

May 2018

Central Islip UFSD

Monday

Tuesday

Wednesday

Thursday

Friday

1
Grilled Cheese
On Whole
Wheat Bread
Carrot Coins
Fruit Choice
Milk Choice

2
Whole Grain
Pasta & Meatballs
w/ Marina Sauce
Green Beans
Fruit Choice
Milk Choice

3
Tacos w/
Seasoned Ground
Beef, Cheese
Brown Rice
Sweet Corn
Fruit Choice
Milk Choice

4
New! New!
WG Cheese &
Pepperoni Pizza
Pockets
Leafy Green Salad
Fruit Choice
Milk Choice

7
Chicken Pattie
Parm on a
Whole Wheat Bun
Baked Beans
Fruit Choice
Milk Choice

8
Asian
Teriyaki Beef
Steamed Broccoli
Brown Rice
Fruit Choice
Milk Choice

9
Brunch for Lunch
WG French
Toast Sticks
Sausage Pattie
Tater Tots
Fruit Choice
Milk Choice

10
Chicken & Black
Bean Nachos w/
Brown Rice
Sweet Corn
Fruit Choice
Milk Choice

11
Whole Wheat
Cheese or
Pepperoni Pizza
Leafy Green Salad
Fruit Choice
Milk Choice

14
Oven Baked
Chicken Nuggets
Whole Wheat Roll
Baked Beans
Fruit Choice
Milk Choice

15
Egg & Cheese
Omelet on a
Whole Wheat Bun
Carrot Coins
Fruit Choice
Milk Choice

16
Hot Sliced
Deli Turkey
Whole Wheat Roll
Steamed Broccoli
Fruit Choice
Milk Choice

17
Nachos w/
Seasoned Ground
Beef, Cheese
Brown Rice
Sweet Corn
Fruit Choice
Milk Choice

18
Whole Wheat
Cheese or
Pepperoni Pizza
Leafy Green Salad
Fruit Choice
Milk Choice

21
Chicken Pattie
Parm on a
Whole Wheat Bun
Baked Beans
Fruit Choice
Milk Choice

22
Hot Dog on
Whole Wheat Bun
Oven Baked
Potato Wedges
Fruit Choice
Milk Choice

23
Meatball Parm
WG Hero
w/ Marina Sauce
Green Beans
Fruit Choice
Milk Choice

24
Mandarin
Orange Chicken
Steamed Broccoli
Brown Rice
Fruit Choice
Milk Choice

25
Whole Wheat
Cheese or
Pepperoni Pizza
Leafy Green Salad
Fruit Choice
Milk Choice

28
**Memorial Day
School Closed**

29
Oven Baked
Chicken Nuggets
Whole Wheat Roll
Baked Beans
Fruit Choice
Milk Choice

30
Hamburger
Cheeseburger on
Whole Wheat Bun
Sweet Corn
Fruit Choice
Milk Choice

31
Nachos w/
Seasoned Fajita
Chicken Strips
Brown Rice
Carrot Coins
Fruit Choice
Milk Choice

Did you Know...
The birthstone of
May, the emerald,
symbolizes success
and love.

A La Carte

Muffins
Chips, Cookies
Water
Milk .40

**Snacks available for
additional charge
.50/\$1.00**

**A Variety of Alternate
Lunches available Daily**

including:

**PB&J Sandwich
Salad Plates
Sandwich of the Day
Breakfast
in the Classroom
served daily to all
grades K-12**

School News

**K-8 / 9-12 Meal
Components:**

**Protein/
Meat Alternate 2.oz
Whole Grain- 2.oz
Vegetable- 3/4 cup/ 1cup
Fruit- 1/2 cup/ 1 cup
Milk-Fat Free or 1%**

New USDA Regulations:

**Student Must take
3 out of 5 components
including 1/2 cup (K-8) or 1
cup (9-12) of fruit or
vegetable at every meal**

**EARN WHILE YOUR
STUDENT LEARNS
Part Time Positions**

**Available
631-348-5000
Ext 1038**