

LUNCH MENU*

Elementary Schools

26 School Closed	27 School Closed	28 Brunch For Lunch Whole Grain Pancakes Egg Patty Tater Tots Fruit	29 Teriyaki Chicken Wonder Bite Dippers Steamed Brown Rice Corn Fresh Fruit	30 Penne Pasta Homemade Marinara Sauce Cheese Cup Italian Bread Garden Salad W/Tomato and Carrots Fruit	Cost of Lunch: \$3.15 Tracy Gilet Director of Food Service 516 203-3600 ext. 3258 This institution is an equal opportunity provider and employer.
Lunch Alternative Sun Butter W/Jelly Yogurt Mini Bagels (Plain, buttered or Cream Cheese) *Garden Salad *Chef Salad *Homemade Tuna Salad Deli Turkey Cheese Sandwich *Veggie Wrap Chicken Caesar Wrap	Lunch Alternative Sun Butter W/Jelly Yogurt Hummus/Cucumbers/Pita Mini Bagels (Plain, Buttered or Cream Cheese) Garden Salad Chef Salad Homemade Tuna Salad Deli Turkey Cheese Sandwich Veggie Wrap Chicken Caesar Wrap	Lunch Alternative Sun Butter W/Jelly Yogurt Hummus/Cucumbers/Pita Mini Bagels (Plain, Buttered or Cream Cheese) Garden Salad Chef Salad Homemade Tuna Salad Deli Turkey Cheese Sandwich Veggie Wrap Chicken Caesar Wrap	Lunch Alternative Sun Butter W/Jelly Yogurt Hummus/Cucumbers/Pita Mini Bagels (Plain, Buttered or Cream Cheese) Garden Salad Chef Salad Homemade Tuna Salad Deli Turkey Cheese Sandwich Veggie Wrap Chicken Caesar Wrap	Lunch Alternative Sun Butter W/Jelly Yogurt Hummus/Cucumbers/Pita Mini Bagels (Plain, Butter or Cream Cheese) Garden Salad Chef Salad Homemade Tuna Salad Deli Turkey Cheese Sandwich Veggie 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



Whole Grain Pancakes

RS - 7245

PRODUCT SPECIFICATIONS

Brand: Right Start Foods
Product Name: Whole Grain Pancakes
Code #: RS - 7245
GTIN: 10819716040152
UPC: N/A
Portion Size: 2.8 oz (2 Pancakes)
Serving Size: 1.4 oz (1 Pancake)
Servings per Case: 144 Pancakes

Gross Weight: 13.60 lbs
Net Weight: 12.60 lbs
Country of Origin: USA
Kosher: No
Child Nutrition: Yes

SHIPPING INFORMATION

Length: 12.75"
Width: 12.75"
Height: 10"
Case Cube: 87
Tl x Hl: 12 x 7
Shelf Life: 365 Days Frozen
Storage Temperature: Keep Frozen

COOKING & HANDLING INSTRUCTIONS

COOKING INSTRUCTIONS

MICROWAVE: Place frozen product in Microwave. Heat on High for 20-30 seconds. **CONVENTIONAL OVEN:** Preheat oven to 325 °F. Heat product for 4-6 minutes until warm. **CONVECTION OVEN:** Preheat oven to 300 °F. Heat product for 4-6 minutes until warm. **NOTE: Oven temperature may vary, please adjust time and temperature. Internal product temperature must reach 165 F.**

HANDLING INSTRUCTIONS

For best results keep product frozen until ready to serve.

Low Fat
Saturated Fat Free
Low Sodium

Nutrition Facts

144 servings per container
Serving size 1 Pancake (40g)

Amount per serving
Calories 75

	% Daily Value*
Total Fat 1g	1.5%
Saturated Fat 00g	0%
Trans Fat 0g	
Cholesterol <5mg	1%
Sodium 45mg	2%
Total Carbohydrate 16g	5%
Dietary Fiber 2g	8%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 60mg	6%
Iron 1.44mg	8%
Potassium 0mg	0%

* The % Daily Value (DV) 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.

INGREDIENTS: Flour Blend [Whole Wheat Flour, Unbleached Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, and Folic Acid)], Water, Sugar, Dextrose, Soybean Oil, Whole Eggs, Baking Powder, Buttermilk, Salt.

Contains: Eggs, Milk, Wheat



Date Updated: 12/01/2016 Version Updated: V 2.0 Updated By: Elena Misoulis

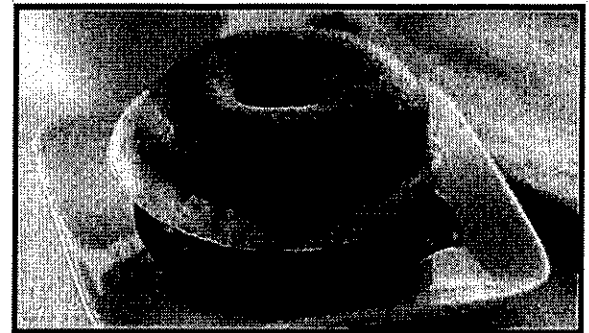


46025-30101-00

3.5" Round Grilled Scrambled Egg Patties, 144/1.0 oz

Product Summary

- Fully-Cooked - Just Heat & Serve
- Made with Real Eggs for a Boost of Protein
- Consistency, Quality & Convenience
- Lightly Browned Appearance
- No High-Fructose Corn Syrup
- 0g Trans Fat per Serving
- Made in a Peanut & Tree-Nut Free Facility



Nutrition Facts

144 servings per container	
Serving size	1 patty (28g)
Amount per serving	
Calories	45
	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 90mg	4%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 15mg	2%
Iron 0mg	0%
Potassium 37mg	0%
<small>*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.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

Meal Pattern Contribution (CN #093154 & #093213)

- 0.75 oz. equivalent Meat/Meat Alternate

Ingredient Statement

Whole Eggs, Water, Soybean Oil, Modified Food Starch, Whey Solids, Salt, Nonfat Dry Milk and Citric Acid.

ALLERGENS: CONTAINS EGG AND MILK

Specifications

- GTIN: 10746025301018
- Shelf Life: 12 months (frozen)
- Kosher: No
- Individually Wrapped: No
- Case Count: 144
- Net Weight: 9.0 Lbs
- Gross Weight: 9.63 Lbs
- Case Cube: 0.53 CF
- Cases per Pallet: 144 (18 x 8)

Prep Instructions

- **Convection Oven** Preheat to 250° F. Place single layer of patties in full-size steamer pan sprayed with non-stick cooking spray; do not cover.
- **Conventional Oven** Preheat to 350° F. Place single layer of patties in full-size steamer pan sprayed with non-stick cooking spray; cover pan with foil.
- **Microwave** Place 2-3 patties in ungreased microwaveable dish. Cover with plastic wrap and vent. Heat at full power. (1200-W)
- **Griddle** Heat to 300° F. Place patties on griddle. Turn over halfway through.
- **Pressureless Steamer** Place single layer of patties in an ungreased full-size steamer pan; do not cover.
- **Steamtable** Place heated patties in steamtable. Medium temperature.

	Thawed	Frozen
	8-10 min.	10-12 min.
	12-15 min.	20-25 min.
	1:5-2:5 sec.	30-45 sec.
	4-6 min.	8-10 min.
	5 min.	7 min.
	Hold up to 1 hour max.	

Note: Due to variance in oven regulators, heating and temperature may require adjustment. Product should be heated to 165 degrees F internal temperature.



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Smart Picks™ Flame Broiled Chicken Breast Dipper With Teriyaki

Email

Print Page

Print Specs



Item #:	Pieces Per Case:	Piece Size (oz.):	Case Weight (lb.):
2417	400	0.75	18.75

Ingredient Statement: INGREDIENTS: CHICKEN, WATER, 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)], SEASONING: CORN SYRUP SOLIDS, BROWN SUGAR, SALT, DEXTROSE, VINEGAR POWDER [MALTODEXTRIN, WHITE DISTILLED VINEGAR POWDER, FOOD STARCH-MODIFIED], GARLIC POWDER, ONION POWDER, DEHYDRATED COOKED CHICKEN), POTASSIUM CHLORIDE, SALT, SODIUM PHOSPHATES, FLAVORING, AUTOLYZED YEAST EXTRACT, MALTODEXTRIN, TERIYAKI SAUCE [SOY SAUCE (WATER, SOYBEANS, WHEAT, SALT, SODIUM BENZOATE), SUGAR, WATER, DISTILLED VINEGAR, MODIFIED FOOD STARCH, PINEAPPLE JUICE CONCENTRATE, SOYBEAN OIL, CARAMEL COLOR, XANTHAN GUM, GARLIC POWDER, SODIUM BENZOATE, SPICE AND NATURAL FLAVOR]. CONTAINS: SOY, WHEAT

Nutrition Facts:

Serving Size: 3.00 OZ (84 g)
Servings Per Container: 100

Calories / Calories from Fat:	140 / 40
% Daily Value **	
Total Fat 4.5 g	7%
Saturated Fat 1.5 g	8%
Trans Fat 0 g	
Cholesterol 35 mg	12%
Sodium 360 mg	15%
Total Carbohydrate 8 g	3%
Dietary Fiber 1 g	4%
Sugars 5 g	
Protein 15 g	
Vitamin A	2%
Vitamin C	2%
Calcium	2%
Iron	6%

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

NUTRITION INFORMATION

Serving Size	34 g	Total Carbohydrates	1 g
Calories	70	Dietary Fiber	0 g
Calories From Fat	50	Sugars	0 g
Total Fat	6.0 g	Protein	4 g
Saturated Fat	1.5 g	Vitamin A	0%
Trans Fat	.0 g	Vitamin C	0%
Cholesterol	30 mg	Iron	2%
Sodium	390 mg	Calcium	4%

INGREDIENTS

Ingredients: Mechanically Separated Turkey, Water, Salt, Contains 2% or Less Modified Food Starch, Potassium Lactate, Potassium Acetate, Sodium Diacetate, Seasoning (Corn Syrup Solids, Dextrose, Sugar, Paprika, Sodium Erythorbate, Spice Extractives, Natural Smoke Flavor, Sodium Nitrite).

Our products are labeled in compliance with government regulations. It is always necessary to read the labels on the products to determine if the food product meets your required needs regardless of how the product is represented on this site.

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