

LUNCH MENU\*

Elementary Schools

19	20	21	22	23	<b>Cost of Lunch:</b> <b>\$3.15</b> Tracy Gilet <b>Director of</b> <b>Food Service</b> 516 203-3600 ext. 3258 This institution is an equal opportunity provider and employer.
Hamburger or Veggie Burger Oven Baked Fries Orange Slices	Chicken Patty Bun Green Bean Salad Fresh Fruit	Pasta Homemade Marinara Sauce Mozzarella Cheese Spring Salad Fruit	Chicken Nuggets Pepperidge Farm Goldfish Oven Baked Tater Tots Orange Slices	Meat Ball Hero Spring Salad Apple	

Lunch Alternative	Lunch Alternative	Lunch Alternative	Lunch Alternative	Lunch Alternative
Sun Butter W/Jelly	Sun Butter W/Jelly	Sun Butter W/Jelly	Sun Butter W/Jelly	Sun Butter W/Jelly
Yogurt	Yogurt	Yogurt	Yogurt	Yogurt
Mini Bagels	Hummus/Cucumbers/Pita	Hummus/Cucumbers/Pita	Hummus/Cucumbers/Pita	Hummus/Cucumbers/Pita
(Plain, buttered or	Mini Bagels	Mini Bagels	Mini Bagels	Mini Bagels
Cream Cheese)	(Plain, Buttered or	(Plain, Buttered or	(Plain, Buttered or	(Plain, Butter or
*Garden Salad	Cream Cheese)	Cream Cheese)	Cream Cheese)	Cream Cheese)
*Chef Salad	Garden Salad	Garden Salad	Garden Salad	Garden Salad
*Homemade Tuna Salad	Chef Salad	Chef Salad	Chef Salad	Chef Salad
Deli Turkey	Homemade Tuna Salad	Homemade Tuna Salad	Homemade Tuna Salad	Homemade Tuna Salad
Cheese Sandwich	Deli Turkey	Deli Turkey	Deli Turkey	Deli Turkey
*Veggie Wrap	Cheese Sandwich	Cheese Sandwich	Cheese Sandwich	Cheese Sandwich
Chicken Caesar Wrap	Veggie Wrap	Veggie Wrap	Veggie Wrap	Veggie Wrap
	Chicken Caesar Wrap	Chicken Caesar Wrap	Chicken Caesar Wrap	Chicken Caesar Wrap

- \*Garden Salad-Mixed Lettuce, Shredded Carrots, Tomato, Homemade Croutons
- \*Chef Salad- Mixed Lettuce, Shredded Carrots, Tomato, Homemade Croutons, Choice of Protein
- \*Tuna Salad-Tuna, Red Onion, Celery, Shredded Carrots, Hellmann's Light Mayonnaise
- \*Veggie Wrap-Lettuce, Tomato, Shredded Carrots, Red Peppers
- \*\*\* All meals are offered with: Protein, Vegetable, Fruit, Grain, and Milk

# Value 2.2 oz. Beef Patty

JTM Item Number: 5661CE

**Product Title**

FULLY COOKED BEEF PATTIES

<b>Nutritional Information</b>	<b>Per Serving</b>	<b>Per 100 Grams</b>
Serving Size (oz.)	2.20	3.53
Serving Size (g)	62.4	100.0
Servings Per Case	228	142
Calories (kcal)	130	208
Protein (g)	13	20
Carbohydrates (g)	1	2
Dietary Fiber (g)	1	2
Total Sugar (g)	0	0
Added Sugar (g)	0	0
Fat (g)	8	14
Saturated Fat (g)	3.2	5.1
Trans Fatty Acid (g)	0.0	0.8
Cholesterol (mg)	34	55
Vitamin D (mcg)	0	0
Calcium (mg)	37	59
Iron (mg)	2	3
Potassium (mg)	577	925
Sodium (mg)	263	422

**Ingredients**

GROUND BEEF (no more than 20% fat), WATER, TEXTURED SOY PROTEIN CONCENTRATE, CONTAINS LESS THAN 2% OF SEASONING (potassium chloride, flavor [contains maltodextrin]), VEGETABLE PROTEIN BLEND (hydrolyzed soy protein, soy protein concentrate, carrageenan), SALT, DRY BEEF STOCK, SPICES.

**CN Statement: CN ID Number:098948**

Each 2.20 oz Fully Cooked Beef Patty provides 2.00 oz equivalent meat/meat alternate for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 06-20.)

**Allergens**

Soy

**Product Specifications**

UPC (GTIN)	20049485056618
Case Pack	6 Bags
Net Weight	31.430
Gross Weight	33.230
Case Length	23.530
Case Width	12.910
Case Height	11.190
Case Cube	1.970
TixHi	6x4
Shelf Life	548

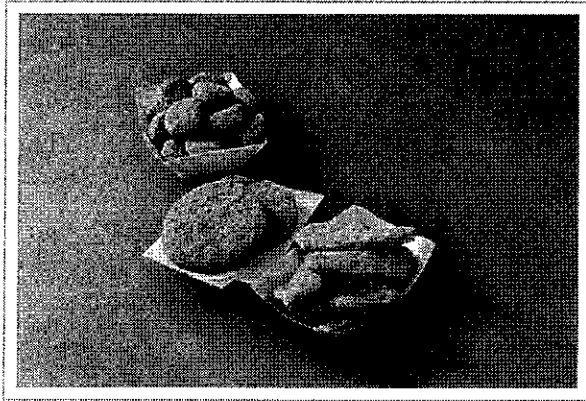
**Preparation**

FROM FROZEN (0-10 Degrees): Convection Oven (Preheated to 350 Degrees): Place frozen beef patties flat on a sheet pan lined with parchment paper. Do not overlap or stack patties. Place sheet pan in a 350 degree F preheated oven and set timer for 7-9 minutes. When timers sounds, check for internal temperature of 160 degrees F or higher. Remove from oven. Steamer: Place bag of beef patties in pan. Place pan in steamer and cook for approximately 35-40 minutes until product reaches internal temperature of 160 degrees F. Cook time will depend on amount of product in steamer. For more detailed heating instructions and other methods, please contact JTM.

September 12, 2022

KINGS DELIGHT® NO ANTIBIOTICS EVER, FULLY COOKED, WHOLE GRAIN BREADED CHICKEN BREAST PATTIES, 2.9 OZ., CN LABELED, FROZEN

Product Code: 66207



- ✔ No Antibiotics Ever
- ✔ 100% Vegetarian Fed
- ✔ Child Nutrition
- ✔ Whole Grain

Made from all-natural chicken raised on an all vegetarian diet with no animal by-products and no antibiotics EVER our Kings Delight whole grain breaded chicken patties, are approximately 2.90 oz. each, making portion control easy and are fully cooked for food safety and faster preparation. Satisfy what parents want and serve what students crave. Child Nutrition Statement: Each 2.9 oz. Fully Cooked Whole Grain Breaded Chicken Breast Pattie Provides 2.00 oz. equivalent meat/meat alternate and .75 oz. equivalent grains for Child Nutrition Meal Pattern Requirements. Our chickens are hatched, raised and harvested

in the USA with high standards of animal care on independent family farms.

INGREDIENTS

Boneless Chicken Breast with Rib Meat, Water, Vegetable Protein Product [Soy Protein Concentrate, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6) Riboflavin (B2) and Cyanocobalamin (B12)], Dried Whole Egg. Contains 2% or Less of Salt, Rice Starch, Onion Powder, Garlic Powder, Yeast Extract, Natural Flavors, Maltodextrin, Spice, Citric Acid. Breaded With: Whole Wheat Flour, Water, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Enriched Yellow Corn Flour (Corn Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt, Soybean Oil, Spices, Onion Powder, Garlic Powder, Corn Starch, Sodium Bicarbonate, Natural Extractives of Annatto Seed, Malted Barley Flour, Yeast, Dextrose, Malt Syrup (Malted Barley, Corn), Yeast Extract, Citric Acid, Flavor (Soybean Oil, Natural Extractives of Chili Peppers, Polyglycerol Esters of Fatty Acids). Breading Set in Vegetable Oil. Contains: Egg, Soy, Wheat.

ALLERGENS

Contains Eggs and their derivatives. Contains Soybean and its Derivatives. Contains Wheat and Their Derivatives.

SPECIFICATIONS

Case GTIN	10072745662079
Case Weight	20.0 LB.
Max Case Weight	24.0 LB.
Case (L x W x H)	18.813 x 11.938 x 8.313

NUTRITION

Serving 100 Gram

<b>Serving Size: 1 pattie (82g)</b>	
<b>Servings Per Case about: 110</b>	
<b>AMOUNT PER SERVING 1</b>	
Calories: 210	Calories from Fat: 110
<hr/>	
	<b>% Daily Value*</b>
<b>Total Fat: 12g</b>	15%
Saturated Fat: 2.5g	13%
Trans Fat: 0g	
<b>Cholesterol: 85mg</b>	28%
<b>Sodium: 360mg</b>	16%
<b>Total Carbohydrate: 14g</b>	5%
Dietary Fiber: 1g	4%
Sugars: 0g	
Includes Added Sugars: 0g	0%
<b>Protein: 13g</b>	26%
<hr/>	
Vitamin A	2%
Vitamin C	0%
Vitamin D: 0mcg	0%
Calcium: 43mg	4%
Iron: 3mg	15%
Potassium: 317mg	6%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	

Specifications are current as of May 2, 2022 and are subject to change.

PASTA

Tree Nut Free

Fish Free

Shell Fish Free

Soy Free



## INGREDIENTS & NUTRITION

Ingredients: WHOLE GRAIN DURUM WHEAT FLOUR.

NUTRITION VALUES	UNITS (per 2 oz )	DAILY VALUE %
Calories	180	N/A
Fat Cal	14	N/A
Total Fat	1.5 g	2 %
Saturated Fat	0 g	0 %
Trans Fat	0 g	N/A
Cholesterol	0 mg	0 %
Sodium	0 mg	0 %
Potassium	274 mg	6 %
Total Carbohydrate	39 g	14 %
Dietary Fiber	7 g	25 %
Soluble Fiber	2 g	N/A
Insoluble Fiber	5 g	N/A
Sugar	1 g	N/A
Protein	8 g	N/A
Vitamin A	0 %	N/A
Vitamin C	0 %	N/A
Calcium	2 %	N/A
Iron	10 %	N/A
Vitamin D	0 %	N/A
Thiamin	40 %	N/A
Riboflavin	25 %	N/A
Niacin	45 %	N/A
Folate	20 %	N/A
Phosphorous	20 %	N/A
Magnesium	15 %	N/A
Zinc	20 %	N/A
Manganese	70 %	N/A

Allergen Values (FDA)

Contains: Wheat, Cereals w Gluten

Free From: Peanuts, Tree Nuts, Eggs, Milk, Fish, Molluscs, Crustacean, Soy

### NOTES

## COOKING & MEASURING

Measuring your pasta

Our Chef's tip

No. of Adults: 2

Add a generous pinch of sea salt to the cooking water to enhance the pasta's flavor.

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**PERDUE® FULLY COOKED NO ANTIBIOTICS EVER DINO SHAPED CHICKEN NUGGETS**

Product Code: 80120



**☑ No Antibiotics Ever ☑ 100% Vegetarian Fed**



Made from Perdue all white meat chicken, these breaded chicken nuggets offer a golden-brown breading and crunchy bite for universal appeal. Fully cooked for food safety and fast preparation. Superior breading coverage and a neutral marination help you deliver the consistent quality your patrons expect. Provides a more economical alternative to whole muscle items. Dinosaur shaped enticing kids of all ages. Individually frozen for ease of use. Our Chickens are hatched, raised and harvested in the USA with high standards of animal care on independent family farms.

**INGREDIENTS**

Chicken Breast With Rib Meat, Water, Salt, Sodium Phosphate, Breading Ingredients: Bleached Wheat Flour, Sugar, Yeast, Yellow Corn Flour, Salt, Oleoresin Of Paprika, Batter Ingredients: Water, Yellow Corn Flour, Bleached Wheat Flour, Whey, Salt, Dextrose, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Natural Flavoring, Spice, Guar Gum, Oleoresin Of Paprika, Predust Ingredients: Yellow Corn Flour, Bleached Wheat Flour, Whey, Salt, Dextrose, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Natural Flavoring, Spice, Guar Gum, Oleoresin Of Paprika.

**ALLERGENS**

Contains Milk and its derivatives. Contains Wheat and Their Derivatives.

**SPECIFICATIONS**

Case GTIN	10072745801201
Case Weight	10.0 LB.
Max Case Weight	12.0 LB.
Case (L x W x H)	15.813 x 10.563 x 6.375
Case Cube	0.616
Case per Pallet	120
Pallet Tie HI	10 x 12

**HANDLING**

Cook Level	Fully Cooked
Storage Method	Keep Frozen
Storage Temperature	0.0° F
Shelf Life	365 Days

**NUTRITION**

Serving 100 Gram

<b>Serving Size: 3 ounces (84g)</b>	
<b>Servings Per Case about: 54</b>	
<b>AMOUNT PER SERVING 1</b>	
Calories: 210	Calories from Fat: 120
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	<b>% Daily Value*</b>
<b>Total Fat: 13g</b>	17%
Saturated Fat: 2.5g	13%
Trans Fat: 0g	
<b>Cholesterol: 40mg</b>	13%
<b>Sodium: 400mg</b>	17%
<b>Total Carbohydrate: 14g</b>	5%
Dietary Fiber: 0g	0%
Sugars: 1g	
Includes Added Sugars: 1g	2%
<b>Protein: 10g</b>	20%
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Vitamin A	2%
Vitamin C	0%
Vitamin D: 0mcg	0%
Calcium: 9mg	0%
Iron: 1mg	6%
Potassium: 139mg	2%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	

Specifications are current as of February 2, 2022 and are subject to change.



# Signature Beef Meatballs (4=2 M/MA)

JTM Item Number: CP5035

## Product Title

COOKED BEEF MEATBALLS

Nutritional Information	Per Serving	Per 100 Grams
Serving Size (oz.)	2.60	3.53
Serving Size (g)	73.7	100.0
Servings Per Case	184	136
Calories (kcal)	152	206
Protein (g)	12	17
Carbohydrates (g)	5	7
Dietary Fiber (g)	1	1
Total Sugar (g)	2	3
Added Sugar (g)	0	0
Fat (g)	9	13
Saturated Fat (g)	3.5	4.8
Trans Fatty Acid (g)	0.6	0.7
Cholesterol (mg)	36	49
Vitamin D (mcg)	0	0
Calcium (mg)	62	84
Iron (mg)	2	2
Potassium (mg)	0	0
Sodium (mg)	221	300

## Ingredients

GROUND BEEF (no more than 20% fat), WATER, TEXTURED SOY PROTEIN CONCENTRATE, BREAD CRUMBS (wheat flour, dextrose, salt, yeast), NONFAT DRY MILK, CONTAINS LESS THAN 2% OF SEASONING (potassium chloride, flavor [contains maltodextrin]), DEHYDRATED ONION, SUGAR, SALT, ROMANO CHEESE (sheep's milk, cheese culture, salt, enzymes, calcium propionate), SPICES, DEHYDRATED GARLIC.

## CN Statement: CN ID Number:098946

Four 0.65 oz Cooked Beef Meatballs provide 2.00 oz equivalent meat/meat alternate for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 06-20.)

## Allergens

Soy, Milk, Wheat

## Product Specifications

UPC (GTIN)	10049485050350
Case Pack	6 Bags
Net Weight	30,000
Gross Weight	31,500
Case Length	19.810
Case Width	19.810
Case Height	10.500
Case Cube	1.360
TixHi	8x4
Shelf Life	548

## Preparation

KEEP FROZEN CONVECTION OVEN: Add frozen meatballs or crumbles to sauce, cover pan and heat in convection oven approximately 30 minutes at 375 degrees F. STOVE TOP: Add frozen meatballs or crumbles to sauce. Simmer in covered pan for approximately 40 minutes at 180-200 degrees F.

September 13, 2021