

February 2018

Lunch



NEW HYDE PARK ROAD SCHOOL

Monday	Tuesday	Wednesday	Thursday	Friday
January 29, 2018	January 30, 2018	January 31, 2018	February 1, 2018	February 2, 2018
			BREAKFAST FOR LUNCH CHICKEN ^ & WAFFLES ^ Wango Mango Juice Diced Peaches Syrup Choice of Milk	PIZZA DIPPERS ^ Marinara Dipping Sauce Fresh Baby Carrots Light Ranch Dressing Fresh Fruit Choice of Milk
February 5, 2018	February 6, 2018	February 7, 2018	February 8, 2018	February 9, 2018
CHICKEN TENDERS WITH POTATO WEDGES ^ Maple Baked Beans Orange Juice Ketchup BBQ Sauce Choice of Milk	MACARONI & CHEESE Mixed Vegetables Mixed Fruit Cup Choice of Milk	CHEESE PIZZA ^ Romaine Salad Light Ranch Dressing Fresh Fruit Choice of Milk	MINI CORN DOGS POTATO ROUNDS Green Beans Fresh Fruit Mustard Ketchup Choice of Milk	PIZZA DIPPERS ^ Marinara Dipping Sauce Fresh Baby Carrots Light Ranch Dressing Diced Peaches Choice of Milk
February 12, 2018	February 13, 2018	February 14, 2018	February 15, 2018	February 16, 2018
CRISPY CHICKEN TENDERS ^ Whole Kernel Corn Applesauce Cup BBQ Sauce Choice of Milk	"NATIONAL PANCAKE DAY" PANCAKES & SAUSAGE Tropical Veggie Juice Diced Peaches Syrup Choice of Milk	CHEESE PIZZA ^ Romaine Salad Light Ranch Dressing Orange Sorbet 100% Juice Choice of Milk	TACO SCOOPS Salsa Cup Tortilla Chips Refried Beans Fresh Fruit Choice of Milk	PIZZA DIPPERS ^ Marinara Dipping Sauce Fresh Baby Carrots Light Ranch Dressing Fresh Fruit Choice of Milk
February 19, 2018	February 20, 2018	February 21, 2018	February 22, 2018	February 23, 2018
PRESIDENTS DAY	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
February 26, 2018	February 27, 2018	February 28, 2018	March 1, 2018	March 2, 2018
FOOD FOCUS - CHERRY CHICKEN FRIES W/TRI TATORS Green Beans Applesauce Cup BBQ Sauce Ketchup Cherry Mini Loaf ^ Choice of Milk	HOT DOG W/ POTATO ROUNDS Hot Dog Bun ^ Maple Baked Beans Diced Peaches Mustard Ketchup (2) Choice of Milk	CHEESE PIZZA ^ Romaine Salad Light Ranch Dressing Grape Juice 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.

The New Hyde Park-Garden City Park UFSD lunch program is prepared by Preferred Meals and may contain wheat, fish, eggs, soy, peanuts, tree nuts, shellfish or dairy products.

www.PreferredMealsMenu.com



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
02-01-2018	*BREAKFAST FOR LUNCH*	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	CHICKEN ^	260	15	2	0	25	390	16	3	1	15	30	0	0	2	MMA:2oz G/B:1sv WG
	& WAFFLES ^	130	3	0	0	0	300	24	4	2	4	0	0	80	1	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
	Diced Peaches	62	0	0	0	0	6	15	1	13	2	18	2	4	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	
02-02-2018	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
	Fresh Baby Carrots	13	0	0	0	0	29	3	1	2	0	1528	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	
02-05-2018	CHICKEN TENDERS WITH POTATO WEDGES ^	313	17	2	0	25	409	24	4	1	16	30	2	0	2	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
	Orange Juice	60	0	0	0	0	20	14	0	13	0	0	30	0	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	1	1	0	8	139	19	0	17	8	493	0	302	0	
02-06-2018	MACARONI & CHEESE	410	20	12	0	61	691	37	2	8	21	151	1	517	2	
	Mixed Vegetables	94	1	0	0	0	36	20	5	6	4	408	24	29	1	V:1/4c RO 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	1	1	0	8	139	19	0	17	8	493	0	302	0	
02-07-2018	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
	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	
02-08-2018	MINI CORN DOGS POTATO ROUNDS	314	15	3	0	40	378	40	3	11	13	0	69	100	2	MMA:2oz G/B:2sv WG V:1/4c S
	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
	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
02-21-2018	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
02-22-2018	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
02-23-2018	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
02-26-2018	*FOOD FOCUS - CHERRY*	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	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
	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	
	Cherry Mini Loaf ^	171	5	0	0	0	213	30	1	14	2	19	0	40	1	G/B:1sv WG
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
02-27-2018	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 (2)	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	
02-28-2018	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
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Grape Juice	60	0	0	0	0	15	14	0	13	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
02-01-2018	*BREAKFAST FOR LUNCH*								
	CHICKEN ^							X	X
	& WAFFLES ^	X	X					X	X
	Wango Mango Juice								
	Diced Peaches								
	Syrup								
	Choice of Milk	X							
02-07-2018	PIZZA DIPPERS ^	X	X					X	X
	Marinara Dipping Sauce	X						X	
	Fresh Baby Carrots								
	Light Ranch Dressing	X	X					X	
	Fresh Fruit								
	Choice of Milk	X							
02-05-2018	CHICKEN TENDERS WITH POTATO WEDGES ^							X	X
	Maple Baked Beans								
	Orange Juice								
	Ketchup								
	BBQ Sauce							X	
	Choice of Milk	X							
02-06-2018	MACARONI & CHEESE	X						X	X
	Mixed Vegetables								
	Mixed Fruit Cup								
	Choice of Milk	X							
02-07-2018	CHEESE PIZZA ^	X						X	X
	Romaine Salad								
	Light Ranch Dressing	X	X					X	
	Fresh Fruit								
	Choice of Milk	X							
02-08-2018	MINI CORN DOGS POTATO ROUNDS	X	X					X	X
	Green Beans								
	Fresh Fruit								
	Mustard								
	Ketchup								
	Choice of Milk	X							

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
02-20-2018	NO SCHOOL								
02-21-2018	NO SCHOOL								
02-22-2018	NO SCHOOL								
02-23-2018	NO SCHOOL								
02-26-2018	*FOOD FOCUS - CHERRY*								
	CHICKEN FRIES W/TRI TATORS							X	X
	Green Beans								
	Applesauce Cup								
	BBQ Sauce							X	
	Ketchup								
	Cherry Mini Loaf ^								X
Choice of Milk	X								
02-27-2018	HOT DOG W/ POTATO ROUNDS							X	
	Hot Dog Bun ^							X	X
	Maple Baked Beans								
	Diced Peaches								
	Mustard								
	Ketchup (2)								
	Choice of Milk	X							
02-28-2018	CHEESE PIZZA ^	X						X	X
	Romaine Salad								
	Light Ranch Dressing	X	X					X	
	Grape Juice								
	Choice of Milk	X							