



# OCTOBER



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## NEW HYDE PARK ROAD SCHOOL

Monday	Tuesday	Wednesday	Thursday	Friday
<b>October 2, 2017</b> BAKED CHICKEN NUGGETS ^ French Fries Diced Pears Ketchup BBQ Sauce Choice of Milk	<b>October 3, 2017</b> MACARONI & CHEESE Mixed Vegetables Orange Sorbet 100% Juice Choice of Milk	<b>October 4, 2017</b> CHEESE PIZZA ^ Broccoli Pineapple Tidbits Choice of Milk	<b>October 5, 2017</b> BAGEL DOG ^ Taco Beans Fresh Baby Carrots Fat Free Ranch Dressing Fresh Fruit Ketchup Mustard Choice of Milk	<b>October 6, 2017</b> PIZZA DIPPERS ^ Marinara Dipping Sauce Tropical Veggie Juice Fresh Fruit Choice of Milk
<b>October 9, 2017</b> COLUMBUS DAY	<b>October 10, 2017</b> *MAKE YOUR OWN SALAD DAY* POPCORN CHICKEN ^ Romaine Salad Cucumber Coins Light Ranch Dressing Blended Fruit Juice Choice of Milk	<b>October 11, 2017</b> CHEESE PIZZA ^ SunSet Sip Juice Fresh Fruit Chocolate Cookie ^ Choice of Milk	<b>October 12, 2017</b> *NEW ITEM* CHICKEN RANCH FLATBREAD ^ Green Beans Fresh Baby Carrots Fat Free Ranch Dressing Fresh Fruit Choice of Milk	<b>October 13, 2017</b> PIZZA DIPPERS ^ Marinara Dipping Sauce Romaine Salad Fat Free Ranch Dressing Mixed Fruit Cup Choice of Milk
<b>October 16, 2017</b> CHICKEN TENDERS W/SWEET POTATO PUFFS ^ Maple Baked Beans Applesauce Cup BBQ Sauce Ketchup Choice of Milk	<b>October 17, 2017</b> HOT DOG W/ POTATO ROUNDS Hot Dog Bun ^ Diced Carrots Blended Fruit Juice Mustard Ketchup (2) Choice of Milk	<b>October 18, 2017</b> CHEESE PIZZA ^ Romaine Salad Light Ranch Dressing Diced Peaches Choice of Milk	<b>October 19, 2017</b> MINI CORN DOGS & CHICKEN FUN MIX Green Beans Baby Carrots Light Ranch Dressing Fresh Fruit BBQ Sauce Ketchup Choice of Milk	<b>October 20, 2017</b> PIZZA DIPPERS ^ Marinara Dipping Sauce French Fries Fresh Fruit Ketchup Choice of Milk
<b>October 23, 2017</b> CHICKEN FRIES W/TRI TATORS ^ Maple Baked Beans Applesauce Cup BBQ Sauce Ketchup Choice of Milk	<b>October 24, 2017</b> MEATBALL SUB Hot Dog Bun ^ Whole Kernel Corn Mixed Fruit Cup Choice of Milk	<b>October 25, 2017</b> CHEESE PIZZA ^ Green Beans Pineapple Tidbits Choice of Milk	<b>October 26, 2017</b> PANCAKES & SAUSAGE Golden Potato Rounds Grape Juice Syrup Ketchup Choice of Milk	<b>October 27, 2017</b> PIZZA DIPPERS ^ Marinara Dipping Sauce Broccoli Fresh Fruit Choice of Milk
<b>October 30, 2017</b> BAKED CHICKEN NUGGETS ^ French Fries Orange Juice Ketchup BBQ Sauce Choice of Milk	<b>October 31, 2017</b> HOT DOG W/ POTATO ROUNDS Hot Dog Bun ^ Maple Baked Beans Diced Peaches Mustard Ketchup Choice of Milk	<b>November 1, 2017</b>	<b>November 2, 2017</b>	<b>November 3, 2017</b>

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

^ Denotes item is whole-grain/whole wheat

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

10/9 BREAKFAST  
For lunch day  
Make your own  
10/10



# PREFERRED MEALS



10/12 NEW MENU ITEM  
Around the World  
10/4

## 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
10-02-2017	BAKED CHICKEN NUGGETS ^	260	14	2	0	30	540	15	2	0	17	0	0	0	3	MMA:2oz G/B:1sv WG
	French Fries	155	6	1	0	0	45	24	0	0	2	0	10	0	0	V:3/4c S
	Diced Pears	66	0	0	0	0	6	16	2	12	2	0	1	6	0	F:1/2c
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
10-03-2017	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
	Orange Sorbet 100% Juice	70	0	0	0	0	5	19	3	15	0	600	60	60	0	F:1/2c
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
10-04-2017	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
	Broccoli	25	0	0	0	0	23	4	3	1	3	49	53	53	1	V:1/2c DG
	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	
10-05-2017	BAGEL DOG ^	310	14	5	0	30	695	34	3	5	11	0	0	60	2	MMA:2oz G/B:2sv WG
	Taco Beans	206	2	0	0	0	469	37	10	2	12	166	6	115	2	V:1/2c L V:1/8c RO
	Fresh Baby Carrots	13	0	0	0	0	29	3	1	2	0	1525	1	12	0	V:1/4c RO
	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
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
10-06-2017	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
	Tropical Veggie Juice	90	0	0	0	0	45	23	0	22	0	150	60	0	0	V:3/4c O
	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	
10-09-2017	COLUMBUS DAY	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
10-10-2017	*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	
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	4	0	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
10-11-2017	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
	SunSet Sip Juice	45	0	0	0	0	15	11	0	10	0	150	60	0	0	V:1/2c RO
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1/2c
	Chocolate Cookie ^	120	5	1	0	0	45	19	1	6	2	0	0	0	1	G/B:1sv WG
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
10-12-2017	*NEW ITEM*	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	CHICKEN RANCH FLATBREAD ^	327	12	5	0	47	524	32	2	3	22	84	1	415	3	MMA:2.25oz G/B:2sv WG
	Green Beans	30	0	0	0	0	2	6	2	2	1	21	10	33	1	V:1/2c O
	Fresh Baby Carrots	13	0	0	0	0	29	3	1	2	0	1525	1	12	0	V:1/4c RO
	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	
10-13-2017	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
	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	
10-16-2017	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
	Maple Baked Beans	162	0	0	0	0	285	34	7	11	7	62	0	89	3	V:1/2c L
	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	
10-17-2017	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
	Hot Dog Bun ^	110	2	0	0	0	230	20	3	3	5	0	0	60	1	G/B:1.5sv WG
	Diced Carrots	38	0	0	0	0	64	9	3	4	1	770	5	30	0	V:1/2c RO
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	4	0	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	
10-18-2017	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
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Diced Peaches	62	0	0	0	0	6	15	1	13	2	18	2	4	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
10-19-2017	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
	Green Beans	30	0	0	0	0	2	6	2	2	1	21	10	33	1	V:1/2c O
	Baby Carrots	13	0	0	0	0	29	3	1	2	0	1525	1	12	0	V:1/4c RO
	Light Ranch Dressing	30	2	0	0	5	55	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
	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	
10-20-2017	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
	French Fries	103	4	1	0	0	30	16	0	0	2	0	6	0	0	V:1/2c S
	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	
10-23-2017	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
	Maple Baked Beans	162	0	0	0	0	285	34	7	11	7	62	0	89	3	V:1/2c L
	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	
10-24-2017	MEATBALL SUB	239	15	5	0	35	494	13	2	4	15	179	6	20	1	MMA:2oz V:1/2c RO
	Hot Dog Bun ^	110	2	0	0	0	230	20	3	3	5	0	0	60	1	G/B:1.5sv WG
	Whole Kernel Corn	73	1	0	0	0	3	17	2	2	2	8	5	3	0	V:1/2c S
	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	
10-25-2017	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
	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	
10-26-2017	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
	Grape Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	0	F:1/2c
	Syrup	80	0	0	0	0	10	20	0	10	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	

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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
10-27-2017	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
	Broccoli	25	0	0	0	0	23	4	3	1	3	49	53	53	1	V:1/2c DG
	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	
10-30-2017	BAKED CHICKEN NUGGETS ^	260	14	2	0	30	540	15	2	0	17	0	0	0	3	MMA:2oz G/B:1sv WG
	French Fries	155	6	1	0	0	45	24	0	0	2	0	10	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
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
10-31-2017	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
	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	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	

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