# Lunch Suggested Menu K-8

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td>Cheesy Garlic Twist with Marinara Sauce</td>
<td>Chicken and Cheese Nachos</td>
<td>Breaded Chicken Sandwich</td>
<td>Vegetarian Pizza Pack</td>
<td>French Toast &amp; Omelet</td>
</tr>
<tr>
<td>Broccoli Dippers</td>
<td>Corn &amp; Black Beans</td>
<td>Tossed Side Salad</td>
<td>Sweet Potato Fries</td>
<td>Tater Tots</td>
</tr>
<tr>
<td>Peach Cup OR Strawberry Cup Juice &amp; Milk</td>
<td>Fresh Fruit</td>
<td>Fruit Cocktail</td>
<td>Fresh Fruit</td>
<td>Applesauce Juice</td>
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<tr>
<td></td>
<td>Juice &amp; Milk</td>
<td></td>
<td>Juice &amp; Milk</td>
<td>Juice &amp; Milk</td>
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</tbody>
</table>

**Subject to change based on availability**

### Oven Directions
- **Garlic Twist:** Place twist in a single layer on a lined sheet pan. Heat for 3-5 minutes or until hot. Let sit for 1 minute.
- **Marinara Sauce:** Check out Microwave Directions for best quality.

### Microwave Directions
- **Garlic Twist:** Remove twist from foil. Reheat for 30 seconds on high. Let sit for 30 seconds before serving.
- **Marinara Sauce:** Transfer to microwave safe container. Heat on high for 60 seconds. Stir before serving.

### Oven Directions
- **Cook from frozen.** Preheat oven to 350F.
- **Cook when THAWED.*** Preheat oven to 350F.

### Microwave Directions
- **Cook when THAWED.*** Cook all foods in microwave safe bowls.

### Oven Directions
- **Cook from frozen.** Preheat oven to 400F.
- **Chicken Breast, Large:** Place frozen patty on a lined sheet pan and heat for 8-10 minutes.

### Microwave Directions
- **Cook from frozen.** Cook all foods in microwave safe plates.

### Oven Directions
- **Cook from frozen.** Preheat oven to 425F.
- **Sweet Potato Fries:** Spread evenly in lined sheet pan and bake 18-22 minutes. Rotate pan at 9 minutes for even cooking.

### Microwave Directions
- **Sweet Potato Fries:** For best quality see oven directions.

**Most of our foods are AIR FRYER FRIENDLY!**

**PLEASE READ**

- Appliances vary, heating times given are approximate and may need to be adjusted.
- **ALLERGEN:** Queso Cheese & Croutons are produced in a facility that processes Tree Nuts.

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*Recommend to THAW all foods in the refrigerator.*

**ALLERGEN:** Queso Cheese & Croutons are produced in a facility that processes Tree Nuts.
Breakfast Suggested Menu

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</thead>
<tbody>
<tr>
<td>Subject to change based on availability</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Turkey Bacon, Egg, and Cheese Biscuit Juice &amp; Fruit Milk</td>
<td>Chicken Biscuit Juice &amp; Fruit Milk</td>
<td>Cereal Juice &amp; Fruit Milk</td>
<td>Cheese Stick &amp; Crackers OR Yogurt &amp; Crackers Juice &amp; Fruit Milk</td>
<td>Mini Pancakes Fruit &amp; Juice Milk</td>
</tr>
</tbody>
</table>

**Cook from frozen.**

- **Preheat oven to 350F.**
- **Biscuit:** Place biscuit on a baking sheet. Heat for 10-12 minutes or until hot.
- **Bacon:** Place bacon on sheet in a single layer. Heat in the oven for 4-6 minutes or until hot.
- **Egg Patty:** Follow Microwave Directions.

**Microwave Directions**

- **Thaw** and Microwave:
  - **Cook all foods on microwave safe plates.**
  - **Biscuit:** Wrap biscuit in a damp paper towel. Heat on high for 25-30 seconds. Remove and serve.
  - **Bacon:** Place strips in a single layer. Heat on high for 15-20 seconds.
  - **Egg Patty:** Heat on high for 45-60 seconds. Remove, top with cheese and serve.

**Oven Directions**

- **Cook from frozen.**

- **Preheat oven to 350F.**
- **Chicken Patty:** Place patty in a single layer on a lined sheet pan. Heat for 14-18 minutes.
- **Biscuit:** Place biscuit on a baking sheet. Heat for 10-12 minutes or until hot.

**Microwave Directions**

- **Thaw** and Microwave:
  - **Cook all foods on microwave safe plates.**
  - **Biscuit:** Wrap biscuit in a damp paper towel. Heat on high for 25-30 seconds. Remove and serve.
  - **Chicken Patty:** For best quality use Oven Directions.

**Oven & Microwave Directions**

- **Follow directions on package.**

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*Recommend to THAW all foods in the refrigerator.

This institution is an equal opportunity provider.