


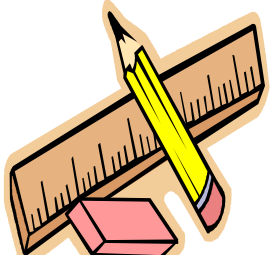


**LONG ISLAND SCHOOL FOR THE GIFTED
SEPTEMBER 2010**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
				
	6	7	8	9
 				
13	14	15	16	17
Pizza or Popcorn Chicken** or Hamburger/Cheeseburger on a Bun Vegetables Fruit Milk Juice	Pizza or All Beef Hot Dog* on a Bun or Chicken Parmigiana Hero Vegetables Fruit Milk Juice	Pizza or Toasted Cheese Sandwich or Rib-B-Que Hero Vegetables Fruit Milk Juice	Pizza or Taco & Fixings** or Meatball Hero Vegetables Fruit Milk Juice	Pizza or Macaroni & Cheese** or Hamburger/Cheeseburger on a Bun Vegetables Fruit Milk Juice
20	21	22	23	24
Pizza or Chicken Nuggets** or Hamburger/Cheeseburger on a Bun Vegetables Fruit Milk Juice	Pizza or All Beef Hot Dog* on a Bun or Ham* & Cheese/Pretzel Vegetables Fruit Milk Juice	Pizza or Toasted Cheese Sandwich or Brunch for Lunch Vegetables Fruit Milk Juice	Pizza or Taco & Fixings** or Turkey Hero Vegetables Fruit Milk Juice	Pizza or Mozzarella Sticks w/Sauce** or Hamburger/Cheeseburger on a Bun Vegetables Fruit Milk Juice
27	28	29	30	
Pizza or Chicken Fingers** or Hamburger/Cheeseburger on a Bun Vegetables Fruit Milk Juice	Pizza or All Beef Hot Dog* on a Bun or Nachos del Grande Vegetables Fruit Milk Juice	Pizza or Toasted Cheese Sandwich Italian Hero Vegetables Fruit Milk Juice	Pizza or Taco & Fixings** or Meatball Hero Vegetables Fruit Milk Juice	

*** All Pizza Crusts are made with Soy Flour to lower Fat Content and increase Protein ***
Choice of Milk - 1%, Skim and 1% Chocolate

* Contains nitrates

** Bread offered with this entrée

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