

LUNCH MENU*

Middle/High School

<p>19</p> <p>Sweet & Sour Chicken Steamed Rice Roasted Broccoli Apple</p>	<p>20</p> <p>Bistro Burger or Veggie Burger/Bun Lettuce, Tomato, Pickles Oven Baked Fries Oranges Slices</p>	<p>21</p> <p>Penne Pasta Homemade Meat or Marinara Sauce Italian Bread Garden Salad Fruit</p>	<p>22</p> <p>Spicy Chicken Patty Bun Oven Baked Fries Fresh Fruit</p>	<p>23</p> <p>Meat Ball Hero Homemade Marinara Sauce Spring Salad Fruit</p>	<p><u>Daily Sandwich Choices</u> Choice of bread: Whole Grain, Kaiser Roll, Whole grain bread, Whole Grain Wrap, and Rye bread. Homemade Tuna, Deli Turkey, American Cheese, Hummus w/Pita Sun Butter w/Jelly Turkey & American Cheese <u>Salads:</u> Homemade salads are made with three types of lettuce (Romaine, Iceberg and Red Leaf) <u>Salads:</u> Are offered plain or with a protein (Veggie Salad/Chef Salad) <u>Veggie Wrap:</u> Made with Lettuce, Tomato, Shredded Carrots, and Red Peppers <u>Burritos:</u> 1.Chicken 2.Vegetarian <u>Hot lunch Alternative:</u> One option offered each day <u>Cost of Lunch:</u> \$3.15 SUGGESTIONS WELCOME! Tracy Gilet Director of Food Service 516 203-3600 ext. 3258 This institution is an equal opportunity provider and employer.</p>
<p>Lunch Alternative: Homemade Chicken Burrito Homemade Vegetarian Burrito Salad Station: Freshly Made Garden Salad Chef Salad</p>	<p>Lunch Alternative: Homemade Chicken Burrito Homemade Vegetarian Burrito Salad Station: Freshly Made Garden Salad Chef Salad</p>	<p>Lunch Alternative: Homemade Chicken Burrito Homemade Vegetarian Burrito Salad Station: Freshly Made Garden Salad Chef Salad</p>	<p>Lunch Alternative: Homemade Chicken Burrito Homemade Vegetarian Burrito Salad Station: Freshly Made Garden Salad Chef Salad</p>	<p>Lunch Alternative: Homemade Chicken Burrito Homemade Vegetarian Burrito Salad Station: Freshly Made Garden Salad Chef Salad</p>	
<p>Freshly Made Sandwiches</p> <p>Deli Turkey Homemade Tuna Salad American Cheese Sandwich Combo American Cheese w/Deli Turkey Vegetarian Veggie Wrap</p> <p>**All Meals are Offered With</p>	<p>Freshly Made Sandwiches</p> <p>Deli Turkey Homemade Tuna Salad American Cheese Sandwich Combo American Cheese w/Deli Turkey Vegetarian Veggie Wrap Hummus w/cucumber/Pita</p> <p>Protein, Vegetable, Fruit,</p>	<p>Freshly Made Sandwiches</p> <p>Deli Turkey Homemade Tuna Salad American Cheese Sandwich Combo American Cheese w/Deli Turkey Vegetarian Veggie Wrap Hummus w/cucumber/Pita Egg Salad</p> <p>Grain, And Milk</p>	<p>Freshly Made Sandwiches</p> <p>Deli Turkey Homemade Tuna Salad American Cheese Sandwich Combo American Cheese w/Deli Turkey Vegetarian Veggie Wrap Hummus w/cucumber/Pita Egg Salad</p>	<p>Freshly Made Sandwiches</p> <p>Deli Turkey Homemade Tuna Salad American Cheese Sandwich Combo American Cheese w/Deli Turkey Vegetarian Veggie Wrap Hummus w/cucumber/Pita Egg Salad</p>	



Minor's Sweet & Sour Sauce, 4lb 8oz (Pack of 6)

A tangy and sweet sauce made with chunks of pineapple, diced tomatoes, green peppers and onions.

NO NUTRITIONAL VALUE

Ingredients

WATER, SUGAR, TOMATOES (TOMATOES, TOMATO JUICE, CITRIC ACID, CALCIUM CHLORIDE), PINEAPPLE, VINEGAR, MODIFIED CORNSTARCH, HYDROLYZED SOY PROTEIN, 2% OR LESS OF MOLASSES, SOYBEAN OIL, TOMATO PASTE, PINEAPPLE JUICE FROM CONCENTRATE, SALT, DRIED ONIONS, DRIED GREEN PEPPER, SPICES, CORN SYRUP SOLIDS, LEMON JUICE CONCENTRATE, BEET POWDER (COLOR), DRIED GARLIC.

Allergens

CONTAINS: SOY

Nutritional Facts

	Per 2 tbsp (32 g)	Daily Value (%)
Calories	35 calories	
Total Fat	0.5 g	0
Sodium	160 mg	7
Carbohydrate	7 g	2
Dietary Fiber	0 g	0
Total Sugars	6 g	
Includes Added Sugars	6 g	12
Protein	0 g	
Vitamin D	0.4 mcg	2

% daily values are based on a 2000 calorie diet

PREPARATION & STORAGE

Serving suggestions

With a handmade texture and flame grilled flavor, these fully cooked burgers are a great option for any daypart. Serve with the condiments of your choice for a delicious entrée.

Storage

SHELF LIFE
455 Days
STORAGE TEMPERATURE - MAXIMUM
0 °F
STORAGE TEMPERATURE - MINIMUM
0 °F
STORAGE METHOD
Frozen

Preparation

BAKE:
From a frozen state:Conventional OvenBake on a pan in a preheated conventional oven at 350°F for 20-22 minutes.Times given are approximate.
CONVECTION:
From a frozen state:Convection OvenBake on a pan in a preheated convection oven at 350°F for 8-9 minutes.Times given are approximate.

Packaging information

MASTER CASE	
CUBE	1,1566
GROSS WEIGHT	20.5529 lbs
HEIGHT	7.625
LENGTH	19.875
NET WEIGHT	18.75
WIDTH	13.1875
PALLET	
HI	5
TI	7

Ingredients

Ground Beef (Not More than 26% Fat), Encapsulated Salt, Sodium Phosphates, Spice.

Nutritional information

NUTRITION FACTS	
100 Servings Per Container	
Serving Size 84g	
Amount Per Serving	
Calories	230
	Daily Value % *
Total Fat 17g	26%
Saturated Fat 7g	35%
Trans Fat 1g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 7g	
Cholesterol 70mg	23%
Sodium 370mg	15%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Protein 16g	
Vitamin A	0%
Vitamin C 0.033mg	0%
Calcium	2%
Iron	8%
CN STATEMENT	
Each 3.00 oz. Fully Cooked Flamebroiled Beef Steak Patty provides 3.00 oz. equivalent meat for child nutrition meal pattern requirements.	
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
To inquire if a signed copy of the product formulation statement or Child Nutrition statement is available for this item, please contact the Tyson Foodservice Customer Relations Team at 1-800-248-9766. Or email CustomerRelations@tyson.com .	

More about this item

Enjoy the back-of-house, authentic burger appearance, texture and juiciness with these AdvancePierre™ Flamebroiled Beef Patties.

Need help? Call us at 1-800-261-4754

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SUITABLE FOR

- ✓ Vegan
- ✓ Egg Free
- ✓ Lactose Free
- ✓ Peanut Free
- ✓ 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

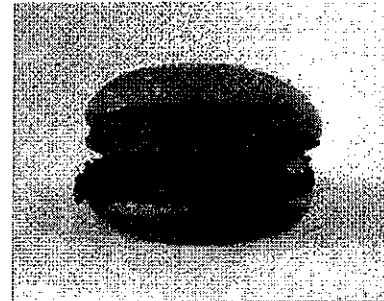
Product Information



Whole Grain Breaded Hot 'N Spicy Made with Whole Muscle Filet, 3.75 oz.

Product Code: 70312 -928 UPC Code: 00023700035448

- Available for commodity reprocessing - USDA 100103
- Made with whole muscle white meat for the same premium bite and texture of whole muscle but without the price
- Consistent piece sizes to meet CN portioning with an authentic made-from-scratch appearance
- Great Hot 'N' Spicy breading profile that is Kid Tested, Kid Approved™



PREPARATION

PREPARATION: Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. Place frozen filets on a parchment lined baking sheet. Heat for 14 to 17 minutes. Conventional Oven Preheat oven to 400°F. Place frozen filets on a parchment lined baking sheet. Heat for 16 to 19 minutes.

PIECE COUNT

132 PIECE(s) per Case
Average

MASTER CASE

Gross Weight	33.5095 LB	Width	15.625 IN
Net Weight	30.94 LB	Length	23.5 IN
Cube	1.78 FT	Height	8.375 IN

PALLET CONFIGURATION

T	5	H	8
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STORAGE

Shelf Life	365 days
Storage Temp	0 F
Storage Method	Frozen



Nutrition Facts

Serving Size: 1 PIECE (105g)
Servings Per Container: About 132

Amount Per Serving	Calories from Fat 90
Calories 200	
	% Daily Value*
Total Fat 10g	15%
Saturated Fat 2g	10%
Trans Fat 0g	
Polyunsaturated Fat 5g	
Monounsaturated Fat 2.5g	
Cholesterol 45mg	15%
Sodium 330mg	14%
Total Carbohydrate 9g	3%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 19g	38%
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 8%

* Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

CN Label: Yes

CN Label Numbers: 094012

CN Statement: One 3.75 oz. fully cooked portioned hot & spicy breaded chicken breast filet with rib meat provides 2.00 oz. equivalent meat/meat alternate and 1.00 oz. equivalent grains for Child Nutrition Meal Pattern Requirements.

To obtain a signed copy of the CN statement for this item, please contact the Tyson Food Service Concierge via e-mail or call 1-800-248-9766.

INGREDIENTS

Portioned chicken breasts with rib meat, water, isolated soy protein, seasoning [brown sugar, salt, onion powder, chicken stock, canola oil, yeast extract, carrot powder, vegetable stock (carrot, onion, celery), garlic powder, flavors, maltodextrin, silicon dioxide and citric acid], sodium phosphates, seasoning (potassium chloride, rice flour). BREADED WITH: Whole wheat flour, water, enriched wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), contains 2% or less of the following: salt, onion powder, spices, modified corn starch, sugar, garlic powder, modified wheat starch, extractives of paprika, yeast extract, maltodextrin, lactic acid, leavening (sodium acid pyrophosphate, sodium bicarbonate), natural flavors, dextrose. Breading set in vegetable oil.

tysonfoodservice.com
1-800-24-TYSON



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