### Luke’s Turkey Tips

Thanksgiving is just around the corner, this means lots of delicious turkey leftovers. There are many ways you can enjoy turkey, here are some ideas to make thanksgiving last longer: you can add bits of turkey to your favorite pasta, salad, or soup, it will satisfy your protein needs and taste delicious. Also try a turkey sandwich with your favorite cheese, veggies & dressing. Enjoy!

### Woodhull Intermediate School November 2010

#### LUNCH PRICES
- Type A Lunch Price $1.90
- Reduced Lunch Price $2.25
- Milk/Chocolate Milk $1.50
- 100% Juice or Fresh Fruit & Fresh Vegetable

#### ALL STUDENT LUNCH INCLUDES
- Whole Milk, Skim Milk, 1% Milk or Low Fat Chocolate Milk
- 100% Juice or Fresh Fruit & Fresh Vegetable

#### HEALTHY LUNCH ALTERNATES AVAILABLE DAILY
- Low Fat American Cheese Sandwich
- On Whole Wheat Bread
- Peanut Butter & Jelly Sandwich On Whole Wheat Bread
- Whole Grain Bagel with Butter Cream Cheese, & Cheese

Above Lunches Include: Vegetable, Choice of Fruit, Low Fat Cheese & Choice of Milk.

#### SENSIBLE SNACKS
- Pretzel Rods,
- Whole Grain Cookies
- Baked Chips
- Animal Crackers
- Graham Crackers
- Dolphin Crackers
- Low-Fat Yogurt
- Quaker Rice Cakes
- Fat=7 grams or less
- Sat Fat=2 grams or less
- Sodium=360mg or less
- Sugar=15 grams or less

If you have any questions or would like additional information, please contact the Food Service Director Oscar Giraldo at (631) 673—2107

#### Prepaid Lunch Tickets
- Secondary 20 Day Lunch $44.00
- Primary / Inter 20 Day Lunch $37.00
- All Schools 20 Day Breakfast $24.00
- Secondary Half Year Lunch $175.50
- Primary / Inter Half Year Lunch $148.00
- All Schools Half Year Breakfast $108.00
- Secondary Full Year Lunch $351.00
- Primary / Inter Full Year Lunch $296.00
- All Schools Full Year Breakfast $216.00
- Half Year & full Year Tickets not available after October 6, 2010
- Tickets are non Transferable and Non—Refundable
- Please Make Checks Payable To: Huntington School Lunch Fund

#### Breakfast Menu
- All Breakfast are served with choice of Milk, Juice or Fresh Fruit
- All Cereal Served with a side of Graham Crackers

- Monday French Toast
- Tuesday French Toast
- Wednesday French Toast
- Thursday French Toast
- Friday French Toast

#### Lunch Menu

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>BBQ Rib Shape Pork Patty (P) On a Wheat Toro Pep Crinkle Fries Fruit of the day</td>
<td>Superintendent’s Conference Day School’s Closed</td>
<td>Grilled Cheese On Wheat Bread (V) Tomato Soup Fruit of the day</td>
<td>1/2 Day School Breakfast Served Only</td>
<td>Crispy Chicken Patty &amp; Cheese Sandwich On a Wheat Roll Vegetable of the day Fruit of the day</td>
</tr>
<tr>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
</tr>
<tr>
<td>Brunch for Lunch French Toast Sticks\ Turkey Sausage Vegetable of the day Fruit of the day</td>
<td>Baked Chicken Nuggets Brown Fluffy Rice Fruit of the day</td>
<td>1/2 Day School Breakfast Served Only</td>
<td>1/2 Day School Breakfast Served Only</td>
<td>Veterans Day School’s Closed</td>
</tr>
<tr>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
</tr>
<tr>
<td>1/2 Turkey &amp; Cheese Wheat Bagel Melt Vegetable of the day Fruit of the day</td>
<td>Thanksgiving Feast Hot Open Face Turkey Sandwich On wheat Bun Carrots Fruit of the day</td>
<td>Meatball Parmesan Wheat Toro Pep Roll Vegetable of the day Fruit of the day</td>
<td>2 Mozzarella sticks &amp; Spaghetti Vegetable of the day Fruit of the day</td>
<td>2 Mozzarella sticks &amp; Spaghetti Vegetable of the day Fruit of the day</td>
</tr>
<tr>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
</tr>
<tr>
<td>1/2 Turkey &amp; Cheese Wheat Bagel Melt Vegetable of the day Fruit of the day</td>
<td>Twin Soft * Beef Tacos Spanish Rice Fruit of the day</td>
<td>Meatball Parmesan Wheat Toro Pep Roll Vegetable of the day Fruit of the day</td>
<td>Fish Nuggets Baked Sweet Potato Fries Fruit of the day</td>
<td>Fish Nuggets Baked Sweet Potato Fries Fruit of the day</td>
</tr>
<tr>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
</tr>
<tr>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
</tr>
<tr>
<td>CHEF’S CHOICE</td>
<td>CHEF’S CHOICE</td>
<td>Thanksgiving Recess School’s Closed</td>
<td>Thanksgiving Recess School’s Closed</td>
<td>Thanksgiving Recess School’s Closed</td>
</tr>
<tr>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
</tr>
<tr>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
</tr>
<tr>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
</tr>
<tr>
<td>Thanksgiving Recess</td>
<td>Thanksgiving Recess</td>
<td>School’s Closed</td>
<td>School’s Closed</td>
<td>School’s Closed</td>
</tr>
</tbody>
</table>

*If you have a food allergy, please speak to the Coo, Manager, or your Server. *Consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. *Menu is subject to change, notice posted when available.