

# PREFERRED MEALS

## September LUNCH

### NEW HYDE PARK ROAD SCHOOL

Monday	Tuesday	Wednesday	Thursday	Friday
August 28, 2017	August 29, 2017	August 30, 2017	August 31, 2017	September 1, 2017
September 4, 2017	September 5, 2017	September 6, 2017	September 7, 2017	September 8, 2017
LABOR DAY	MINI CORN DOGS & CHICKEN FUN MIX French Fries Orange Sorbet 100% Juice BBQ Sauce Ketchup Choice of Milk	CHEESE PIZZA Green Beans Diced Pears Choice of Milk	*AROUND THE WORLD DAY* SWEET & SOUR MEATBALLS W/PINEAPPLE BROCCOLI & BROWN RICE Whole Kernel Corn Fresh Fruit Choice of Milk	PIZZA DIPPERS Marinara Dipping Sauce Garden Vegetables Fresh Fruit Choice of Milk
September 11, 2017	September 12, 2017	September 13, 2017	September 14, 2017	September 15, 2017
CHICKEN FRIES W/TRI TATORS ^ Green Beans Diced Peaches BBQ Sauce Ketchup Choice of Milk	*BREAKFAST FOR LUNCH* PANCAKES & SAUSAGE Golden Potato Rounds Orange Juice Syrup Ketchup Choice of Milk	CHEESE PIZZA Romaine Salad Fat Free Ranch Dressing Mixed Fruit Cup Choice of Milk	CHARBROILED HAMBURGER Whole Wheat Bun Maple Baked Beans Pickle Chips Fresh Fruit Ketchup Choice of Milk	*FRESH FEATURE FRIDAY* PIZZA DIPPERS Marinara Dipping Sauce Green Pepper Slices Fat Free Ranch Dressing Fresh Fruit Choice of Milk
September 18, 2017	September 19, 2017	September 20, 2017	September 21, 2017	September 22, 2017
CHICKEN TENDERS W/SWEET POTATO PUFFS Whole Kernel Corn Applesauce Cup BBQ Sauce Ketchup Choice of Milk	HOT DOG W/ POTATO ROUNDS WW Hot Dog Bun Maple Baked Beans Diced Peaches Mustard Ketchup (2) Choice of Milk	CHEESE PIZZA Romaine Salad Fat Free Ranch Dressing Diced Pears Choice of Milk	NO SCHOOL	NO SCHOOL
September 25, 2017	September 26, 2017	September 27, 2017	September 28, 2017	September 29, 2017
CHICKEN NUGGETS WITH POTATO ROUNDS Refried Beans Orange Juice BBQ Sauce Ketchup Choice of Milk	MACARONI & CHEESE Mixed Vegetables Pineapple Tidbits Choice of Milk	CHEESE PIZZA Whole Kernel Corn Fresh Fruit Choice of Milk	*MAKE YOUR OWN SALAD DAY* POPCORN CHICKEN Romaine Salad Cucumber Coins Light Ranch Dressing Applesauce Cup Choice of Milk	PIZZA DIPPERS Marinara Dipping Sauce Green Beans Fresh Fruit Chocolate Chip Minis Choice of Milk

\*\*\*\* ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK.

\*\*\* MENU SUBJECT TO CHANGE.

\*\*\* This institution is an equal opportunity provider.



## NEW SCHOOL YEAR, NEW MENU!!!

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## Nutritional Information: NEW HYDE PARK ROAD SCHOOL

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
09-04-2017	LABOR DAY	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
09-05-2017	MINI CORN DOGS & CHICKEN FUN MIX	286	15	3	0	38	509	24	3	6	16	0	33	50	2	MMA:2oz G/B:1.5sv WG
	French Fries	155	6	1	0	0	45	24	0	0	2	0	10	0	0	V:3/4c S
	Orange Sorbet 100% Juice	70	0	0	0	0	5	19	3	15	0	600	60	60	0	F:1/2c
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
09-06-2017	CHEESE PIZZA	333	11	5	0	23	587	38	3	4	17	135	2	420	2	MMA:1.5oz G/B:2.5sv WG V:1/4c RO
	Green Beans	30	0	0	0	0	2	6	2	2	1	21	10	33	1	V:1/2c O
	Diced Pears	66	0	0	0	0	6	16	2	12	2	0	1	6	0	F:1/2c
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
09-07-2017	*AROUND THE WORLD DAY*	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	SWEET & SOUR MEATBALLS W/PINEAPPLE BROCCOLI & BROWN RICE	385	15	5	0	35	289	50	4	20	16	70	36	37	2	MMA:2oz G/B:1sv WG V:1/4c DG V:1/8c O
	Whole Kernel Corn	73	1	0	0	0	3	17	2	2	2	8	5	3	0	V:1/2c S
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1/2c
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
09-08-2017	PIZZA DIPPERS	290	11	5	0	20	530	30	3	6	19	80	0	350	2	MMA:2oz G/B:2sv WG
	Marinara Dipping Sauce	79	4	1	0	0	314	8	0	3	3	149	5	20	0	V:1/2c RO
	Garden Vegetables	56	0	0	0	0	34	12	3	4	2	397	14	22	1	V:1/4c S V:1/4c RO
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1/2c
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
09-11-2017	CHICKEN FRIES W/TRI TATORS ^	400	22	4	0	25	680	33	5	1	16	30	4	40	2	MMA:2oz G/B:1sv WG V:1/2c S
	Green Beans	30	0	0	0	0	2	6	2	2	1	21	10	33	1	V:1/2c O
	Diced Peaches	62	0	0	0	0	6	15	1	13	2	18	2	4	0	F:1/2c
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
09-12-2017	*BREAKFAST FOR LUNCH*	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	PANCAKES & SAUSAGE	309	13	4	0	50	526	30	4	7	18	3	0	133	3	MMA:2.25oz G/B:2sv WG
	Golden Potato Rounds	163	5	1	0	0	27	27	3	0	3	0	8	0	0	V:3/4c S
	Orange Juice	56	0	0	0	0	1	13	0	10	1	27	48	11	0	F:1/2c
	Syrup	73	0	0	0	0	3	19	0	9	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	

## Nutritional Information: NEW HYDE PARK ROAD SCHOOL

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
09-13-2017	CHEESE PIZZA	333	11	5	0	23	587	38	3	4	17	135	2	420	2	MMA:1.5oz G/B:2.5sv WG V:1/4c RO
	Romaine Salad	5	0	0	0	0	2	1	1	0	0	124	1	9	0	V:1/2c DG
	Fat Free Ranch Dressing	10	0	0	0	0	90	2	0	1	0	0	0	0	0	
	Mixed Fruit Cup	64	0	0	0	0	4	16	1	13	2	8	4	8	0	F:1/2c
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
09-14-2017	CHARBROILED HAMBURGER	147	10	4	0	40	220	2	0	0	12	2	0	26	1	MMA:2oz
	Whole Wheat Bun	142	2	0	0	0	156	14	1	2	6	0	0	29	1	G/B:2sv WG
	Maple Baked Beans	162	0	0	0	0	285	34	7	11	7	62	0	89	3	V:1/2c L
	Pickle Chips	5	0	0	0	0	330	1	0	0	0	2	1	23	0	V:1/4c O
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1/2c
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
09-15-2017	*FRESH FEATURE FRIDAY*	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	PIZZA DIPPERS	290	11	5	0	20	530	30	3	6	19	80	0	350	2	MMA:2oz G/B:2sv WG
	Marinara Dipping Sauce	79	4	1	0	0	314	8	0	3	3	149	5	20	0	V:1/2c RO
	Green Pepper Slices	15	0	0	0	0	2	4	1	2	1	14	61	8	0	V:1/4c O
	Fat Free Ranch Dressing	10	0	0	0	0	90	2	0	1	0	0	0	0	0	
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1/2c
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
09-18-2017	CHICKEN TENDERS W/SWEET POTATO PUFFS	336	18	3	0	25	456	28	5	7	16	178	0	3	2	MMA:2oz G/B:1sv WG V:1/4c RO
	Whole Kernel Corn	73	1	0	0	0	3	17	2	2	2	8	5	3	0	V:1/2c S
	Applesauce Cup	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
09-19-2017	HOT DOG W/ POTATO ROUNDS	164	11	4	0	25	369	11	1	1	5	0	3	0	1	MMA:1.5oz V:1/4c S
	WW Hot Dog Bun	110	2	0	0	0	230	20	3	3	5	0	0	60	1	G/B:1.5sv WG
	Maple Baked Beans	162	0	0	0	0	285	34	7	11	7	62	0	89	3	V:1/2c L
	Diced Peaches	62	0	0	0	0	6	15	1	13	2	18	2	4	0	F:1/2c
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup (2)	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
09-20-2017	CHEESE PIZZA	333	11	5	0	23	587	38	3	4	17	135	2	420	2	MMA:1.5oz G/B:2.5sv WG V:1/4c RO
	Romaine Salad	5	0	0	0	0	2	1	1	0	0	124	1	9	0	V:1/2c DG
	Fat Free Ranch Dressing	10	0	0	0	0	90	2	0	1	0	0	0	0	0	
	Diced Pears	66	0	0	0	0	6	16	2	12	2	0	1	6	0	F:1/2c
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	

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	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
09-21-2017	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
09-22-2017	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
09-25-2017	CHICKEN NUGGETS WITH POTATO ROUNDS	314	16	3	0	30	549	24	3	0	18	0	3	0	3	MMA:2oz G/B:1sv WG V:1/4c S
	Refried Beans	118	2	0	0	0	144	20	7	1	7	0	8	43	2	V:1/2c L
	Orange Juice	56	0	0	0	0	1	13	0	10	1	27	48	11	0	F:1/2c
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
09-26-2017	MACARONI & CHEESE	401	19	11	0	58	810	39	2	9	19	139	1	470	1	MMA:2oz G/B:1sv WG
	Mixed Vegetables	94	1	0	0	0	36	20	5	6	4	408	24	29	1	V:1/4c RO V:1/2c S
	Pineapple Tidbits	68	0	0	0	0	2	16	1	14	2	4	10	14	0	F:1/2c
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
09-27-2017	CHEESE PIZZA	333	11	5	0	23	587	38	3	4	17	135	2	420	2	MMA:1.5oz G/B:2.5sv WG V:1/4c RO
	Whole Kernel Corn	73	1	0	0	0	3	17	2	2	2	8	5	3	0	V:1/2c S
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1/2c
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
09-28-2017	*MAKE YOUR OWN SALAD DAY*	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	POPCORN CHICKEN	255	14	3	0	22	388	16	3	1	16	33	0	0	2	MMA:2oz G/B:1sv WG
	Romaine Salad	5	0	0	0	0	2	1	1	0	0	124	1	9	0	V:1/2c DG
	Cucumber Coins	5	0	0	0	0	1	1	0	0	0	2	1	5	0	V:1/4c O
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Applesauce Cup	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
09-29-2017	PIZZA DIPPERS	290	11	5	0	20	530	30	3	6	19	80	0	350	2	MMA:2oz G/B:2sv WG
	Marinara Dipping Sauce	79	4	1	0	0	314	8	0	3	3	149	5	20	0	V:1/2c RO
	Green Beans	30	0	0	0	0	2	6	2	2	1	21	10	33	1	V:1/2c O
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1/2c
	Chocolate Chip Minis	130	6	0	0	0	85	19	2	8	2	0	0	0	0	G/B:1sv WG
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	

Meal Contributions : M/MA = Meat/Meat Alternate F = Fruit V = Vegetable G/B = Grain/Bread W/G = Whole Grain  
 Vegetable Types : DG = Dark Green R/O = Red/Orange L = Legumes S = Starchy O = Other