

Huntington High School January 2011

LUNCH PRICES

Type A Lunch Price	\$2.25
Reduced Lunch Price	\$.25
Milk/Chocolate Milk	\$.50
50% Juice.	\$.50



Did you know:

Ice skating, besides being an important form of winter recreation and essential skill in the game of ice hockey, has developed into three different sports: Speed skating, figure skating, and ice dancing. All three are now features of The Winter Olympic Games.

ALL STUDENT LUNCH INCLUDES

Whole Milk, Skim Milk, 1% Milk or Low Fat Chocolate Milk
100% Juice or Fresh Fruit

HEALTHY LUNCH ALTERNATES AVAILABLE DAILY

Low Fat American Cheese Sandwich
Peanut Butter & Jelly Sandwich

Whole Grain Bagel with butter or Cream Cheese, & Cheese Sticks

All Lunches Include:
Vegetable, Fresh Fruit,
Choice of Milk & Choice of Bread
Boars Head Available Daily \$3.00 A La Carte

SENSIBLE SNACKS

Whole Grain Cookies
Low Fat Sugar Cookies
Animal Crackers
Graham Crackers
Baked Lays Chips
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

Monday	Tuesday	Wednesday	Thursday	Friday
3 Beef Gyro (*) Baked Potato Wedges Or BBQ Rib Shape (P) Pork Patty sandwich Vegetable of the day Fruit of the day	4 Spaghetti & Meatballs (P) Or Turkey & Cheese Bagel Melt Baked Crinkle Fries Fruit of the day	5 Baked Chicken Nuggets Baked Crinkle Fries Or Philly Cheese Steak(*) Sandwich with Peppers Fruit of the day	6 Baked Macaroni & Cheese ♥ Garlic Bread (V) Or Warm American Hero (P) Baked Crinkle Fries Fruit of the month	7 Ham & Cheese Bagel Melt (P) Or BBQ Chicken Wrap Baked Crinkle Fries Vegetable of the day Fruit of the day
10 Baked chicken Nuggets Baked Crinkle Fries Or Baked Beefy Rotini (*) Garlic Bread Tossed Salad Fruit of the Month	11 Special Examination Day Premade Grab and Go Sandwiches Available for Lunch	12 Triple Decker Grilled Cheese (v) Tomato Soup Or Ranch Chicken Wrap Baked Crinkle Fries Fruit of the day	13 Pasta Bar Rotini Or Spaghetti Meat Sauce Marinara Sauce Alfredo Sauce Garlic Bread Tossed Salad / Fresh Fruit	14 Chef's Choice
17 Schools Closed Martin Luther King	18 Brunch For Lunch Supreme Egg Sandwich Or French Toast Sticks Turkey Sausage Link Carrot Sticks Fruit of the month	19 General Tsos Turkey & Broccoli Vegetable Egg Roll Or Ham & Low Fat Cheese Bagel Melt (P) Vegetable/ Fruit of the day	20 Mozzarella Sticks (V) Dipping Marinara Sauce Or Cuban Torpedo Club Sandwich (P) Baked Crinkle Fries Fruit of the day	21 Meatloaf (*) Mashed Potato Steamed Vegetable Or Warm Italian Hero (P) Baked Crinkle Fries Fruit of the day
24 Chef's Choice	25 Premade Grab and Go Sandwiches Available for Lunch	26 Premade Grab and Go Sandwiches Available for Lunch	27 Premade Grab and Go Sandwiches Available for Lunch	28 Premade Grab and Go Sandwiches Available for Lunch
31 Turkey & Vegetable Casserole Or Double Cheese Burger Baked Crinkle Fries Fruit of the Month	NYS DEPENDENTS WEEK NYS REVENUE WEEK			Fruit of the Month Orange

V=VEGETARIAN SELECTION

♥=HEALTHIER CHOICE

P=PORK PRODUCT

DID YOU KNOW

All our Milk & Chicken Products are Antibiotic and Hormone free!

Breads & Bread Products are 100% Whole Grain and contain No High Fructose Corn Syrup or Hydrogenated Oils!

We Serve a 100% all Natural Yogurt, with No Artificial Ingredients.

All Dressings are All Natural, with No Artificial Ingredients &

Breakfast Menu

Available Daily
Assorted Bagels
Assorted Cereals
Egg Sandwiches

Hot Breakfast Friday Only

Prepaid lunch

20 Day lunch \$44.00

20 Day Breakfast \$24.00

Please make check payable to:

Huntington School Lunch Found

Tickets are non-refundable
And non-transferable



Check out what we are doing to help save the environment. Visit www.Whitsons.com



**If you have a food allergy, please speak to the owner, Manager, Cook 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.*