



Howell Township School District w Aramark Services

School Nutrition Offices: 501 Squankum Yellowbrook RD. Farmingdale NJ, 07727
732-252-2810, ext. 7407 or 973-570-2810



Dear Parent/Guardian:

Thank you for the opportunity of providing breakfast, lunch, and dinner meals for your children. Today you received breakfast, lunch and dinner meals. Please place all items in a refrigerator prior to heating and eating for food safety. Frozen items that are not going to be eaten right away should be stored in the freezer.

- **Breakfast may include, but is not limited to the following:** Entrée, Fruit/Juice & Milk. There may be flavored Assorted Bagels, Canned Fruit, Assorted Breakfast Bars or Juice. Items are subject to substitution.
- **Lunch may include, but is not limited to the following:** Entrée, Vegetables, Fruit, & Milk.
- **Dinner Entrée may include but is not limited to:** Entrée, fruit and vegetable

Products may contain 1 or all of the top 7 Allergens: Milk, Eggs, Fish, Shellfish, Tree nuts, Wheat & Soy. Please call 911 for food emergencies. Call 732-252-2810 ext.7407 with other questions regarding meals.

Breakfast Entrée		
Assorted Muffins & Graham Cracker	Fruit / Juice	Milk
Bagel & Boiled Egg	Fruit / Juice	Milk
Chocolate Chip Round	Fruit / Juice	Milk
Sugar Cinnamon Donut	Fruit / Juice	Milk
Pancake & w/ Syrup	Fruit / Juice	Milk
Waffle w/ Syrup	Fruit / Juice	Milk
Cinnamon Bagel Crunch Pack	Fruit / Juice	Milk
Mixed Cereals	Fruit / Juice	Milk
	Fruit / Juice	Milk
	Fruit / Juice	Milk

Lunch Entrée (Meat/Grain)	Fruit	Vegetables	Milk	Fruit
Cheeseburger on Bun	100 % Fruit Juice	Sweet Potato Tots	Milk	Fresh Fruit
Ham & Cheese Hoagie	100 % Fruit Juice	Baby Carrot Sticks	Milk	Fresh Fruit
Deep Dish Pizza	100 % Fruit Juice	Celery & Carrot Sticks	Milk	Fresh Fruit
Uncrustable & Crackers	100 % Fruit Juice	Celery & Carrot Sticks	Milk	Fresh Fruit
Ham & Turkey on a Bun	100 % Fruit Juice	Fresh Cucumbers	Milk	Fresh Fruit
Mac & Cheese, Bread Stick	100 % Fruit Juice	Baby Carrots Sticks	Milk	Fresh Fruit
Drumstick & Biscuit	100 % Fruit Juice	Steamed Corn	Milk	Fresh Fruit
Chicken Patty	100 % Fruit Juice	Vegetarian Beans	Milk	Fresh Fruit
Chicken Tenders	100 % Fruit Juice	Sweet Potato Tots	Milk	Fresh Fruit
Turkey & Cheese on a bun	100 % Fruit Juice	Baby Carrot Sticks	Milk	Fresh Fruit
	100 % Fruit Juice		Milk	Fresh Fruit
	100 % Fruit Juice		Milk	Fresh Fruit
	100 % Fruit Juice		Milk	Fresh Fruit
	100 % Fruit Juice		Milk	Fresh Fruit

Dinner Entrée	Fruit	Vegetables
N/A	100 % Fruit Juice / Fruit	N/A
N/A	100 % Fruit Juice / Fruit	N/A
N/A	100 % Fruit Juice / Fruit	N/A
N/A	100 % Fruit Juice / Fruit	N/A
N/A	100 % Fruit Juice / Fruit	N/A
N/A	100 % Fruit Juice / Fruit	N/A
N/A	100 % Fruit Juice / Fruit	N/A
N/A	100 % Fruit Juice / Fruit	N/A
N/A	100 % Fruit Juice / Fruit	N/A
N/A	100 % Fruit Juice / Fruit	N/A
N/A	100 % Fruit Juice / Fruit	N/A
N/A	100 % Fruit Juice / Fruit	N/A
N/A	100 % Fruit Juice / Fruit	N/A
N/A	100 % Fruit Juice / Fruit	N/A

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Heating Instructions

Heating Instructions for Breakfast Items in a Wrapper (Benefit Bar)

Microwave Instructions- Times may vary. Remove item from packaging. Microwave on high until warm; about 45 seconds.

Oven Instructions- Times may vary. Preheat oven to 350 F. Place item on sheet pan. Heat until internal temperature reaches 165 F, convection oven 7-10 minutes.

Heating Instructions for Egg Sandwiches

Microwave Instructions- Times may vary. Place item on microwave safe plate. Microwave on high until warm; about 40 to 90 seconds.

Oven Instructions- Times may vary Preheat oven to 350 F. Place item on sheet. Bake for 12-18 minutes or until internal temperature reaches 165 F. Warning: Please do not place plastic bowls in oven

Heating Instructions for Hot Dogs, Hamburgers, Chicken Popcom, Chicken Cheesesteak, Tenders, Meatballs, Stew, Roasted Turkey, Beef Chili, Pasta w/ Meat Sauce & BBQ Pulled Chicken

Microwave Instructions- Times may vary. Place item on microwave safe plate. Microwave on high until warm; about 40 to 90 seconds.

Oven Instructions- Times may vary Preheat oven to 350 F. Place item on sheet pan. Bake for 12 to 18 minutes until internal temperature reaches 165 F. Warning: Please do not place plastic bowls in oven.

Heating Instructions for Chicken Tenders, Quesadilla and Cheese Pizza

Microwave Instructions- Times may vary. Place item on microwave safe plate. Microwave on high until warm; about 90 seconds to 2 minutes.

Oven Instructions- Times may vary Preheat oven to 350 F. Place item on sheet pan. Bake for 5 to 8 minutes until internal temperature reaches 165 F. Warning: Please do not place plastic bowls in oven.



Heating Instructions for Grilled Sandwich's

Microwave Instructions- Remove the cover of the black bowl. Place the black bowl into microwave on high until 165F; about 1 minute and 30 seconds.

Oven Instructions- Preheat oven to 350 F. Spray sheet pan with cooking spray. Remove sandwich from black bowl and place item on sheet pan. Bake for 2 to 3 minutes or until golden brown. Warning: Please do not place plastic bowls in oven.

Heating Instructions for Biscuits, Bagel or Dinner Rolls

Microwave Instructions- Place item on microwavable plate. Microwave until warm, about 15 seconds.

Oven Instructions- Preheat oven to 350 F. Place item on sheet pan. Bake until golden brown about 1 minutes.

Serving Instructions

Students should eat one meal for breakfast, one meal for lunch and one meal for dinner. A complete meal must include the following:

- **Breakfast** - One full breakfast which will include breakfast Entrée, fruit, and 1 Milk.
- **Lunch** - One full Lunch which will include the lunch entrée, vegetable, fruit, and 1 Milk.
- **Dinner** - One full Dinner will include the entrée, vegetable fruit, and 1 Milk.

Safety Tips:

- Wash your hands for 20 seconds prior to preparing meals.
- Some items require you to put them together (ex. Buns for burger, hot dog, or chicken sandwich, etc.).
- Some items should be heated prior to serving.

Any food remaining after 5 days from receipt of food should be thrown out.
All cold food items MUST stay refrigerated at 40F or below to ensure food safety
Please read packaging for additional storage and heating instructions

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