







Lunch Suggested Menu 9-12


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 | | | | |


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|--|---|---|--|---|
| <p>Cheesy Garlic French Bread Pizza with Marinara Sauce Pears Juice & Milk</p>  | <p>Turkey and Cheese Nachos Corn & Black Beans Fresh Fruit Juice & Milk</p>  | <p>Breaded Chicken Leg and Soft Pretzel Baby Carrots Peach Cup <u>OR</u> Strawberry Cup Juice & Milk</p>  | <p>Chicken Tenders with Texas Toast Caesar Salad Veggie Dippers Fresh Fruit Juice & Milk</p>  | <p>Hamburger Seasoned Spiral Fries Peaches Juice & Milk</p>  |
|--|---|---|--|---|

 **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.
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.

 **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.



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

 Pre-Orders have to be in no later than Thursday 4PM

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 Sausage Biscuit Juice & Fruit Milk | Cereal Juice & Fruit Milk | Chicken Biscuit Juice & Fruit Milk | Cheese Stick & Crackers Juice & Fruit Milk | Maple Glazed French Toast Sticks with Turkey Bacon Fruit & Juice Milk |
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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:


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.

 **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.

 **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 Directions**
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.

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



PLEASE READ

Please wash all fruit before eating.

Keep milk and juice chilled for best flavor.

Remove all foil before microwaving.

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

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

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.

