**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>NO MEAL SITE PICK UP</td>
<td>Cereal Juice &amp; Fruit Milk</td>
<td>Chicken Biscuit Juice &amp; Fruit Milk</td>
<td>Cheese Stick &amp; Crackers OR Yogurt &amp; Crackers Juice &amp; Fruit Milk</td>
<td>Maple Glazed French Toast with Turkey Bacon Fruit &amp; Juice Milk</td>
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**ALL FOOD IS PRE-COOKED.**

**NO MEAL SITE PICK UP**

Meal Pick Up locations will resume service on Tuesday at your normal time.

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**StoveTop Directions**

Cook from frozen.

**Sausage Patty:** Place sausage in a cold non-stick skillet. Heat skillet to Medium and cover. Turn patty over occasionally for even cooking for 8-10 minutes.

**Oven Directions**

Cook from frozen.

Preheat oven to 350F.

**Biscuit:** Place biscuit on a sheet pan. Heat for 10-12 minutes or until hot.

**Microwave Directions**

Thaw* and Microwave:

Cookall 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.

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**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.

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*Recommend to THAW all foods in the refrigerator.

This institution is an equal opportunity provider.
**Lunch Suggested Menu 9-12**

**ALL FOOD IS PRE-COOKED.**

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<tr>
<td>NO MEAL SITE PICK UP Meal Pick Up locations will resume service on Tuesday at your normal time.</td>
<td>Turkey and Cheese Nachos <em>(Queso is produced in a facility that processes Tree Nuts.)</em></td>
<td>Breaded Chicken Leg &amp; Soft Pretzel <strong>Baby Carrots Peach Cups OR Strawberry Cup Juice &amp; Milk</strong></td>
<td>Chicken Tenders with Texas Toast **Caesar Salad <em>(produced in a facility that processes Tree Nuts.)</em> Veggie Dippers &amp; Fruit Juice &amp; Milk</td>
<td>Hamburger Seasoned Spiral Fries Peaches Juice &amp; Milk</td>
</tr>
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- **Turkey and Cheese Nachos** *(Queso is produced in a facility that processes Tree Nuts.)* Corn & Black Beans *Fresh Fruit Juice & Milk*
- **Breaded Chicken Leg & Soft Pretzel** **Baby Carrots Peach Cups OR Strawberry Cup Juice & Milk**
- **Chicken Tenders with Texas Toast** **Caesar Salad *(produced in a facility that processes Tree Nuts.)* Veggie Dippers & Fruit Juice & Milk**
- **Hamburger Seasoned Spiral Fries Peaches Juice & Milk**

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### Oven Directions

- **Cook from frozen.**
- **Preheat oven to 400F.**

- **French Bread Pizza:** Place pizza on a lined sheet pan. Bake for 18-20 minutes.
- **Marinara Sauce:** Check out microwave directions for best quality.

### Microwave Directions

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

- **French Bread Pizza:** For best quality, see oven directions.
- **Marinara Sauce:** Transfer to microwave safe container. Heat on high for 60 seconds. Stir before serving.

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### PLEASE READ

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

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### Appliances

- **Staple items:** French Bread Pizza, Marinara Sauce, Chicken Tenders, Texas Toast, Spiral Fries, Hamburger.

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### Thawing

- **Recommend to THAW all foods in the refrigerator.**

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### Cooking Times

- **Oven Directions:**
  - **Cook from frozen.**
  - **Preheat oven to 350F.**

- **Microwave Directions:**
  - **Cook from frozen.**
  - **Cook all foods on microwave safe plates.**

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### Microwaving Tips

- **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.

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### Temperature

- **Preheat oven to 400F.**
  - **French Bread Pizza:** Place pizza on a lined sheet pan. Bake for 18-20 minutes.

- **Preheat oven to 350F.**
  - **Chicken Tenders:** Place frozen tenders on a lined sheet pan and heat for 7-10 minutes. Do not stack.
  - **Texas Toast:** Cook Texas toast for 6-8 minutes or until heated through.
  - **Sweet Potato Fries:** Spread evenly in shallow baking pan and bake 18-22 minutes. Rotate pan at 9 minutes for even cooking.

- **Preheat oven to 375F.**
  - **Breaded Chicken Leg:** Place chicken leg on sheet pan. Bake for 35-40 minutes.
  - **Soft Pretzel:** Lightly mist frozen pretzel with water. Sprinkle with salt if desired. Place on sheet pan and bake for 4-6 minutes.

- **Preheat oven to 350F.**
  - **Hamburger:** Place patty on a sheet pan. Bake for 8-10 minutes or until thoroughly heated.

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### Shelf Life

- **Keep hamburger bun frozen until ready to use. Thaw 12-24 hours in the refrigerator or at room temperature.**

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### Sweet Potato Fries

- **Spread evenly in shallow baking pan and bake 18-22 minutes. Rotate pan at 9 minutes for even cooking.**

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