Lunch Suggested Menu 9-12 ALL FOOD IS PRE-COOKED.

THURSDAY MONDAY TUESDAY WEDNESDAY FRIDAY to change Subject availability based o n

Cheesy Garlic French Bread Pizza with Marinara Sauce Pears Juice & Milk



Breaded Chicken Leg and Soft Pretzel Baby Carrots Peach Cup OR Strawberry Cup Juice & Milk

Chicken Tenders with Texas Toast Caesar Salad Veggie Dippers Fresh Fruit Juice & Milk

Hamburger Seasoned Spiral Fries Peaches Juice & Milk







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.



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 gueso 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. 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.

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.



Pre-Orders have to be in no later than Thursday





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.



Breakfast Suggested Menu

ALL FOOD IS PRE-COOKED.

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY availability Maple Glazed French Toast Cheese Stick & Crackers Turkey Sausage Biscuit Chicken Biscuit Cereal Sticks with Turkey Bacon Juice & Fruit Juice & Fruit Juice & Fruit Juice & Fruit Fruit & Juice Milk Milk Milk Milk Milk **Oven Directions Oven Directions** StoveTop Directions Cook from frozen. 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.



Cook from frozen.

Preheat oven to 350F.

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



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.

Sausage: Cover with a paper towel and microwave on high for 50-55 seconds or until hot.

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 pant. Heat for 10-12 minutes or until hot.



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.

For best quality use Oven Directions.



Chicken Patty:

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.

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



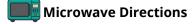
*Recommend to THAW all foods in the refrigerator.

This institution is an equal opportunity provider.

Cook from frozen. Preheat oven to 350F.

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.



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.

Bacon: Place bacon strips in a single layer on a paper towel lined microwave-safe plate. Heat on high for 15-20 seconds.