

# Lunch Suggested Menu 9-12

**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



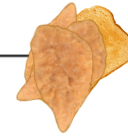
 Turkey and Cheese Nachos  
Corn & Black Beans  
Fresh Fruit  
Juice & Milk



Breaded Chicken Sandwich  
Tossed Side Salad  
Fruit Cocktail  
Juice & Milk



Chicken Tenders with Texas Toast  
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 375F.

**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.



### Microwave Directions

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

**Chicken Tenders:** Heat 3 tenders on high for 1-2 minutes. DO NOT overheat. Let stand 1-2 minutes before serving.

**Texas Toast:** For best quality see oven directions.

**Sweet Potato Fries:** For best quality see oven directions.



### 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 baking pan. Cover pan tightly with foil. Bake for 25-30 minutes.

**Tator Tots:** Spread evenly in shallow baking 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.








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

 **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
<b>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</b>				
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.

