

Lunch Suggested Menu K-8

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 French Bread Pizza with Marinara Sauce
Pears
Juice & Milk



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



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



Vegetarian Pizza Pack
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.



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

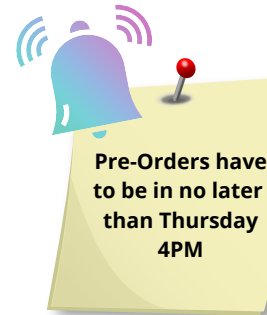
Cook from frozen.
Cook all foods on microwave safe plates.

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 and Microwave Directions

None needed. Enjoy!



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



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.**



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
				

 **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.

