


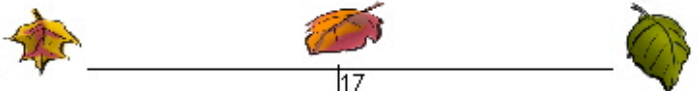













ISLIP SCHOOLS

SEPTEMBER 2010

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Carol Ann Grodski, MS, RD, CD/N Food Service Director 650-8270</p> <p>Commack Rd. 859-2320 Sherwood 859-2339 Wing 859-2351</p>  <p>Happy Labor Day! No School</p>	<p>AVAILABLE DAILY:</p> <ul style="list-style-type: none"> - Tossed Salad or Veggie Sticks or Hot Vegetable or Veggie Soup - Fresh Fruit or Canned Fruit in Light Syrup - Choice of Skim or 1% Milk: white, chocolate, strawberry <p>Whole Grain Bread Products and Pizza Crusts are used whenever possible.</p>	<p>Welcome back!</p> <p><i>Looking forward to a Happy and Healthy school year.</i></p> <p><i>See you September 7th!</i></p> 	<p>Meal Prices:</p> <p>Lunch -\$1.75 Reduced - \$.25 Bkft. -\$1.00 Reduced - \$.25 Extra Entree -\$1.25/ Double Lunch -\$2.00 Pre-Paid Lunches: Prepay \$30.00 and receive a FREE BONUS LUNCH. GO TO WWW.PAYPAMS.COM OR Checks payable to: Islip School Lunch Program</p>	<p>ALTERNATE LUNCHES:</p> <ul style="list-style-type: none"> - SMUCKER'S UNCRUSTABLES PB&J Sandwich - BAGEL LUNCH (Tues. & Thurs.) Includes: Fresh BAGEL with 2oz. CHEESE OR 8 OZ YOGURT
<p>Happy Labor Day! No School</p>  <p>Back to School!</p>	<p>Choice of Two CHICKEN Entrees: Plus With DIPS & BREAD GREEN BEAN SALAD APPLESAUCE MILK - Variety</p>	<p>Choice of 1. PIZZA VARIETIES 2. HAM & MOZZARELLA MELT Plus GLAZED CARROTS SL. PEACHES MILK - Variety</p>	<p>SCHOOLS CLOSED FOR ROSH HASHANAH</p> 	<p>SCHOOLS CLOSED FOR ROSH HASHANAH</p>
<p>Choice of 1. HAMBURGER ON WHEAT BUN 2. CHEESEBURGER ON WHEAT BUN 3. CHICKEN PATTY WHEAT BUN Plus CORN SLICED PEARS MILK - Variety</p> 	<p>Choice of 1. MEAT TACO 2. NACHOS WITH MEAT Plus LETTUCE, TOMATO, CHEESE APPLESAUCE MILK - Variety</p> 	<p>Choice of 1. POPCORN CHICKEN 2. CHICKEN CEASAR SALAD Plus GARDEN SALAD MIXED FRUIT CUP MILK - Variety</p> 	<p>Choice of "Brunch for Lunch" 1. FRENCH TOAST STICKS 2. EGG & CHEESE ON BAGEL Plus POTATO WEDGES, ORANGES MILK - Variety</p> 	<p>Choice of 1. PIZZA VARIETIES 2. TURKEY/CHEESE SANDWICH Plus GREEN BEANS & TOMATOES FRESH APPLE MILK - Variety</p> 
<p>Choice of 1. HAMBURGER ON WHEAT BUN 2. CHEESEBURGER ON WHEAT BUN 3. CHICKEN PATTY WHEAT BUN Plus SLICED CARROTS CHILLED APPLESAUCE MILK - Variety</p> 	<p>HERO DAY</p> <p>1. AMERICAN PARTY HERO 2. BBQ RIBS ON WHEAT BUN Plus Capri Salad- MOZZARELLA AND TOMATOES PEACH CRISP, MILK - Variety</p> 	<p>LUCKY TRAY DAY</p> <p>1. CHICKEN NUGGETS 2. YOGURT OR CHEESE WITH WHEAT PRETZEL AND FRUIT Plus FRESH BABY CARROTS MILK - Variety</p> 	<p>Choice of 1. MEATBALL HERO 2. SPAGHETTI & MEATBALLS Plus GREEN BEANS & TOMATOES FROZEN WHOLE FRUIT BAR MILK - Variety</p> 	<p>Choice of 1. PIZZA VARIETIES 2. TURKEY CHEESE VEG WRAP Plus TOSSED SALAD W/ LT. DRESS SL. PEARS MILK - Variety</p>
<p>Choice of 1. HAMBURGER ON WHEAT BUN 2. CHEESEBURGER ON WHEAT BUN 3. CHICKEN PATTY WHOLE GRAIN BUN Plus GREEN BEANS CHILLED PEACHES MILK - Variety</p> 	<p>Choice of 1. BREADED MOZZARELLA STICKS WITH TOMATO SAUCE 2. SLICED TURKEY & GRAVY IN MASHED POTATO BOAT Plus CORN, APPLESAUCE MILK - Variety</p>	<p>Choice of TWO CHICKEN ENTREES Plus Whole Grain Rice GLAZED CARROTS SLICED PEARS MILK - Variety</p> 	<p>Choice of 1. TACO W/ CHEESE 2. Taco Max Snax Plus GARDEN SALAD APPLE SLICES MILK - Variety</p>	<p>I LOOK FOR OUR CHOOSE SENSIBLY SNACKS</p> <p>WITH LESS THAN 7 GRAMS FAT, 2 GRAMS SATURATED FAT, 15 GRAMS SUGAR AND 360 MGS SODIUM</p> 