



NEW HYDE PARK ROAD SCHOOL

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|--|
| January 1, 2018 | January 2, 2018 | January 3, 2018 | January 4, 2018 | January 5, 2018 |
| HOLIDAY BREAK | *BREAKFAST FOR LUNCH* PANCAKES & SAUSAGE ^ Wango Mango Juice Applesauce Cup Syrup Choice of Milk | CHEESE PIZZA ^ Whole Kernel Corn Diced Pears Choice of Milk | *NATIONAL SPAGHETTI DAY* SPAGHETTI & MEATBALLS Green Beans Blended Fruit Juice Choice of Milk | PIZZA DIPPERS ^ Marinara Dipping Sauce Garden Vegetables Mixed Fruit Cup Choice of Milk |
| January 8, 2018 | January 9, 2018 | January 10, 2018 | January 11, 2018 | January 12, 2018 |
| CHICKEN FRIES W/TRI TATORS Whole Kernel Corn Applesauce Cup BBQ Sauce Ketchup Choice of Milk | HOT DOG W/ POTATO ROUNDS Hot Dog Bun ^ Maple Baked Beans Diced Peaches Mustard Ketchup Choice of Milk | CHEESE PIZZA ^ Broccoli Mixed Fruit Cup Choice of Milk | MACARONI & CHEESE SunSet Sip Juice Baby Carrots Light Ranch Dressing Fresh Fruit Choice of Milk | PIZZA DIPPERS ^ Marinara Dipping Sauce Green Beans Fresh Fruit Choice of Milk |
| January 15, 2018 | January 16, 2018 | January 17, 2018 | January 18, 2018 | January 19, 2018 |
| MARTIN LUTHER KING JR. | MINI CORN DOGS & CHICKEN FUN MIX ^ French Fries Grape Juice Chipotle Ranch BBQ Sauce Ketchup Sriracha Ketchup Choice of Milk | CHEESE PIZZA ^ Whole Kernel Corn Fresh Fruit Choice of Milk | POPCORN CHICKEN ^ Garden Vegetables Crunchy Celery Sticks Fat Free Ranch Dressing Diced Peaches BBQ Sauce Choice of Milk | PIZZA DIPPERS ^ Marinara Dipping Sauce Baby Carrots Light Ranch Dressing Mixed Fruit Cup Choice of Milk |
| January 22, 2018 | January 23, 2018 | January 24, 2018 | January 25, 2018 | January 26, 2018 |
| BAGEL DOG ^ Refried Beans SunSet Sip Juice Diced Pears Ketchup Mustard Choice of Milk | *NATIONAL SOUTHERN FOOD DAY* CHICKEN DRUMSTICK W POTATO ROUNDS Green Beans Corn Muffin ^ BBQ Sauce Ketchup Blended Fruit Juice Choice of Milk | CHEESE PIZZA ^ Garden Vegetables Fresh Fruit Choice of Milk | CRISPY CHICKEN FILLET ^ Hamburger Bun ^ Romaine Salad Cucumber Coins Light Ranch Dressing Fresh Fruit BBQ Sauce Choice of Milk | PIZZA DIPPERS ^ Marinara Dipping Sauce Diced Carrots Mixed Fruit Cup Choice of Milk |
| January 29, 2018 | January 30, 2018 | January 31, 2018 | February 1, 2018 | February 2, 2018 |
| CHICKEN NUGGETS WITH POTATO ROUNDS ^ Maple Baked Beans Applesauce Cup BBQ Sauce Ketchup Choice of Milk | TOASTY TUESDAY** TOASTED CHEESE SANDWICH ^ Tomato Soup^ Pickle Chips Mixed Fruit Cup Choice of Milk | CHEESE PIZZA ^ Romaine Salad Fat Free Ranch Dressing Fresh Fruit Choice of Milk | | |

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.

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 |
|------------|----------------------------|----------|---------------|-------------|---------------|------------------|-------------|------------------|-----------|-----------|-------------|----------------|----------------|--------------|-----------|-------------------------------------|
| 01-01-2018 | HOLIDAY BREAK | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| 01-02-2018 | *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 |
| | Wango Mango Juice | 90 | 0 | 0 | 0 | 0 | 40 | 23 | 0 | 21 | 0 | 225 | 60 | 0 | 0 | V:3/4c O |
| | Applesauce Cup | 51 | 0 | 0 | 0 | 0 | 2 | 14 | 1 | 12 | 0 | 1 | 1 | 5 | 0 | F:1/2c |
| | Syrup | 80 | 0 | 0 | 0 | 0 | 10 | 20 | 0 | 10 | 0 | 0 | 0 | 0 | 0 | |
| | Choice of Milk | 121 | 1 | 1 | 0 | 8 | 139 | 19 | 0 | 17 | 8 | 493 | 0 | 302 | 0 | |
| 01-03-2018 | 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 |
| | Diced Pears | 66 | 0 | 0 | 0 | 0 | 6 | 16 | 2 | 12 | 2 | 0 | 1 | 6 | 0 | F:1/2c |
| | Choice of Milk | 121 | 1 | 1 | 0 | 8 | 139 | 19 | 0 | 17 | 8 | 493 | 0 | 302 | 0 | |
| 01-04-2018 | *NATIONAL SPAGHETTI DAY* | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| | SPAGHETTI & MEATBALLS | 320 | 11 | 4 | 0 | 31 | 485 | 40 | 4 | 11 | 17 | 167 | 6 | 72 | 3 | MMA:1.5oz G/B:1sv WG V:3/4c RO |
| | Green Beans | 30 | 0 | 0 | 0 | 0 | 2 | 6 | 2 | 2 | 1 | 21 | 10 | 33 | 1 | V:1/2c O |
| | Blended Fruit Juice | 60 | 0 | 0 | 0 | 0 | 10 | 14 | 0 | 13 | 0 | 0 | 4 | 0 | 0 | F:1/2c |
| | Choice of Milk | 121 | 1 | 1 | 0 | 8 | 139 | 19 | 0 | 17 | 8 | 493 | 0 | 302 | 0 | |
| 01-05-2018 | 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 |
| | Mixed Fruit Cup | 64 | 0 | 0 | 0 | 0 | 4 | 16 | 1 | 13 | 2 | 8 | 4 | 8 | 0 | F:1/2c |
| | Choice of Milk | 121 | 1 | 1 | 0 | 8 | 139 | 19 | 0 | 17 | 8 | 493 | 0 | 302 | 0 | |
| 01-08-2018 | 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 |
| | 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 | 1 | 1 | 0 | 8 | 139 | 19 | 0 | 17 | 8 | 493 | 0 | 302 | 0 | |
| 01-09-2018 | 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 ^ | 130 | 2 | 0 | 0 | 0 | 210 | 25 | 4 | 2 | 6 | 0 | 0 | 37 | 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 | 1 | 1 | 0 | 8 | 139 | 19 | 0 | 17 | 8 | 493 | 0 | 302 | 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 |
|------------|------------------------------------|----------|---------------|-------------|---------------|------------------|-------------|------------------|-----------|-----------|-------------|----------------|----------------|--------------|-----------|-------------------------------------|
| 01-10-2018 | 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 |
| | Mixed Fruit Cup | 64 | 0 | 0 | 0 | 0 | 4 | 16 | 1 | 13 | 2 | 8 | 4 | 8 | 0 | F:1/2c |
| | Choice of Milk | 121 | 1 | 1 | 0 | 8 | 139 | 19 | 0 | 17 | 8 | 493 | 0 | 302 | 0 | |
| 01-11-2018 | MACARONI & CHEESE | 410 | 20 | 12 | 0 | 61 | 691 | 37 | 2 | 8 | 21 | 151 | 1 | 517 | 2 | |
| | SunSet Sip Juice | 45 | 0 | 0 | 0 | 0 | 15 | 11 | 0 | 10 | 0 | 150 | 60 | 0 | 0 | V:1/2c RO |
| | 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 |
| | Choice of Milk | 121 | 1 | 1 | 0 | 8 | 139 | 19 | 0 | 17 | 8 | 493 | 0 | 302 | 0 | |
| 01-12-2018 | 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 |
| | Choice of Milk | 121 | 1 | 1 | 0 | 8 | 139 | 19 | 0 | 17 | 8 | 493 | 0 | 302 | 0 | |
| 01-15-2018 | MARTIN LUTHER KING JR. | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| 01-16-2018 | MINI CORN DOGS & CHICKEN FUN MIX ^ | 265 | 14 | 3 | 0 | 46 | 470 | 23 | 2 | 6 | 16 | 22 | 33 | 50 | 1 | 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 |
| | Grape Juice | 60 | 0 | 0 | 0 | 0 | 15 | 14 | 0 | 13 | 0 | 0 | 0 | 0 | 0 | F:1/2c |
| | Chipotle Ranch | 30 | 2 | 0 | 0 | 5 | 55 | 2 | 0 | 1 | 0 | 0 | 0 | 8 | 0 | |
| | 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 | |
| | Sriracha Ketchup | 10 | 0 | 0 | 0 | 0 | 85 | 2 | 0 | 2 | 0 | 0 | 0 | 0 | 0 | |
| | Choice of Milk | 121 | 1 | 1 | 0 | 8 | 139 | 19 | 0 | 17 | 8 | 493 | 0 | 302 | 0 | |
| 01-17-2018 | 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 | 1 | 1 | 0 | 8 | 139 | 19 | 0 | 17 | 8 | 493 | 0 | 302 | 0 | |
| 01-18-2018 | POPCORN CHICKEN ^ | 255 | 14 | 3 | 0 | 22 | 388 | 16 | 3 | 1 | 16 | 33 | 0 | 0 | 2 | MMA:2oz G/B:1sv WG |
| | Garden Vegetables | 56 | 0 | 0 | 0 | 0 | 34 | 12 | 3 | 4 | 2 | 397 | 14 | 22 | 1 | V:1/4c S V:1/4c RO |
| | Crunchy Celery Sticks | 5 | 0 | 0 | 0 | 0 | 26 | 1 | 0 | 1 | 0 | 7 | 1 | 13 | 0 | V:1/4c O |
| | Fat Free Ranch Dressing | 10 | 0 | 0 | 0 | 0 | 90 | 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 |
| | BBQ Sauce | 25 | 0 | 0 | 0 | 0 | 50 | 7 | 0 | 4 | 0 | 0 | 0 | 0 | 0 | |
| | Choice of Milk | 121 | 1 | 1 | 0 | 8 | 139 | 19 | 0 | 17 | 8 | 493 | 0 | 302 | 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 |
|------------|-----------------------------------|----------|---------------|-------------|---------------|------------------|-------------|------------------|-----------|-----------|-------------|----------------|----------------|--------------|-----------|-------------------------------------|
| 01-19-2018 | 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 |
| | 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 | |
| | Mixed Fruit Cup | 64 | 0 | 0 | 0 | 0 | 4 | 16 | 1 | 13 | 2 | 8 | 4 | 8 | 0 | F:1/2c |
| | Choice of Milk | 121 | 1 | 1 | 0 | 8 | 139 | 19 | 0 | 17 | 8 | 493 | 0 | 302 | 0 | |
| 01-22-2018 | BAGEL DOG ^ | 310 | 14 | 5 | 0 | 30 | 695 | 34 | 3 | 5 | 11 | 0 | 0 | 60 | 2 | MMA:2oz G/B:2sv WG |
| | Refried Beans | 122 | 0 | 0 | 0 | 0 | 76 | 22 | 7 | 0 | 7 | 0 | 2 | 20 | 2 | V:1/2c L |
| | SunSet Sip Juice | 45 | 0 | 0 | 0 | 0 | 15 | 11 | 0 | 10 | 0 | 150 | 60 | 0 | 0 | V:1/2c RO |
| | 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 | |
| | Mustard | 5 | 0 | 0 | 0 | 0 | 20 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| | Choice of Milk | 121 | 1 | 1 | 0 | 8 | 139 | 19 | 0 | 17 | 8 | 493 | 0 | 302 | 0 | |
| 01-23-2018 | *NATIONAL SOUTHERN FOOD DAY* | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| | CHICKEN DRUMSTICK W POTATO ROUNDS | 274 | 13 | 4 | 0 | 107 | 299 | 16 | 2 | 0 | 22 | 17 | 4 | 16 | 1 | MMA:2oz V:3/8c S |
| | Green Beans | 30 | 0 | 0 | 0 | 0 | 2 | 6 | 2 | 2 | 1 | 21 | 10 | 33 | 1 | V:1/2c O |
| | Corn Muffin ^ | 243 | 9 | 1 | 0 | 0 | 251 | 38 | 3 | 12 | 4 | 2 | 0 | 63 | 1 | G/B:2sv WG |
| | 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 | |
| | Blended Fruit Juice | 60 | 0 | 0 | 0 | 0 | 10 | 14 | 0 | 13 | 0 | 0 | 4 | 0 | 0 | F:1/2c |
| | Choice of Milk | 121 | 1 | 1 | 0 | 8 | 139 | 19 | 0 | 17 | 8 | 493 | 0 | 302 | 0 | |
| 01-24-2018 | 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 |
| | 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 | 1 | 1 | 0 | 8 | 139 | 19 | 0 | 17 | 8 | 493 | 0 | 302 | 0 | |
| 01-25-2018 | CRISPY CHICKEN FILLET ^ | 240 | 13 | 2 | 0 | 25 | 520 | 15 | 2 | 0 | 16 | 0 | 0 | 40 | 1 | MMA:2oz G/B:1sv WG |
| | Hamburger Bun ^ | 142 | 2 | 0 | 0 | 0 | 156 | 14 | 1 | 2 | 6 | 0 | 0 | 29 | 1 | G/B:2sv 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 | |
| | 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 | |
| | Choice of Milk | 121 | 1 | 1 | 0 | 8 | 139 | 19 | 0 | 17 | 8 | 493 | 0 | 302 | 0 | |
| 01-26-2018 | 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 |
| | Diced Carrots | 38 | 0 | 0 | 0 | 0 | 64 | 9 | 3 | 4 | 1 | 770 | 5 | 30 | 0 | V:1/2c RO |
| | Mixed Fruit Cup | 64 | 0 | 0 | 0 | 0 | 4 | 16 | 1 | 13 | 2 | 8 | 4 | 8 | 0 | F:1/2c |
| | Choice of Milk | 121 | 1 | 1 | 0 | 8 | 139 | 19 | 0 | 17 | 8 | 493 | 0 | 302 | 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 |
|------------|--------------------------------------|----------|---------------|-------------|---------------|------------------|-------------|------------------|-----------|-----------|-------------|----------------|----------------|--------------|-----------|-------------------------------------|
| 01-29-2018 | CHICKEN NUGGETS WITH POTATO ROUNDS ^ | 279 | 14 | 3 | 0 | 44 | 484 | 22 | 2 | 0 | 17 | 38 | 3 | 0 | 0 | MMA:2oz G/B:1sv WG V:1/4c 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 | 1 | 1 | 0 | 8 | 139 | 19 | 0 | 17 | 8 | 493 | 0 | 302 | 0 | |
| 01-30-2018 | TOASTY TUESDAY** | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| | TOASTED CHEESE SANDWICH ^ | 339 | 18 | 10 | 0 | 50 | 867 | 29 | 2 | 5 | 15 | 120 | 0 | 339 | 1 | MMA:2oz G/B:2sv WG |
| | Tomato Soup^ | 122 | 1 | 0 | 0 | 1 | 571 | 24 | 1 | 9 | 5 | 133 | 4 | 63 | 1 | G/B:0.5sv WG V:1/2c RO |
| | Pickle Chips | 5 | 0 | 0 | 0 | 0 | 330 | 1 | 0 | 0 | 0 | 2 | 1 | 23 | 0 | V:1/4c O |
| | Mixed Fruit Cup | 64 | 0 | 0 | 0 | 0 | 4 | 16 | 1 | 13 | 2 | 8 | 4 | 8 | 0 | F:1/2c |
| | Choice of Milk | 121 | 1 | 1 | 0 | 8 | 139 | 19 | 0 | 17 | 8 | 493 | 0 | 302 | 0 | |
| 01-31-2018 | 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 | |
| | Fresh Fruit | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | F:1/2c |
| | Choice of Milk | 121 | 1 | 1 | 0 | 8 | 139 | 19 | 0 | 17 | 8 | 493 | 0 | 302 | 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

Allergen Information: NEW HYDE PARK ROAD SCHOOL

ALLERGEN WARNING: This menu is for reference only, and the food products delivered to schools are subject to change without notice. Accurate and up-to-date ingredient information regarding ingredients – including the 8 major food allergens – is available on the product label at your school. To avoid exposure to these food allergens, refer to the actual product label. **FAILURE TO DO SO MAY RESULT IN INADVERTENT EXPOSURE TO FOOD ALLERGENS.**

| | Item Name | Milk | Egg | Peanut | Tree Nut | Fish | Shellfish | Soy | Wheat |
|------------|-------------------------------|------|-----|--------|----------|------|-----------|-----|-------|
| 01-01-2018 | HOLIDAY BREAK | | | | | | | | |
| 01-02-2018 | *BREAKFAST FOR LUNCH* | | | | | | | | |
| | PANCAKES & SAUSAGE ^ | X | X | | | | | X | X |
| | Wango Mango Juice | | | | | | | | |
| | Applesauce Cup | | | | | | | | |
| | Syrup | | | | | | | | |
| | Choice of Milk | X | | | | | | | |
| 01-03-2018 | CHEESE PIZZA ^ | X | | | | | | X | X |
| | Whole Kernel Corn | | | | | | | | |
| | Diced Pears | | | | | | | | |
| | Choice of Milk | X | | | | | | | |
| 01-04-2018 | *NATIONAL SPAGHETTI DAY* | | | | | | | | |
| | SPAGHETTI & MEATBALLS | X | X | | | | | X | X |
| | Green Beans | | | | | | | | |
| | Blended Fruit Juice | | | | | | | | |
| | Choice of Milk | X | | | | | | | |
| 01-05-2018 | PIZZA DIPPERS ^ | X | X | | | | | X | X |
| | Marinara Dipping Sauce | X | | | | | | X | |
| | Garden Vegetables | | | | | | | | |
| | Mixed Fruit Cup | | | | | | | | |
| | Choice of Milk | X | | | | | | | |
| 01-08-2018 | CHICKEN FRIES W/TRI TATORS | | | | | | | X | X |
| | Whole Kernel Corn | | | | | | | | |
| | Applesauce Cup | | | | | | | | |
| | BBQ Sauce | | | | | | | X | |
| | Ketchup | | | | | | | | |
| | Choice of Milk | X | | | | | | | |
| 01-09-2018 | HOT DOG W/ POTATO ROUNDS | | | | | | | X | |
| | Hot Dog Bun ^ | | | | | | | X | X |
| | Maple Baked Beans | | | | | | | | |
| | Diced Peaches | | | | | | | | |
| | Mustard | | | | | | | | |
| | Ketchup | | | | | | | | |
| | Choice of Milk | X | | | | | | | |

Allergen Information: NEW HYDE PARK ROAD SCHOOL

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| | Item Name | Milk | Egg | Peanut | Tree Nut | Fish | Shellfish | Soy | Wheat |
|----------------|---------------------------------------|------|-----|--------|----------|------|-----------|-----|-------|
| 2018 01-10- | CHEESE PIZZA ^ | X | | | | | | X | X |
| | Broccoli | | | | | | | | |
| | Mixed Fruit Cup | | | | | | | | |
| | Choice of Milk | X | | | | | | | |
| 01-11-2018 | MACARONI & CHEESE | X | | | | | | X | X |
| | SunSet Sip Juice | | | | | | | | |
| | Baby Carrots | | | | | | | | |
| | Light Ranch Dressing | X | X | | | | | X | |
| | Fresh Fruit | | | | | | | | |
| | Choice of Milk | X | | | | | | | |
| 01-12-2018 | PIZZA DIPPERS ^ | X | X | | | | | X | X |
| | Marinara Dipping Sauce | X | | | | | | X | |
| | Green Beans | | | | | | | | |
| | Fresh Fruit | | | | | | | | |
| | Choice of Milk | X | | | | | | | |
| 2018 01-15- | MARTIN LUTHER KING JR. | | | | | | | | |
| 01-16-2018 | MINI CORN DOGS & CHICKEN FUN MIX ^ | X | X | | | | | X | X |
| | French Fries | | | | | | | X | |
| | Grape Juice | | | | | | | | |
| | Chipotle Ranch | X | X | | | | | | |
| | BBQ Sauce | | | | | | | X | |
| | Ketchup | | | | | | | | |
| | Sriracha Ketchup | | | | | | | | |
| | Choice of Milk | X | | | | | | | |
| 2018 01-17- | CHEESE PIZZA ^ | X | | | | | | X | X |
| | Whole Kernel Corn | | | | | | | | |
| | Fresh Fruit | | | | | | | | |
| | Choice of Milk | X | | | | | | | |
| 01-18-2018 | POPCORN CHICKEN ^ | | | | | | | X | X |
| | Garden Vegetables | | | | | | | | |
| | Crunchy Celery Sticks | | | | | | | | |
| | Fat Free Ranch Dressing | X | X | | | | | X | |
| | Diced Peaches | | | | | | | | |
| | BBQ Sauce | | | | | | | X | |
| | Choice of Milk | X | | | | | | | |

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| | Item Name | Milk | Egg | Peanut | Tree Nut | Fish | Shellfish | Soy | Wheat |
|------------|-----------------------------------|------|-----|--------|----------|------|-----------|-----|-------|
| 01-19-2018 | PIZZA DIPPERS ^ | X | X | | | | | X | X |
| | Marinara Dipping Sauce | X | | | | | | X | |
| | Baby Carrots | | | | | | | | |
| | Light Ranch Dressing | X | X | | | | | X | |
| | Mixed Fruit Cup | | | | | | | | |
| | Choice of Milk | X | | | | | | | |
| 01-22-2018 | BAGEL DOG ^ | | | | | | | X | X |
| | Refried Beans | | | | | | | X | |
| | SunSet Sip Juice | | | | | | | | |
| | Diced Pears | | | | | | | | |
| | Ketchup | | | | | | | | |
| | Mustard | | | | | | | | |
| | Choice of Milk | X | | | | | | | |
| 01-23-2018 | *NATIONAL SOUTHERN FOOD DAY* | | | | | | | | |
| | CHICKEN DRUMSTICK W POTATO ROUNDS | | | | | | | X | |
| | Green Beans | | | | | | | | |
| | Corn Muffin ^ | | | | | | | | X |
| | BBQ Sauce | | | | | | | X | |
| | Ketchup | | | | | | | | |
| | Blended Fruit Juice | | | | | | | | |
| | Choice of Milk | X | | | | | | | |
| 01-24-2018 | CHEESE PIZZA ^ | X | | | | | | X | X |
| | Garden Vegetables | | | | | | | | |
| | Fresh Fruit | | | | | | | | |
| | Choice of Milk | X | | | | | | | |
| 01-25-2018 | CRISPY CHICKEN FILLET ^ | | | | | | | X | X |
| | Hamburger Bun ^ | | | | | | | X | X |
| | Romaine Salad | | | | | | | | |
| | Cucumber Coins | | | | | | | | |
| | Light Ranch Dressing | X | X | | | | | X | |
| | Fresh Fruit | | | | | | | | |
| | BBQ Sauce | | | | | | | X | |
| | Choice of Milk | X | | | | | | | |
| 01-26-2018 | PIZZA DIPPERS ^ | X | X | | | | | X | X |
| | Marinara Dipping Sauce | X | | | | | | X | |
| | Diced Carrots | | | | | | | | |
| | Mixed Fruit Cup | | | | | | | | |
| | Choice of Milk | X | | | | | | | |

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| | Item Name | Milk | Egg | Peanut | Tree Nut | Fish | Shellfish | Soy | Wheat |
|------------|--------------------------------------|------|-----|--------|----------|------|-----------|-----|-------|
| 01-29-2018 | CHICKEN NUGGETS WITH POTATO ROUNDS ^ | | | | | | | X | X |
| | Maple Baked Beans | | | | | | | | |
| | Applesauce Cup | | | | | | | | |
| | BBQ Sauce | | | | | | | X | |
| | Ketchup | | | | | | | | |
| | Choice of Milk | X | | | | | | | |
| 01-30-2018 | TOASTY TUESDAY** | | | | | | | | |
| | TOASTED CHEESE SANDWICH ^ | X | | | | | | X | X |
| | Tomato Soup^ | X | | | | | | X | X |
| | Pickle Chips | | | | | | | | |
| | Mixed Fruit Cup | | | | | | | | |
| | Choice of Milk | X | | | | | | | |
| 01-31-2018 | CHEESE PIZZA ^ | X | | | | | | X | X |
| | Romaine Salad | | | | | | | | |
| | Fat Free Ranch Dressing | X | X | | | | | X | |
| | Fresh Fruit | | | | | | | | |
| | Choice of Milk | X | | | | | | | |