball Hero Celery Stix w/LF Dip Carrots Applesauce	10 Spicy Chicken Patty/Bun or Ham* & Cheese on Bagel-P Pasta Salad Green Beans Peaches	11 Toasted Cheese Sandwich or Nachos del Grande Three Bean Salad Corn Red/White Grapes	12 Spicy Chicken** or Boneless Rib-B-Que/Bun-P Pasta Salad Cole Slaw Pears	13 Popcorn Chicken** or Lasagna** Baby Carrots w/LF Dip Tossed Salad Applesauce
16 <b>SCHOOL CLOSED</b> Martin Luther King Day	17 Chicken Fingers** or Boneless Rib-B-Que/Bun-P Tossed Salad Corn—Cole Slaw Jello	18 Toasted Cheese Sandwich or Nachos del Grande Pasta Salad Green Beans Applesauce	19 Meatball Hero Chicken Strips** Three Bean Salad Sliced Carrots Pudding	20 Hot & Spicy Chicken** or Macaroni & Cheese** Celery Stix w/LF Dip Tossed Salad Fresh Cubed Melon
23 Popcorn Chicken** or Meatball Hero Celery Stix w/LF Dip Italian Mixed Veg. Fruit Cocktail	24 Chicken Parmigiana** or Nachos del Grande Pasta Salad Green Beans Peaches	25 Toasted Cheese Sandwich or Chicken Fingers** Cole Slaw Corn Melon Cup	26 Spicy Chicken Patty/Bun Boneless Beef Rib-B-Que Hero-P Three Bean Salad Cole Slaw Pears	27 Chicken Fingers** or Ziti** Baby Carrots w/LF Dip Tossed Salad Applesauce
30 Popcorn Chicken** or Meatball Parmigiana Hero Celery Stix w/LF Dip Sliced Carrots Applesauce	31 Spicy Chicken Patty/Bun Ham* & Cheese on Bagel-P Pasta Salad—Green Beans Peaches	<b>Garden Fresh Salads Served Every Day!</b> <b>Every Monday:</b> Chicken Caesar Salad <b>Every Tuesday:</b> Chef Salad <b>Every Wednesday:</b> Chicken Fajita Salad <b>Every Thursday:</b> Taco Salad <b>Every Friday:</b> Greek Salad		

**Did You Know:**  
Walt Whitman has a Debit Card System for purchasing meals. You can deposit \$\$ into your student's account any time by cash or check payable to SHUFSD - School Lunch Card Account.

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



**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 ala carte - \$0.65

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