

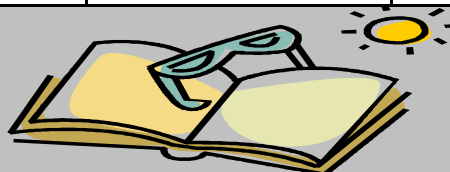
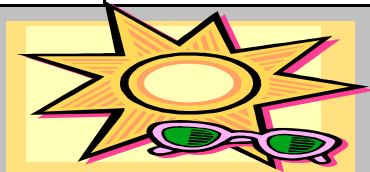
**SOUTH HUNTINGTON INTERMEDIATE SCHOOLS  
BIRCHWOOD/MAPLEWOOD  
JUNE 2009**

*Breakfast Prices: \$1.00/ \$.25 Reduced  
All Breakfast Entrées are served with a choice of Milk and Juice or Asst. Fresh or Canned Fruit*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Choice of Cereal and Muffin or Bagels or Pancakes	Choice of Cereal and Muffin or Egg on Bun or French Toast Sticks	Choice of Cereal and Muffin or Bagels or Waffles	Choice of Cereal and Muffin or French Toast Sticks or Breakfast Chicken/Bun	Choice of Cereal and Muffin or Bagels or Egg on Bun

**A COMPLETE LUNCH INCLUDES A CHOICE OF ENTRÉE, TWO VEGETABLES/SALAD, ONE FRUIT/JUICE, BREAD & MILK**  
 \$1.50/TYPE "A" Lunch / \$15.00/ 10 Meal Ticket      Reduced Lunch Tickets: \$2.50 for 10-Meal Ticket  
 \*Contains Nitrates    \*\*Bread offered with this entree    \*\*\*Contains Pork  
**\*\*\*PEANUT BUTTER SANDWICHES ARE NO LONGER AVAILABLE THROUGH THE SCHOOL LUNCH PROGRAM\*\*\***

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Whole Wheat 3x5 Pizza Chicken Fingers** Hamburger or Cheeseburger/Bun Potatoes - Corn Red/White Grapes Choice of Milk ☉ Chicken Caesar Salad	Whole Wheat 3x5 Pizza Oven Roasted Chicken** Pasta** Tossed Salad Broccoli Florets w/LF Dip Applesauce Choice of Milk ☉ Chef Salad	Whole Wheat 3x5 Pizza Toasted Cheese Sandwich Popcorn Chicken** Pasta Salad - Carrots Fruit Cup Choice of Milk ☉ Chicken Fajita Salad	Whole Wheat 3x5 Pizza Nachos del Grande Beef Taco & Fixings** Beef Rib-B-Que on Bun Cole Slaw - Corn Pudding Choice of Milk ☉ Taco Salad	Pizza Sticks Macaroni & Cheese** Hamburger/Cheeseburger on Bun Potatoes Carrots Fresh Fruit Choice of Milk ☉ Yogurt/Pretzel Salad Platter
8	9	10	11	12
Whole Wheat 3x5 Pizza Popcorn Chicken** Hamburger or Cheeseburger/Bun Potatoes - Celery Stix w/LF Dip Peaches Choice of Milk ☉ Chicken Caesar Salad	Whole Wheat 3x5 Pizza Hot Dog on Bun Oven Baked Chicken** Salad - Corn Pudding Choice of Milk ☉ Chef Salad	Whole Wheat 3x5 Pizza Toasted Cheese Sandwich Chicken Nuggets** Pasta Carbonara Green Beans Applesauce Choice of Milk ☉ Chicken Fajita Salad	Whole Wheat 3x5 Pizza Nachos del Grande Beef Taco & Fixings** Grilled Chicken on Bun w/Let.&Tom. Three Bean Salad Baby Carrots w/LF Dip Pears Choice of Milk ☉ Taco Salad	Pizza Sticks Fish** Hamburger/Cheeseburger on Bun Potatoes - Carrots Fresh Fruit Choice of Milk ☉ Yogurt/Pretzel Salad Platter
15	16	17	18	19
Whole Wheat 3x5 Pizza Popcorn Chicken** Hamburger or Cheeseburger/Bun Potatoes Celery Stix w/LF Dip Peaches Choice of Milk ☉ Chicken Caesar Salad	Whole Wheat 3x5 Pizza Meatball Hero Shark Chicken Fingers** Salad - Broccoli Florets w/LF Dip Mixed Fruit Choice of Milk ☉ Chef Salad	Whole Wheat 3x5 Pizza Toasted Cheese Sandwich Oven Roasted Chicken** Pasta Salad Carrots Applesauce Choice of Milk ☉ Chicken Fajita Salad	Whole Wheat 3x5 Pizza Nachos del Grande Beef Taco & Fixings** Chicken Nuggets** Three Bean Salad - Corn Oranges Choice of Milk ☉ Taco Salad	Pizza Sticks Macaroni & Cheese** Ham* & Cheese on Bagel Tossed Salad Mixed Veggies Pears Choice of Milk ☉ Yogurt/Pretzel Salad Platter
23	24	25	26	27
Whole Wheat 3x5 Pizza Popcorn Chicken** Hamburger or Cheeseburger/Bun Potatoes - Corn Red/White Grapes Choice of Milk ☉ Chicken Caesar Salad	COOKS' CHOICE	COOKS' CHOICE	EARLY DISMISSAL 11:45 A.M. NO BREAKFAST OR LUNCH SERVED	EARLY DISMISSAL 11:45 A.M. NO BREAKFAST OR LUNCH SERVED LAST DAY OF SCHOOL



**\*\* WISHING YOU A SAFE AND PLEASANT SUMMER VACATION FROM ALL OF US IN THE SOUTH HUNTINGTON SCHOOL LUNCH DEPARTMENT \*\***

A variety of canned and fresh fruits, juices and vegetable choices are offered in addition to those stated on the daily menus.  
 Salad entrées are available each day - one with meat and one vegetarian  
 Choice of Milk - 1%, skim and 1% chocolate - All Milk \$.65

MEALS ARE AVAILABLE FOR FIELD TRIPS

**VEGGIE BURGERS AND VEGGIE TACO POCKETS ARE OFFERED DAILY AS A HEALTHY VEGETARIAN ALTERNATIVE.  
 ALL SANDWICHES ARE MADE ON WHOLE WHEAT BREAD. ALL PIZZA MADE WITH WHOLE WHEAT FLOUR.**

\*\*\* CHIXX SOY NUGGETS ARE OFFERED AS A HEALTHY VEGAN ALTERNATIVE.\*\*\*

\*\*\*EXTRA ENTRÉE AVAILABLE AT A LA CARTE PRICES\*\*\*

For the students' convenience and nutritional requirements, vegetarian entrées are prepared using soy products and are available everyday. SOY entrées are high in Omega 3 fatty acids, low in saturated fat and cholesterol free. **If you wish to view more information about these products, or have any questions, comments or suggestions, please call the School Lunch Director's Office at (631) 812-3040 or feel free to send an e-mail to [cmctiernan@shufsd.org](mailto:cmctiernan@shufsd.org)**

Lactose-free milk will be available upon request for those students who need to reduce their cholesterol intake or are lactose intolerant.

PRIMARY SCHOOLS

**SOUTH HUNTINGTON UNION FREE SCHOOL DISTRICT  
OFFICE OF THE SCHOOL LUNCH DIRECTOR  
60 WESTON STREET  
HUNTINGTON STATION, NEW YORK 11746  
(631) 812-3040**

Dear Parents:

Because of the extensive menu choices offered to your children, it is impossible to list them on the menu each day. The front menu lists these choices which will be offered on a particular day. However, "Specials" are offered over the course of the month on a daily basis. They include:

Entrées:

Ham & Cheese Hero  
Turkey Hero  
Chicken Salad Platter or Sandwich  
Tuna Salad Platter or Sandwich

Tossed Salad  
Green Bean Salad  
Cole Slaw  
Three Bean Salad  
Pasta Salad

Fruits & Vegetables:

Fresh Fruit (in Season):

Watermelon  
Cantaloupe  
Honeydew  
Plums  
Pears  
Tangerines  
Clementines

Canned Fruit:


Peaches  
Pears  
Pineapple  
Mixed Fruit  
Applesauce

Chocolate Pudding  
Vanilla Pudding

In addition, apples, oranges and bananas are available everyday.

Should you have any questions or suggestions concerning your child's lunch program, please feel free to contact me at the above number.

Sincerely,



**Charles P. McTiernan  
School Lunch Director**

CPM:kf