



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

**MARCH is "NATIONAL NUTRITION" MONTH - Please assist your children in making nutritious meal choices.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Pizza or Chicken Tenders** or Hamburger/Cheeseburger on a Bun  Vegetables Fruit Milk Juice	2 Pizza or All Beef Hot Dog * on a Bun or Chicken Parmigiana Hero  Vegetables Fruit Milk Juice	3 Pizza or Toasted Cheese Sandwich or Roasted Chicken**  Vegetables Fruit Milk Juice	4 Pizza or Taco & Fixings** or Meatball Hero  Vegetables Fruit Milk Juice	5 Pizza or Macaroni & Cheese** or Hamburger/Cheeseburger on a Bun  Vegetables Fruit Milk Juice
8 Pizza or Popcorn Chicken** or Hamburger/Cheese- burger on a Bun  Vegetables Fruit Milk Juice	9 Pizza or All Beef Hot Dog* on a Bun or Ham* & Cheese on Pretzel  Vegetables Fruit Milk Juice	10 Pizza or Toasted Cheese Sandwich or Rib-B-Que*** Hero  Vegetables Fruit Milk Juice	11 Pizza or Taco & Fixings** or Turkey Hero  Vegetables Fruit Milk Juice	12  <b>NO SCHOOL PARENT/TEACHER CONFERENCES</b>
15 Pizza or Chicken Hip Dippers** or Hamburger/Cheeseburger on a Bun  Vegetables Fruit Milk Juice	16 Pizza or All Beef Hot Dog* on a Bun or Nachos Del Grande  Vegetables Fruit Milk Juice	17 Pizza or Toasted Cheese Sandwich or Roasted Chicken**  Vegetables Fruit Milk Juice	18 Pizza or Taco & Fixings** or Meatball Hero  Vegetables Fruit Milk Juice	19 Pizza or Fish Nuggets** or Hamburger/Cheeseburger on a Bun  Vegetables Fruit Milk Juice
22 Pizza or Chicken Nuggets** or Hamburger/Cheeseburger on a Bun  Vegetables Fruit Milk Juice	23 Pizza or All Beef Hot Dog* on a Bun or Ham* & Cheese/Pretzel  Vegetables Fruit Milk Juice	24 Pizza or Toasted Cheese Sandwich or BRUNCH FOR LUNCH  Vegetables Fruit Milk Juice	25 <i>Health &amp; Wellness Fair</i> 4:00-8:00 - WW Pizza or Taco & Fixings** or Turkey Hero  Vegetables Fruit Milk Juice	26 Pizza or Mozzarella Sticks w/Sauce** or Hamburger/Cheeseburger on a Bun  Vegetables Fruit Milk Juice
29  <b>NO SCHOOL SPRING RECESS</b>	30  <b>NO SCHOOL SPRING RECESS</b>	31  <b>NO SCHOOL SPRING RECESS</b>		

\*\*\* 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](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.