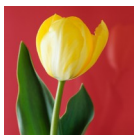


LUNCH PRICES:

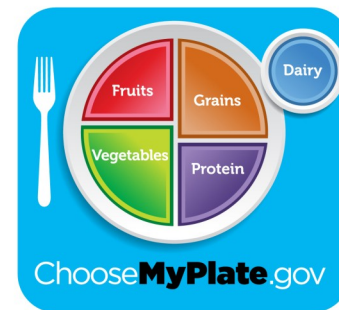
Lunch Price	\$2.00
Reduced Lunch Price	\$0.25
Student Milk	\$0.50
Adult Milk	\$0.55
Adult Lunch	\$3.50



ELEMENTARY & MIDDLE SCHOOLS




MAY 2012



ALL STUDENT LUNCHES INCLUDE:
 Dinner Roll
 Choice of Skim Milk, 1% Milk or 1% Chocolate Milk
Vegetable
Fruit



STUDENT BREAKFAST—\$1.00
ALL STUDENT BREAKFASTS INCLUDE:
Choice of Hot or Cold
 Whole Grain Cereal
 With Graham Crackers
 Fruit Juice, Milk

NEW HOT BREAKFAST
 Monday - Mini French Toast
 Tuesday- Pillsbury Mini Pancakes
 Wednesday - Smuckers Waffles
 Thursday-Pillsbury Mini Pancakes
 Friday- Pillsbury Mini Cinnis



PREPAID LUNCHES AVAILABLE
 Please send in your check, made payable to "Longwood Lunch Fund". Don't forget to write your child's name and student number on the check!
 Visit www.longwood.k12.ny.us
 And Register to Pre-Pay online

B = BEEF
 C = CHICKEN
 V = VEGETARIAN
 T = TURKEY

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Cinnamon Swirl French Toast (V) <i>Served With:</i> Canadian Ham (T) Hash Brown Veggie Sticks W/Dip Applesauce	2 Homemade Mac & Cheese (V) <i>Served With:</i> Dinner Roll Green Bean Salad Apple	3 Hot Turkey & Cheese (T) <i>Served With:</i> Bagelwich Broccoli Side Salad Diced Pears	4 Pizza (V) <i>Served With:</i> Side Salad Green Beans Veggie Sticks W/Dip Mixed Fruit
7 Chicken Fingers (C) <i>Served With:</i> Tator Tots Sweet Peas Veggie Sticks W/Dip Applesauce	8 Two For Tuesday Pizza Bites (V) Popcorn Chicken (C) Marinara Sauce Veggie Sticks W/Dip Apple	9 Sabrett Hot Dogs (B) On W/W Bun <i>Served With:</i> Baked Beans Veggie Sticks W/Dip Grapes	10 Chicken Taco Boat Rice & Beans Salsa Lettuce, Cheese Veggie Sticks W/Dip Applesauce	11 French Bread Pizza (V) <i>Served With:</i> Green Bean Salad Veggie Sticks W/Dip Fruit Cocktail
14 Grilled Chicken Sand. On a W/W Bun Smiley Potatoes Cut Corn Veggie Sticks W/Dip Applesauce	15 Cinnamon Glazed (V) French Toast Sticks <i>Served With:</i> Canadian Ham (T) Hash Brown Veggie Sticks W/Dip Diced Pears	16 Burgers Plain or (B) W/Cheese on W/ W Bun <i>Served With:</i> Tator Tots Veggie Sticks W/Dip Orange	17 Taco Scoops (T) <i>Served With:</i> Lettuce, Cheese, Salsa Brown Rice Veggie Sticks W/Dip Sliced Peaches	18 Personal Pan Pizza (V) <i>Served With:</i> Side Salad Green Beans Veggie Sticks W/Dip Apple
21 Popcorn Chicken (C) <i>Served With:</i> Potato Smiles String Beans Veggie Sticks W/Dip Diced Pears	22 Chili Con Carne Brown Rice Steamed Broccoli Veggie Sticks W/Dip Mixed Fruit	23 Mozzarella Sticks (V) W/Sauce <i>Served With:</i> Dinner Roll, Side Salad Veggie Sticks W/Dip Apple	24 Pizza Bagel (V) <i>Served With:</i> Side Salad String Beans Veggie Sticks W/Dip Mixed Fruit	25 No School
28 Memorial Day 	29 No School	30 Baked Chicken Nuggets (C) <i>Served With:</i> Brown Rice, Sweet Peas Veggie Sticks W/Dip Peach Slices	31 Cinnamon Swirl French Toast (V) <i>Served With:</i> Canadian Ham (T) Hash Brown Veggie Sticks W/Dip	June 1 Pizza (V) <i>Served With:</i> Side Salad Green Beans Veggie Sticks W/Dip Mixed Fruit

HEALTHY DAILY LUNCH ALTERNATES:
 Garden Chef Salad Plate (T)
 Wheat Bagel w/Cheese (V)
 Roast Turkey on (T)
 Whole Wheat Bread
 "Smuckers" Peanut Butter & Jelly



QUESTIONS OR COMENTS?
 Questions or Comments about the Food Service Program?
 Interested in working at a school near you?
 Please call the Food Service Office at (631) 345-2805 or Email Tom.Murphy@Longwoodcsd.Org
 Menu subject to change. Notice posted when possible.

NOW AVAILABLE - ONLINE ACCOUNT AVAILABILITY
 PREPAYMENTS, HISTORY OF PURCHASES & PAYMENTS
 CHECK STUDENT BALANCES, SET SPENDING LIMITS
CHECK OUT THE LONGWOOD CSD HOMEPAGE FOR MORE



Consuming raw or undercooked meats, fish, shellfish or fresh shell eggs may increase your risk of food Bourne illness, especially if you have certain medical conditions.



Longwood CSD

Now uses...



With MyLunchMoney, you can prepay for your student's school meals online with your credit or debit card.

Secure and Convenient!

- Funds are immediately available to students
- Make your first payment your last with recurring payment options
- View your students' meal purchases
- Set spending limits
- Payment information is protected by the most advanced internet security

Easy to Enroll!

1. Go to MyLunchMoney.com and click "Enroll Now".
2. Create an account for yourself and your children. You will need the student's school, grade, birth date, and student ID number (not their PIN).
3. Prepay with your credit or debit card. Please note there is a \$1.95 transaction fee.



Questions? Visit www.MyLunchMoney.com to find out more or call (800) 479-3531 for assistance with the enrollment process.