

Huntington High School June 2009



Snacks

- Baked Chips
- Smart Cheddar popcorn
- Sunchips
- Mini Rice Cakes
- Doritos
- Reduced fat Cookies
- 100 Calorie packs
- Snapple 100% juice
- Bottled Water
- Fat=7 grams or less
- Sat Fat=2 grams or less
- Sodium=360mg or less
- Sugar=15 grams or less

**Boars
Head
Available
Daily
\$3.00**

Try Jumping Rope, believe it or not, this is a great workout. In order to get started be sure your rope is the right length. The handles should just reach your armpits! Once you get the right rope, you can work on your form, only lift your feet off the ground slightly and keep your pace up. In addition, make sure you eat enough protein to maintain the right levels needed to jump your best!

















- (P) = Pork Product
- (V) = Vegetarian Item
- (🍷) = Healthier Choice

- Type A Lunch\$2.25
- Reduced Lunch\$0.25
- Milk/Chocolate\$0.50
- 8oz fruit juice blend\$0.50



Ruby's Grill (Choice of one)
Mon, Wed, Fri- Cheeseburger
Tuesday & Thursday- Egg sandwich, or Twin All beef hot dog
Breaded whole grain Chicken Patty sandwich daily

6/1	Monday	Tuesday	Wednesday	Thursday	Friday 06/05
	Chef Salad (P) Tossed Salad with mozz cubes	Turkey Salad platter Tossed Salad with mozz cubes	Crispy Chicken Ceasar Tossed Salad with mozz cubes	Greek Salad Tossed Salad with mozz cubes	Chef Salad (P) Tossed salad with cheese cubes
	Daily: Nachos Hard and Soft Taco's, Burritos, Rice and Beans	Daily: Nachos Hard and Soft Taco's, Burritos, Rice and Beans	Daily: Nachos Hard and Soft Taco's, Burritos, Rice and Beans	Daily: Nachos Hard and Soft Taco's, Burritos, Rice and Beans	Daily: Nachos Hard and Soft Taco's, Burritos, Rice and Beans
	Daily: Ham (P), Salami (P), Turkey, Tuna Salad, Served on a Wrap or Roll	Daily: Ham (P), Salami (P), Turkey, Tuna Salad, Served on a Wrap or Roll	Daily: Ham (P), Salami (P), Turkey, Tuna Salad, Served on a Wrap or Roll	Daily: Ham (P), Salami (P), Turkey, Tuna Salad, Served on a Wrap or Roll	Daily: Ham (P), Salami (P), Turkey, Tuna Salad, Served on a Wrap or Roll
	Classic Cheese Wheat Selection Daily	BBQ Chicken Wheat Selection Daily	White Cheese pizza (V) Wheat Selection Daily	Three Cheese Pizza (V) Wheat Selection Daily	Philly steak stromboli Wheat Selection Daily
	Baked Breaded Chicken Fish Sticks Mashed potatoes Vegetable of the day	Spaghetti & Meatballs Reuben Sandwich Crinkle fries vegetable of the day	General Tsos Turkey Stuffed Peppers Teriyaki Lo-mein Vegetable of the day	Creamy Spinach Tortellini Chicken Enchiladas Fiesta Rice Vegetable fo the day	Chicken Parmesan Spaghetti & Marinara Sauce crinkle fries vegetable of the day
6/8	Monday,	Tuesday	Wednesday	Thursday	Friday06/12
	Chef Salad (P) Tossed Salad with mozz cubes	Tuna Salad platter Tossed Salad with mozz cubes	Crispy Chicken Ceasar Tossed Salad with mozz cubes	Turkey Salad platter Tossed Salad with mozz cubes	CHEF CHOICE
	Daily: Nachos Hard and Soft Taco's, Burritos, Rice and Beans	Daily: Nachos Hard and Soft Taco's, Burritos, Rice and Beans	Daily: Nachos Hard and Soft Taco's, Burritos, Rice and Beans	Daily: Nachos Hard and Soft Taco's, Burritos, Rice and Beans	CHEF CHOICE
	Daily: Ham (P), Salami (P), Turkey, Tuna Salad, Served on a Wrap or Roll	Daily: Ham (P), Salami (P), Turkey, Tuna Salad, Served on a Wrap or Roll	Daily: Ham (P), Salami (P), Turkey, Tuna Salad, Served on a Wrap or Roll	Daily: Ham (P), Salami (P), Turkey, Tuna Salad, Served on a Wrap or Roll	CHEF CHOICE
	Buffalo Chicken Pizza Wheat Selection Daily	Classic Cheese Wheat Selection Daily	Stuffed Crust Pizza (V) Wheat Selection Daily	Chicken Stomboli Wheat Selection Daily	CHEF CHOICE
	Philly Cheese Steak Chicken Nuggets Crinkle Fries vegetable of the day	Buffalo Chicken Sandwich Meatball Hero Parmesan Crinkle Fries vegetable of the day	PASTA BAR Penne, Ravioli Choice of Sauce vegetable of the day	Ranch Chicken Wrap Crinkle Fries vegetable of the day	CHEF CHOICE

6/19	Monday	Tuesday	Wednesday	Thursday	Friday
	CHEF CHOICE				
	CHEF CHOICE	REGENTS			
	CHEF CHOICE	EXAMS	BREAKFAST AVAILABLE DAILY	BREAKFAST AVAILABLE DAILY	BREAKFAST AVAILABLE DAILY
	CHEF CHOICE	BEGIN			
	CHEF CHOICE				
6/26	Monday	Tuesday	Wednesday	Thursday	Friday
					
					
	BREAKFAST AVAILABLE DAILY	BREAKFAST AVAILABLE DAILY	BREAKFAST AVAILABLE DAILY		
					
					
6/30	Monday	Tuesday			
					
					
					
					
					

ALL STUDENT LUNCHES INCLUDE:
 Skim Milk, 1% Milk, Low Fat Chocolate Milk
 Fruit or Juice
 Vegetable of the Day

QUESTIONS OR COMMENTS
 About the Food Service Program?
 Please call the
 Food & Nutrition Office
 (631) 673-2107