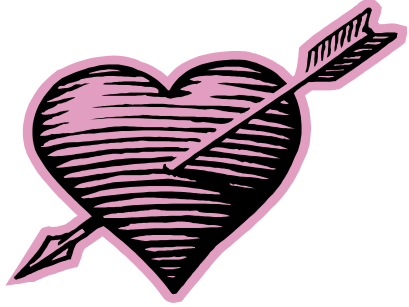



**LONG ISLAND SCHOOL FOR THE GIFTED  
FEBRUARY 2012**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Pizza or Toasted Cheese Sandwich or Oven Roasted Chicken**  Vegetables Fruit Milk Juice	2 Pizza or Taco & Fixings** or Turkey Hero  Vegetables Fruit Milk Juice	3 Pizza or Fish Nuggets** or Hamburger/Cheeseburger on a Bun  Vegetables Fruit Milk Juice
	6 Pizza or Popcorn Chicken** or Hamburger/Cheeseburger on a Bun  Vegetables Fruit Milk Juice	7 Pizza or All Beef Hot Dog* on a Bun or Nachos Del Grande  Vegetables Fruit Milk Juice	8 Pizza or Toasted Cheese Sandwich or Rib-B-Que Hero  Vegetables Fruit Milk Juice	9 Pizza or Taco & Fixings** or Meatball Hero  Vegetables Fruit Milk Juice
13 Pizza or Chicken Fingers** or Hamburger/Cheeseburger on a Bun  Vegetables Fruit Milk Juice	14 Pizza or All Beef Hot Dog* on a Bun or Chicken Fajita Wrap  Vegetables Fruit Milk Juice	15 Pizza or Toasted Cheese Sandwich or Jamaican Beef Patty  Vegetables Fruit Milk Juice	16 Pizza or Taco & Fixings** or Burrito**  Vegetables Fruit Milk Juice	17 Pizza or Lasagna** or Hamburger/Cheeseburger on a Bun  Vegetables Fruit Milk Juice
20 <b>NO SCHOOL FEBRUARY RECESS</b>	21 <b>NO SCHOOL FEBRUARY RECESS</b>	22 <b>NO SCHOOL FEBRUARY RECESS</b>	23 <b>NO SCHOOL FEBRUARY RECESS</b>	24 <b>NO SCHOOL FEBRUARY RECESS</b>
27 Pizza or Chicken Hip Dipper** or Hamburger/Cheeseburger on a Bun  Vegetables Fruit Milk Juice	28 Pizza or All Beef Hot Dog* on a Bun or Chicken Parmigiana Roll  Vegetables Fruit Milk Juice	29 Pizza or Toasted Cheese Sandwich or Oven Roasted Chicken**  Vegetables Fruit Milk Juice		

\* Contains nitrates      \*\* Bread offered with this entrée      P - Contains pork

THE FOLLOWING ITEMS ARE SERVED WITH  
EACH ENTRÉE- FRUIT, SALAD, MILK OR JUICE

PEANUT BUTTER SANDWICHES ARE NO LONGER AVAILABLE

AVAILABLE DAILY

TOSSED SALAD BOWL, BOWL OF VEGETABLES, BOWL OF FRUIT  
MUST BE ORDERED ON LUNCH COUNT

VEGGIE BURGERS AND VEGGIE (DAIRY) TACO POCKETS ARE OFFERED DAILY AS A HEALTHY VEGETARIAN ALTERNATIVE.  
ALL SANDWICHES ARE SERVED ON WHOLE WHEAT BREAD.

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 SOUTH HUNTINGTON 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.