

LUNCH MENU\*

Middle/High School

26	27	28	29	30	<p><b><u>Daily Sandwich Choices</u></b>                  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 &amp; American Cheese  <b><u>Salads:</u></b>                  Homemade salads are made with three types of lettuce (Romaine, Iceberg and Red Leaf)  <b><u>Salads:</u></b> Are offered plain or with a protein (Veggie Salad/Chef Salad)  <b><u>Veggie Wrap:</u></b> Made with Lettuce, Tomato, Shredded Carrots, and Red Peppers  <b><u>Burritos:</u></b>                  1.Chicken                  2.Vegetarian  <b><u>Hot lunch Alternative:</u></b>                  One option offered each day  <b><u>Cost of Lunch:</u></b>  <b>\$3.15</b>  <b>SUGGESTIONS WELCOME!</b>                  Tracy Gilet Director of Food Service                  516 203-3600 ext. 3258                  This institution is an equal opportunity provider and employer.</p>
School Closed	School Closed	Grilled Cheese Sandwich Roasted Vegetable Medley Fresh Fruit	Chicken Fajita Sauteed Pepper & Onions On a Flat Bread Oven Bake Fries Fruit	Penne Pasta Homemade Marinara Sauce Cheese Cup Italian Bread Garden Salad W/Tomatoes & Carrots Fruit	
<p><b>Lunch Alternative:</b>                  Homemade Chicken Burrito                  Homemade Vegetarian Burrito                  Salad Station:                  Freshly Made Garden Salad                  Chef Salad</p> <p>Freshly Made Sandwiches</p>	<p><b>Lunch Alternative:</b>                  Homemade Chicken Burrito                  Homemade Vegetarian Burrito                  Salad Station:                  Freshly Made Garden Salad                  Chef Salad</p> <p>Freshly Made Sandwiches</p>	<p><b>Lunch Alternative:</b>                  Homemade Chicken Burrito                  Homemade Vegetarian Burrito                  Salad Station:                  Freshly Made Garden Salad                  Chef Salad</p> <p>Freshly Made Sandwiches</p>	<p><b>Lunch Alternative:</b>                  Homemade Chicken Burrito                  Homemade Vegetarian Burrito                  Salad Station:                  Freshly Made Garden Salad                  Chef Salad</p> <p>Freshly Made Sandwiches</p>	<p><b>Lunch Alternative:</b>                  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><b>**All Meals are Offered With</b></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><b>Protein, Vegetable, Fruit,</b></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><b>Grain, And Milk</b></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>Deli Turkey                  Homemade Tuna Salad                  American Cheese                  Sandwich Combo                  American Cheese w/Deli Turkey                  Vegetarian Veggie Wrap                  Hummus w/cucumber/Pita                  Egg Salad</p>	





# Product Information

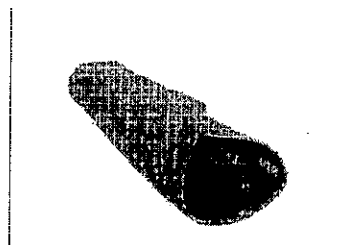
Tyson FoodService



## Fajita Seasoned Strips, White & Dark Meat

Product Code: 3522 -928      UPC Code: 00023700037831

- Available for commodity reprocessing - USDA 100103
- Utilizes white and dark meat to help keep commodity pounds in balance and is also available for Independent drawdown
- Great tasting strips that provide menu versatility for multiple applications and all day parts with minimal labor and equipment
- Mild fajita seasoning allows for a variety of flavor customizations that kids will love



### PREPARATION

Appliances vary, adjust accordingly. Conventional Oven 25-30 minutes at 350°F from frozen. Convection Oven 5-8 minutes in a single layer at 400°F from frozen. Microwave Oven 3 1/2 to 4 minutes on HIGH power from frozen; hold 1 minute.

### PIECE COUNT

8/4.9913.0000 LB (s) per Case



### MASTER CASE

Gross Weight	42.8726 LB	Width	15.125 IN
Net Weight	39.93 LB	Length	23.4375 IN
Cube	2.38 FT	Height	11.0625 IN

### PALLET CONFIGURATION

5	6
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### STORAGE

Shelf Life:	270 days
Storage Temp:	0 F
Storage Method:	Frozen

### Nutrition Facts

Serving Size: CN SVG 2.8 OZ. (78g)  
Servings Per Container: About 228

Amount Per Serving  
Calories 120      Calories from Fat 60

	% Daily Value*
Total Fat 6g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 2.5g	
Cholesterol 75mg	25%
Sodium 310mg	13%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 15g	30%

Vitamin A 0%      Vitamin C 0%  
Calcium %      Iron 2%

\* 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: 087456, 090835, 090836, 090837

**CN Statement:** One 2.80 oz. portion of fully cooked, seasoned grilled, boneless, skinless chicken strips provides 2.00 oz. equivalent meat/meat alternate for the 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 1-800-240-9766.

### INGREDIENTS

Boneless, skinless chicken, chicken broth, modified food starch, seasoning (dextrose, salt, spice, dehydrated garlic, maltodextrin, dehydrated onion, natural flavors), soy protein concentrate, seasoning (salt, spices, dehydrated garlic, dehydrated onion), sodium phosphates, natural flavor.

CONTAINS soy

tysonfoodservice.com  
1-800-24-TYSON

✓ 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

No. of Adults: 2

Our Chef's tip

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

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