Lunch Suggested Menu 9-12

Subject to change based on availability

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheesy Garlic French Bread Pizza with Marinara Sauce Pears Juice &amp; Milk</td>
<td>Turkey and Cheese Nachos Corn &amp; Black Beans Fresh Fruit Juice &amp; Milk</td>
<td>Breaded Chicken Leg and Soft Pretzel Baby Carrots Peach Cup QR Strawberry Cup Juice &amp; Milk</td>
<td>Chicken Tenders with Texas Toast Caesar Salad Veggie Dippers Fresh Fruit Juice &amp; Milk</td>
<td>Hamburger Seasoned Spiral Fries Peaches Juice &amp; Milk</td>
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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.

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

**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.

Marinara Sauce: Transfer to microwave safe container. Heat on high for 60 seconds. Stir before serving.

French Bread Pizza: Place pizza on a lined sheet pan. Bake for 18-20 minutes.

Marinara Sauce: Check out microwave directions for best quality.

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.

Chips: For best quality see oven directions.

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.

Chips: For best quality see oven directions.

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.

Hamburger: Cook when THAWED.* 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.

French Bread Pizza: Place pizza on a lined sheet pan. Bake for 18-20 minutes.

Marinara Sauce: Check out microwave directions for best quality.

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.

Chips: For best quality see oven directions.

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.

Chips: For best quality see oven directions.
# Breakfast Suggested Menu

<table>
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<tr>
<td>Monday: Turkey Sausage Biscuit Juice &amp; Fruit Milk</td>
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**Thaw** and **Microwave**:
Cook all foods on microwave safe plates.


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

**French Toast Sticks**: Place on plate with glaze side up. Heat on full power for 60 seconds.

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

**Oven Directions**
Cook from frozen.

**Preheat oven to 350F**.

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

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

**Oven Directions**
Cook from frozen.

**Preheat oven to 350F**.

**Biscuit**:
Place biscuit on a lined sheet pan. Heat for 14-18 minutes.

**Microwave Directions**

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


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

**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.

*Recommend to THAW all foods in the refrigerator.*

This institution is an equal opportunity provider.

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.