# Breakfast Suggested Menu

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>NO MEAL SITE PICK UP</td>
<td>Cereal</td>
<td>Chicken Biscuit</td>
<td>Cheese Stick &amp; Crackers OR Yogurt &amp; Crackers</td>
<td>Maple Glazed French Toast with Turkey Bacon</td>
</tr>
<tr>
<td>Meal Pick Up locations will resume service on Tuesday at your normal time.</td>
<td>Juice &amp; Fruit</td>
<td>Juice &amp; Fruit</td>
<td>Juice &amp; Fruit</td>
<td>Fruit &amp; Juice</td>
</tr>
<tr>
<td></td>
<td>Milk</td>
<td>Milk</td>
<td>Milk</td>
<td>Milk</td>
</tr>
</tbody>
</table>

## 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 sheet pan. Heat for 10-12 minutes or until hot.

### French Toast Sticks
- Place in a single layer glaze side up on a lined sheet pan. Bake for 12 minutes.

### Bacon
- Place bacon on sheet in a single layer. Heat in oven for 4-6 minutes.

## Microwave Directions

- **Thaw* and Microwave:**
  - Cook all foods on microwave safe plates.

- **Chicken Patty:**
  - For best quality use Oven Directions.

## 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.

## 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.

## Use All Items By Their Expiration Date or Within 5 Days.

- Keep milk and juice chilled for best flavor.

---

*Recommend to THAW all foods in the refrigerator.

This institution is an equal opportunity provider.
Lunch Suggested Menu K-8

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<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 (Queso is produced in a facility that processes Tree Nuts.) Corn &amp; Black Beans Fresh Fruit Juice &amp; Milk</td>
<td>Breaded Chicken Leg &amp; Soft Pretzel Baby Carrots Peach Cups OR Strawberry Cup Juice &amp; Milk</td>
<td>Vegetarian Pizza Pack Caesar Salad (Croutons is produced in a facility that processes Tree Nuts.) Veggie Dippers Fresh Fruit Juice &amp; Milk</td>
<td>Hamburger Seasoned Spiral Fries Peaches Juice &amp; Milk</td>
</tr>
</tbody>
</table>

**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.

**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 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.

**Microwave Directions**

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

Breaded Chicken Leg: Cook drumstick on High: 1 leg for 4 minutes, 2 leg for 6 minutes. Let stand 1 to 2 minutes before serving.

Soft Pretzel: Lightly mist frozen pretzel with water. Sprinkle with salt if desired. Microwave on high for 20-40 seconds.

**Oven Directions**

Cook from frozen.

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

Spiral Fries: Preheat oven to 425F.
Spread product evenly on a sheet pan. Bake for 13-15 minutes. Rotate pan at 7 minutes and continue cooking.

**Microwave Directions**

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

Hamburger: Cover patty with damp paper towel. Heat on high for 90 seconds or until thoroughly heated. For every additional patty increase cook time by 30 seconds.

Spiral Fries: For best quality follow oven directions.

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

**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.*