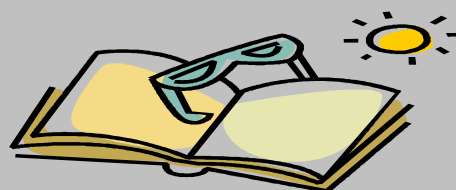
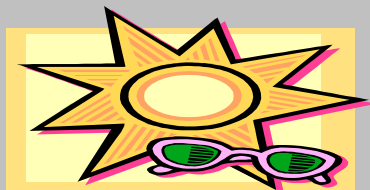


**SOUTH HUNTINGTON PRIMARY SCHOOLS
COUNTRYWOOD/OAKWOOD
JUNE 2009**

*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 French Toast Sticks	Choice of Cereal and Muffin or Waffle Sticks	Choice of Cereal and Muffin or Breakfast Chicken/Bun	Choice of Cereal and Muffin or French Toast Sticks	Choice of Cereal and Muffin or Pancakes
A COMPLETE LUNCH INCLUDES A CHOICE OF ENTREE, 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 <i>*Contains Nitrates **Bread offered with this entree ***Contains Pork</i> ***PEANUT BUTTER SANDWICHES ARE NO LONGER AVAILABLE THROUGH THE SCHOOL LUNCH PROGRAM***				

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Whole Wheat 4x3 Pizza or Popcorn Chicken** or Hamburger/Cheeseburger on Bun Tossed Salad Broccoli w/LF Dip Peaches Choice of Milk ☉ Chicken Caesar Salad	Whole Wheat 4x3 Pizza or Chicken Fingers** or Meatball Hero Corn Pasta Carbonara Red/White Grapes Choice of Milk ☉ Chef Salad	Whole Wheat 4x3 Pizza or Toasted Cheese Sandwich or Chicken Nuggets** Cole Slaw - Green Beans Cantalope & Melon Cubes Choice of Milk ☉ Chicken Fajita Salad	Whole Wheat 4x3 Pizza or Chicken Patty on Bun w/Lettuce&Tomato or Beef Taco & Fixings** Mashed Sweet Potatoes Carrots Mixed Fruit Choice of Milk ☉ Taco Salad	Whole Wheat 4x3 Pizza or Fish** or Hamburger/Cheeseburger on Bun Potatoes - Tossed Salad Orange Wedges Choice of Milk ☉ Yogurt/Pretzel Salad Platter
8	9	10	11	12
Whole Wheat 4x3 Pizza or Popcorn Chicken** or Hamburger/Cheeseburger on Bun Corn Broccoli w/LF Dip Red/White Grapes Choice of Milk ☉ Chicken Caesar Salad	Whole Wheat 4x3 Pizza or Hot Dog on Bun or Ham* & Cheese/Pretzel Roll Tossed Salad Pasta Salad Peaches Choice of Milk ☉ Chef Salad	Whole Wheat 4x3 Pizza or Toasted Cheese Sandwich or Chicken Fingers** Cole Slaw - Baby Carrots w/LF Dip Cantalope & Melon Cubes Choice of Milk ☉ Chicken Fajita Salad	Whole Wheat 4x3 Pizza or Chicken Patty on Bun or Beef Taco & Fixings** Three Bean Salad Corn Fruit Cup Choice of Milk ☉ Taco Salad	Whole Wheat 4x3 Pizza or Macaroni & Cheese** or Hamburger/Cheeseburger on Bun Carrots - Tossed Salad Applesauce Choice of Milk ☉ Yogurt/Pretzel Salad Platter
15	16	17	18	19
Whole Wheat 4x3 Pizza or Popcorn Chicken ** or Hamburger/Cheeseburger on Bun Carrots Broccoli w/LF Dip Red/White Grapes Choice of Milk ☉ Chicken Caesar Salad	Whole Wheat 4x3 Pizza or Shark Chicken Fingers** or Meatball Hero Tossed Salad - Corn Jello Choice of Milk ☉ Chef Salad	Whole Wheat 4x3 Pizza or Toasted Cheese Sandwich or Chicken Nuggets** Cole Slaw Baby Carrots w/LF Dip Cantalope & Melon Cubes Choice of Milk ☉ Chicken Fajita Salad	Whole Wheat 4x3 Pizza or Chicken Patty on Bun w/Lettuce&Tomato or Beef Taco & Fixings** Three Bean Salad - Broccoli Peaches Choice of Milk ☉ Taco Salad	Whole Wheat 4x3 Pizza or Fish** or Hamburger/Cheeseburger on Bun Corn Tossed Salad Applesauce Choice of Milk ☉ Yogurt/Pretzel Salad Platter
22	23	24	25	26
Whole Wheat 4x3 Pizza or Popcorn Chicken** or Hamburger/Cheeseburger on Bun Tossed Salad Broccoli w/LF Dip Red/White Grapes Choice of Milk ☉ Chicken Caesar Salad	COOKS' CHOICE	COOKS' CHOICE	EARLY DISMISSAL 10:45 A.M. NO BREAKFAST OR LUNCH SERVED	EARLY DISMISSAL 10:45 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 WITH 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**

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