

Lunch Suggested Menu K-8

ALL FOOD IS PRE-COOKED.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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S u b j e c t t o c h a n g e b a s e d o n a v a i l a b i l i t y

Cheesy Garlic Twist with Marinara Sauce
Broccoli Dippers
Peach Cup OR Strawberry Cup
Juice & Milk



 Chicken and Cheese Nachos
Corn & Black Beans
Fresh Fruit
Juice & Milk



Breaded Chicken Sandwich
Tossed Side Salad
Fruit Cocktail
Juice & Milk



Vegetarian Pizza Pack
Sweet Potato Fries
Fresh Fruit
Juice & Milk



French Toast & Omelet
Tater Tots
Applesauce
Juice & Milk



Oven Directions

Cook from frozen.
Preheat oven to 350F.

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

Cook from frozen.
Cook all foods on microwave safe plates.

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 when THAWED.*
Preheat oven to 350F.

Nacho Meat and Queso Cheese
Transfer to oven-safe container. Cover with lid or foil. Heat for 12-15 minutes. Remove from oven, uncover, and stir before serving.



Microwave Directions

Cook when THAWED*:
Cook all foods in microwave safe bowls.

Nacho meat and Queso Cheese:
Transfer nacho meat and queso cheese to a microwave safe container. Cover container with damp paper towel. Heat on high for 60 seconds. Remove and stir before serving.



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.

Use the large chicken patty for the sandwich. The small one is used for breakfast.



Microwave Directions

Cook from frozen.
Cook all foods on microwave safe plates.

Chicken Breast, Large:
Cover with plastic wrap. Heat on high for 2-3 minutes. DO NOT overheat. Let stand 1-2 minutes before serving.



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.

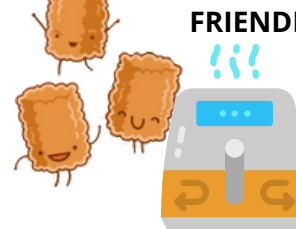


Microwave Directions

Sweet Potato Fries:
For best quality see oven directions.



Most of our foods are AIR FRYER FRIENDLY!



Oven Directions

Cook from frozen.
Preheat oven to 350F.

French Toast Sticks: Place in a single layer glaze side up. Bake for 12 minutes.

Cheese Omelet: Place omelet on sprayed sheet pan. Cover pan tightly with foil. Bake for 25-30 minutes.

Tator Tots: Spread evenly in lined sheet pan. Bake 12-17 minutes. Rotate pan at 9 minutes. Continue to cook until done.



Microwave Directions

Cook from frozen.
Cook all foods on microwave safe plates.

French Toast Sticks Place on plate with glaze side up. Heat on full power for 60 seconds.

Cheese Omelet: Cover with plastic wrap and vent. Heat on full power for 65-75 seconds.

Tator Tots: For best quality see oven directions.

 **PLEASE READ**

Appliances vary, heating times given are approximate and may need to be adjusted.

*Recommend to THAW all foods in the refrigerator.








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



Breakfast Suggested Menu

ALL FOOD IS PRE-COOKED.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
S u b j e c t t o c h a n g e b a s e d o n a v a i l a b i l i t y				
Turkey Bacon, Egg, and Cheese Biscuit Juice & Fruit Milk 	Chicken Biscuit Juice & Fruit Milk 	Cereal Juice & Fruit Milk 	Cheese Stick & Crackers <u>OR</u> Yogurt & Crackers Juice & Fruit Milk 	Mini Pancakes Fruit & Juice Milk 



Oven Directions

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: 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.



PLEASE READ

Please wash all fruit before eating.

Remove all foil before microwaving.

Sun Cups are 100% Fruit Juice. Drink within 2 hours or place in the refrigerator.

Keep milk and juice chilled for best flavor.

USE ALL ITEMS BY THEIR EXPIRATION DATE OR WITHIN 5 DAYS.

Appliances vary, heating times given are approximate and may need to be adjusted.

*Recommend to THAW all foods in the refrigerator.

This institution is an equal opportunity provider.

