







Mealtime Pack 300621 - K-8

Meal Accommodation for Students | 5 Day Menu Cycle Updated July 29, 2020

	KFAST Menu and Serving Ins	Structions				Aller	Sena						
Day	Menu	Portion Qty	Wheat	Peanut	Egg	Milk	Soybean	Fish	Shellfish	Tree Nut	CARBS	Storage	Serving Instructions
	Rice Krispies	1gr									23	Pantry	Serve one bowl.
1	Graham Crackers	1gr	X				Х				17	Pantry	Serve one pack
	Applesauce Cup	1/2cup	-								14	Refrig	Serve one cup.
	Grape Juice	4oz	-			V					14	Refrig	Thaw & Serve
	Milk* or Dairy Free Option	8oz				Х					11	Refrig	Keep refrigerated
2	Blueberry Muffin	1 gr	X		х	Х	Х				20	Refrig	Thaw and Serve
	Mozzarella Cheese Stick	1m/ma	_			х					0	Refrig	Keep refrigerated - Served Chilled
	Blended Fruit Juice	4oz	-								14	Refrig	Thaw and serve.
	Mixed Fruit Cup	1/2 cup	+			Х					13 11	Refrig	Thaw and serve
	Milk* or Dairy Free Option	80z				^					11	Refrig	Keep refrigerated
	Cinnamon Toast Soft Filled Bar	2 gr	x			х					41	Freezer	Place on Baking sheet, heat at 350°F for 13-14 minutes, or Thaw at Room Temperature for 2 hours.
	Diced Pears	1/2 cup									14	Refrig	Thaw and serve
	Orange Juice	4oz									14	Refrig	Thaw and serve
	Milk* or Dairy Free Option	8oz				Х					11	Refrig	Keep refrigerated
	Waffles	2 ~~											Cook 13-15 minutes in a 325°F oven to aminimum of 165°F as verified
	wantes	2 gr	X		х	х	х				22	Freezer	a food thermometer.
	Syrup	1pk									20	Pantry	Serve one packet
	Peach Cup	1/2 cup									13	Refrig	Thaw and serve
	Apple Cran Juice	4oz									13	Refrig	Thaw and serve
	Milk* or Dairy Free Option	8oz				Х					11	Refrig	Keep refrigerated
	Cinnamon Flakes	1gr	X								24	Pantry	Serve one bowl.
	Maple Breakfast Square	1gr	X		Х						17	Pantry	Serve one
	Pineapple Tidbits	1/2cup									11	Refrig	Thaw and serve.
	Blended Fruit Juice	4oz									14	Refrig	Thaw and serve.
	Milk* or Dairy Free Option	8oz				Х					11	Refrig	Keep refrigerated
UNC	H Menu and Serving Instruc	tions	¥	5		Aller	Soybean Soybean		Shellfish	Tree Nut			
	Menu	Portion Qty	Wheat	eanut	60	viilk	ě	-	Ē	e	ą		Conving Instructions
Day	menta		3	Å	Egg	Ϊ	Soy	Fish	She	Tre	Carbs		Serving Instructions
Day	Pizza Dippers	2m/ma, 2gr	T	ľ				Fisl	She	Tre		Fronzor	Cook 16-18 minutes in a 325ºF oven to aminimum of 165ºF as verified
Day			×	<u> </u>	X	Wi X	X	Fis	She	Tre	28	Freezer	Cook 16-18 minutes in a 325°F oven to aminimum of 165°F as verified a food thermometer.
			T					Fis	She	Tre		Freezer Freezer	Cook 16-18 minutes in a 325°F oven to aminimum of 165°F as verified a food thermometer. Cook 20-22 minutes in a 325°F oven to a minimum of 165°F. Or, thaw
Day 1	Pizza Dippers Marinara Dipping Sauce	2m/ma, 2gr 1/2 cup	T			x	x	Fis	She	Tre	28 9.1		Cook 16-18 minutes in a 325°F oven to aminimum of 165°F as verified a food thermometer. Cook 20-22 minutes in a 325°F oven to a minimum of 165°F. Or, thaw and serve.
	Pizza Dippers Marinara Dipping Sauce Green Beans	2m/ma, 2gr 1/2 cup 1/2 cup				x	x	Fis	She	Tre	28 9.1 5.9	Freezer Freezer	Cook 16-18 minutes in a 325°F oven to aminimum of 165°F as verified a food thermometer. Cook 20-22 minutes in a 325°F oven to a minimum of 165°F. Or, thaw and serve. Cook 20-25minutes in a 325°F oven to aminimum of 165°F as verified to a food thermometer.
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	Pizza Dippers Marinara Dipping Sauce Green Beans Applesauce Milk* or Dairy Free Option Penne Pasta w/Meatsauce	2m/ma, 2gr 1/2 cup 1/2 cup 1/2 cup 8oz 2m/ma,1gr, 1/2c v	x x			x	x		She	Tre	28 9.1 5.9 14 11 38	Freezer Freezer Refrig Refrig Freezer	Cook 16-18 minutes in a 325°F oven to aminimum of 165°F as verified a food thermometer. Cook 20-22 minutes in a 325°F oven to a minimum of 165°F. Or, thaw and serve. Cook 20-25minutes in a 325°F oven to aminimum of 165°F as verified b a food thermometer. Thaw and serve. Keep refrigerated Cook 22-26 minutes in a 325°F oven to a minimum of 165°F. As verified by a food thermometer.
1	Pizza Dippers Marinara Dipping Sauce Green Beans Applesauce Milk* or Dairy Free Option Penne Pasta w/Meatsauce Breadstick	2m/ma, 2gr 1/2 cup 1/2 cup 1/2 cup 8oz 2m/ma,1gr, 1/2c v 1gr	x			x x	x		She		28 9.1 5.9 14 11	Freezer Freezer Refrig Refrig	Cook 16-18 minutes in a 325°F oven to aminimum of 165°F as verified a food thermometer. Cook 20-22 minutes in a 325°F oven to a minimum of 165°F. Or, thaw and serve. Cook 20-25 minutes in a 325°F oven to aminimum of 165°F as verified b a food thermometer. Thaw and serve. Keep refrigerated Cook 22-26 minutes in a 325°F oven to a minimum of 165°F. As verified by a food thermometer. Thaw and serve.
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1	Pizza Dippers Marinara Dipping Sauce Green Beans Applesauce Milk* or Dairy Free Option Penne Pasta w/Meatsauce Breadstick Mixed Vegetables	2m/ma, 2gr 1/2 cup 1/2 cup 1/2 cup 8oz 2m/ma,1gr, 1/2c v 1gr 3/4c	x x			x x	x	Els.		Tre	28 9.1 5.9 14 11 38 20 20	Freezer Freezer Refrig Refrig Freezer Freezer Freezer	Cook 16-18 minutes in a 325°F oven to aminimum of 165°F as verified a food thermometer. Cook 20-22 minutes in a 325°F oven to a minimum of 165°F. Or, thaw and serve. Cook 20-25minutes in a 325°F oven to aminimum of 165°F as verified b a food thermometer. Thaw and serve. Keep refrigerated Cook 22-26 minutes in a 325°F oven to a minimum of 165°F. As verified by a food thermometer. Thaw and serve. Cook 15-20 minutes in a 325°F oven to a minimum of 165°F as verified a food thermometer
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1	Pizza Dippers Marinara Dipping Sauce Green Beans Applesauce Milk* or Dairy Free Option Penne Pasta w/Meatsauce Breadstick Mixed Vegetables Peach Cup Milk* or Dairy Free Option Cheesy Chipotle Chicken w/Spanish Ric Cornbread Broccoli Mixed Fruit Cup Milk* or Dairy Free Option Breaded Chicken Nuggets Fiesta Beans Sun Splash Veg. Juice	2m/ma, 2gr 1/2 cup 1/2 cup 1/2 cup 8oz 2m/ma,1gr, 1/2c v 1gr 3/4c 1/2c 8oz 2m/ma,1gr,1/2v 2gr 1/2c 1/2c 8oz 2m/ma,1gr,1/2v 2gr 1/2c 1/2c 8oz									28 9.1 5.9 14 11 38 20 20 13 11 41 32 5 13 11 13 33 115	Freezer Refrig Refrig Freezer Freezer Freezer Refrig Freezer Freezer Freezer Refrig Refrig Freezer Refrig Freezer Freezer Freezer Refrig	Cook 16-18 minutes in a 325°F oven to aminimum of 165°F as verified a food thermometer. Cook 20-22 minutes in a 325°F oven to a minimum of 165°F. Or, thaw and serve. Cook 20-25minutes in a 325°F oven to aminimum of 165°F as verified a food thermometer. Thaw and serve. Keep refrigerated Cook 22-26 minutes in a 325°F oven to a minimum of 165°F. As verified by a food thermometer. Thaw and serve. Cook 15-20 minutes in a 325°F oven to a minimum of 165°F as verified a food thermometer Thaw and serve. Keep refrigerated Cook 22-26 minutes in a 325°F oven to a minimum of 165°F. As verified by a food thermometer Thaw and serve. Keep refrigerated Cook 22-26 minutes in a 325°F oven to a minimum of 165°F. As verified by a food thermometer. Thaw and serve. Keep refrigerated Cook 14-18 minutes in a 325°F oven to a minimum of 165°F as verified a food thermometer Thaw and serve. Keep refrigerated Cook 20-25 minutes in a 325°F oven to a minimum of 165°F as verified a food thermometer. Thaw and serve. Keep refrigerated Cook 20-25 minutes in a 325°F oven to a minimum of 165°F as verified a food thermometer. Thaw and serve. Keep refrigerated Cook 20-25 minutes in a 325°F oven to a minimum of 165°F as verified a food thermometer. Cook 25-27 minutes in a 325°F oven to a minimum of 165°F. as verified a food thermometer. Thaw and Serve
1 2 3	Pizza Dippers Marinara Dipping Sauce Green Beans Applesauce Milk* or Dairy Free Option Penne Pasta w/Meatsauce Breadstick Mixed Vegetables Peach Cup Milk* or Dairy Free Option Cheesy Chipotle Chicken w/Spanish Ric Cornbread Broccoli Mixed Fruit Cup Milk* or Dairy Free Option Breaded Chicken Nuggets Fiesta Beans Sun Splash Veg. Juice Pear Cup	2m/ma, 2gr 1/2 cup 1/2 cup 1/2 cup 8oz 2m/ma,1gr, 1/2c v 1gr 3/4c 1/2c 8oz 2m/ma,1gr,1/2v 2gr 1/2c 1/2c 8oz 2m/ma,1gr,1/2v 2gr 1/2c 1/2c 8oz									28 9.1 5.9 14 11 38 20 20 13 11 31 32 5 13 11 13 33 15 14	Freezer Refrig Refrig Freezer Freezer Freezer Refrig Freezer Freezer Freezer Refrig Refrig Freezer Freezer Freezer Freezer Refrig Refrig Refrig	Cook 16-18 minutes in a 325°F oven to aminimum of 165°F as verified a food thermometer. Cook 20-22 minutes in a 325°F oven to a minimum of 165°F. Or, thaw and serve. Cook 20-25minutes in a 325°F oven to aminimum of 165°F as verified b a food thermometer. Thaw and serve. Keep refrigerated Cook 22-26 minutes in a 325°F oven to a minimum of 165°F. As verified by a food thermometer. Thaw and serve. Cook 15-20 minutes in a 325°F oven to a minimum of 165°F as verified a food thermometer Thaw and serve. Keep refrigerated Cook 22-26 minutes in a 325°F oven to a minimum of 165°F. As verified by a food thermometer. Thaw and serve. Keep refrigerated Cook 22-26 minutes in a 325°F oven to a minimum of 165°F. As verified by a food thermometer. Thaw and serve. Keep refrigerated Cook 22-26 minutes in a 325°F oven to a minimum of 165°F as verified a food thermometer. Thaw and serve. Keep refrigerated Cook 20-25 minutes in a 325°F oven to a minimum of 165°F as verified a food thermometer. Thaw and serve. Keep refrigerated Cook 20-25 minutes in a 325°F oven to a minimum of 165°F as verified I a food thermometer. Thaw and serve. Keep refrigerated Cook 25-27 minutes in a 325°F oven to a minimum of 165°F as verified I a food thermometer. Thaw and Serve Thaw and Serve Thaw and Serve
1 2 3	Pizza Dippers Marinara Dipping Sauce Green Beans Applesauce Milk* or Dairy Free Option Penne Pasta w/Meatsauce Breadstick Mixed Vegetables Peach Cup Milk* or Dairy Free Option Cheesy Chipotle Chicken w/Spanish Ric Cornbread Broccoli Mixed Fruit Cup Milk* or Dairy Free Option Breaded Chicken Nuggets Fiesta Beans Sun Splash Veg. Juice Pear Cup BBQ Sauce	2m/ma, 2gr 1/2 cup 1/2 cup 1/2 cup 8oz 2m/ma,1gr, 1/2c v 1gr 3/4c 1/2c 8oz 2m/ma,1gr,1/2v 2gr 1/2c 1/2c 8oz 2m/ma,1gr,1/2v 1/2c 1/2c 8oz									28 9.1 5.9 14 11 38 20 20 13 11 41 32 5 13 11 13 33 15 14 7	Freezer Refrig Refrig Freezer Freezer Freezer Freezer Freezer Freezer Refrig Refrig Freezer Freezer Freezer Freezer Refrig Refrig Pantry	Cook 16-18 minutes in a 325°F oven to aminimum of 165°F as verified a food thermometer. Cook 20-22 minutes in a 325°F oven to a minimum of 165°F. Or, thaw and serve. Cook 20-25minutes in a 325°F oven to aminimum of 165°F. As verified a food thermometer. Thaw and serve. Keep refrigerated Cook 22-26 minutes in a 325°F oven to a minimum of 165°F. As verified by a food thermometer. Thaw and serve. Cook 15-20 minutes in a 325°F oven to a minimum of 165°F as verified a food thermometer Thaw and serve. Keep refrigerated Cook 22-26 minutes in a 325°F oven to a minimum of 165°F. As verified by a food thermometer Thaw and serve. Keep refrigerated Cook 22-26 minutes in a 325°F oven to a minimum of 165°F. As verified by a food thermometer. Thaw and serve. Keep refrigerated Cook 14-18 minutes in a 325°F oven to a minimum of 165°F as verified a food thermometer Thaw and serve. Keep refrigerated Cook 20-25 minutes in a 325°F oven to a minimum of 165°F as verified a food thermometer. Thaw and serve. Keep refrigerated Cook 25-27 minutes in a 325°F oven to a minimum of 165°F as verified I a food thermometer. Thaw and serve. Keep refrigerated Cook 25-27 minutes in a 325°F oven to a minimum of 165°F. as verified I a food thermometer. Thaw and Serve Thaw and Serve Thaw and Serve Store at Room Temperature
1 2 3	Pizza Dippers Marinara Dipping Sauce Green Beans Applesauce Milk* or Dairy Free Option Penne Pasta w/Meatsauce Breadstick Mixed Vegetables Peach Cup Milk* or Dairy Free Option Cheesy Chipotle Chicken w/Spanish Ric Cornbread Broccoli Mixed Fruit Cup Milk* or Dairy Free Option Breaded Chicken Nuggets Fiesta Beans Sun Splash Veg. Juice Pear Cup	2m/ma, 2gr 1/2 cup 1/2 cup 1/2 cup 8oz 2m/ma,1gr, 1/2c v 1gr 3/4c 1/2c 8oz 2m/ma,1gr,1/2v 2gr 1/2c 1/2c 8oz 2m/ma,1gr,1/2v 2gr 1/2c 1/2c 8oz									28 9.1 5.9 14 11 38 20 20 13 11 31 32 5 13 11 13 33 15 14	Freezer Refrig Refrig Freezer Freezer Freezer Refrig Freezer Freezer Freezer Refrig Refrig Freezer Freezer Freezer Freezer Refrig Refrig Refrig	Cook 16-18 minutes in a 325°F oven to aminimum of 165°F as verified a food thermometer. Cook 20-22 minutes in a 325°F oven to a minimum of 165°F. Or, thaw and serve. Cook 20-25minutes in a 325°F oven to aminimum of 165°F as verified a food thermometer. Thaw and serve. Keep refrigerated Cook 22-26 minutes in a 325°F oven to a minimum of 165°F. As verified by a food thermometer. Thaw and serve. Cook 15-20 minutes in a 325°F oven to a minimum of 165°F as verified a food thermometer Thaw and serve. Keep refrigerated Cook 22-26 minutes in a 325°F oven to a minimum of 165°F. As verified by a food thermometer Thaw and serve. Keep refrigerated Cook 22-26 minutes in a 325°F oven to a minimum of 165°F. As verified by a food thermometer. Thaw and serve. Keep refrigerated Cook 20-25 minutes in a 325°F oven to a minimum of 165°F as verified a food thermometer. Thaw and serve. Keep refrigerated Cook 20-25 minutes in a 325°F oven to a minimum of 165°F as verified a food thermometer. Thaw and serve. Keep refrigerated Cook 25-27 minutes in a 325°F oven to a minimum of 165°F as verified a a food thermometer. Thaw and serve. Keep refrigerated Cook 25-27 minutes in a 325°F oven to a minimum of 165°F. as verified a a food thermometer. Thaw and Serve Thaw and Serve Store at Room Temperature Keep refrigerated
1 2 3	Pizza Dippers Marinara Dipping Sauce Green Beans Applesauce Milk* or Dairy Free Option Penne Pasta w/Meatsauce Breadstick Mixed Vegetables Peach Cup Milk* or Dairy Free Option Cheesy Chipotle Chicken w/Spanish Ric Cornbread Broccoli Mixed Fruit Cup Milk* or Dairy Free Option Breaded Chicken Nuggets Fiesta Beans Sun Splash Veg. Juice Pear Cup BBQ Sauce	2m/ma, 2gr 1/2 cup 1/2 cup 1/2 cup 8oz 2m/ma,1gr, 1/2c v 1gr 3/4c 1/2c 8oz 2m/ma,1gr,1/2v 2gr 1/2c 1/2c 8oz 2m/ma,1gr,1/2v 1/2c 1/2c 8oz									28 9.1 5.9 14 11 38 20 20 13 11 41 32 5 13 11 13 33 15 14 7	Freezer Refrig Refrig Freezer Freezer Freezer Freezer Freezer Freezer Refrig Refrig Freezer Freezer Freezer Freezer Refrig Refrig Pantry	Cook 16-18 minutes in a 325°F oven to aminimum of 165°F as verified a food thermometer. Cook 20-22 minutes in a 325°F oven to a minimum of 165°F. Or, thaw and serve. Cook 20-25 minutes in a 325°F oven to aminimum of 165°F as verified a food thermometer. Thaw and serve. Keep refrigerated Cook 22-26 minutes in a 325°F oven to a minimum of 165°F. As verified by a food thermometer. Thaw and serve. Cook 15-20 minutes in a 325°F oven to a minimum of 165°F as verified a food thermometer. Thaw and serve. Keep refrigerated Cook 22-26 minutes in a 325°F oven to a minimum of 165°F. As verified a food thermometer Thaw and serve. Keep refrigerated Cook 22-26 minutes in a 325°F oven to a minimum of 165°F. As verified by a food thermometer. Thaw and serve. Keep refrigerated Cook 14-18 minutes in a 325°F oven to a minimum of 165°F as verified a food thermometer. Thaw and serve. Keep refrigerated Cook 20-25 minutes in a 325°F oven to a minimum of 165°F as verified a food thermometer. Thaw and serve. Keep refrigerated Cook 20-25 minutes in a 325°F oven to a minimum of 165°F as verified a food thermometer. Thaw and serve. Keep refrigerated Cook 22-27 minutes in a 325°F oven to a minimum of 165°F. as verified a food thermometer. Thaw and Serve Thaw and Serve Store at Room Temperature Keep refrigerated Cook 12-15 minutes in a 325° oven to a minimum of 165°F. as verified a food thermometer.
1 2 3 4	Pizza Dippers Marinara Dipping Sauce Green Beans Applesauce Milk* or Dairy Free Option Penne Pasta w/Meatsauce Breadstick Mixed Vegetables Peach Cup Milk* or Dairy Free Option Cheesy Chipotle Chicken w/Spanish Ric Cornbread Broccoli Mixed Fruit Cup Milk* or Dairy Free Option Breaded Chicken Nuggets Fiesta Beans Sun Splash Veg. Juice Pear Cup BBQ Sauce Milk* or Dairy Free Option	2m/ma, 2gr 1/2 cup 1/2 cup 8oz 2m/ma,1gr, 1/2c v 1gr 3/4c 1/2c 8oz 2m/ma,1gr,1/2v 2gr 1/2c 2gr 1/2c 8oz 2m/ma,1gr,1/2v 2gr 1/2c 1/2c 8oz 2m/ma,1gr									28 9.1 5.9 14 11 38 20 20 13 11 41 32 5 13 11 13 33 15 14 7 11	Freezer Refrig Refrig Freezer Freezer Refrig Refrig Freezer Freezer Refrig Refrig Freezer Freezer Freezer Freezer Refrig Refrig Refrig Refrig Refrig Refrig	Cook 16-18 minutes in a 325°F oven to aminimum of 165°F as verified a food thermometer. Cook 20-22 minutes in a 325°F oven to a minimum of 165°F. Or, thaw and serve. Cook 20-25 minutes in a 325°F oven to aminimum of 165°F as verified b a food thermometer. Thaw and serve. Keep refrigerated Cook 22-26 minutes in a 325°F oven to a minimum of 165°F. As verified by a food thermometer. Thaw and serve. Cook 15-20 minutes in a 325°F oven to a minimum of 165°F as verified a food thermometer Thaw and serve. Keep refrigerated Cook 22-26 minutes in a 325°F oven to a minimum of 165°F. As verified a food thermometer Thaw and serve. Keep refrigerated Cook 22-26 minutes in a 325°F oven to a minimum of 165°F. As verified by a food thermometer. Thaw and serve. Keep refrigerated Cook 14-18 minutes in a 325°F oven to a minimum of 165°F as verified a food thermometer. Thaw and serve. Keep refrigerated Cook 20-25 minutes in a 325°F oven to a minimum of 165°F as verified b a food thermometer. Thaw and serve. Keep refrigerated Cook 20-25 minutes in a 325°F oven to a minimum of 165°F as verified b a food thermometer. Thaw and serve. Keep refrigerated Cook 22-27 minutes in a 325°F oven to a minimum of 165°F. as verified b a food thermometer. Thaw and Serve Thaw and Serve Store at Room Temperature Keep refrigerated Cook 12-15 minutes in a 325° oven to a minimum of 165°F. as verified b a food thermometer.
1 2 3	Pizza Dippers Marinara Dipping Sauce Green Beans Applesauce Milk* or Dairy Free Option Penne Pasta w/Meatsauce Breadstick Mixed Vegetables Peach Cup Milk* or Dairy Free Option Cheesy Chipotle Chicken w/Spanish Ric Cornbread Broccoli Mixed Fruit Cup Milk* or Dairy Free Option Breaded Chicken Nuggets Fiesta Beans Sun Splash Veg. Juice Pear Cup BBQ Sauce Milk* or Dairy Free Option Pancakes w/ Sausage	2m/ma, 2gr 1/2 cup 1/2 cup 1/2 cup 8oz 2m/ma,1gr, 1/2c v 1gr 3/4c 1/2c 8oz 2m/ma,1gr,1/2v 2gr 1/2c 1/2c 1/2c 8oz 2m/ma,1gr 1/2cup 1/2cup 1/2cup 1/2cup 1/2cup 3/4c 2m/ma,2g									28 9.1 5.9 14 11 38 20 20 13 11 41 32 5 13 11 13 33 15 14 7 11 28	Freezer Refrig Refrig Freezer Freezer Freezer Freezer Freezer Freezer Refrig Refrig Freezer Freezer Freezer Refrig Refrig Refrig Refrig Freezer Refrig Refrig Freezer	Cook 16-18 minutes in a 325°F oven to aminimum of 165°F as verified a food thermometer. Cook 20-22 minutes in a 325°F oven to a minimum of 165°F. Or, thaw and serve. Cook 20-25 minutes in a 325°F oven to aminimum of 165°F as verified b a food thermometer. Thaw and serve. Keep refrigerated Cook 22-26 minutes in a 325°F oven to a minimum of 165°F. As verified by a food thermometer. Thaw and serve. Cook 15-20 minutes in a 325°F oven to a minimum of 165°F as verified a food thermometer. Thaw and serve. Keep refrigerated Cook 22-26 minutes in a 325°F oven to a minimum of 165°F. As verified a food thermometer Thaw and serve. Keep refrigerated Cook 22-26 minutes in a 325°F oven to a minimum of 165°F. As verified by a food thermometer. Thaw and serve. Keep refrigerated Cook 22-26 minutes in a 325°F oven to a minimum of 165°F. As verified by a food thermometer. Thaw and serve. Cook 14-18 minutes in a 325°F oven to a minimum of 165°F as verified a food thermometer. Thaw and serve. Keep refrigerated Cook 20-25 minutes in a 325°F oven to a minimum of 165°F. as verified t a food thermometer. Cook 25-27 minutes in a 325° oven to a minimum of 165°F. as verified t a food thermometer. Thaw and Serve Thaw and Serve Store at Room Temperature Keep refrigerated Cook 12-15 minutes in a 325° oven to a minimum of 165°F. as verified t a food thermometer. Cook 20-21 minutes in a 325° oven to a minimum of 165°F. as verified t a food thermometer.
1 2 3 4	Pizza Dippers Marinara Dipping Sauce Green Beans Applesauce Milk* or Dairy Free Option Penne Pasta w/Meatsauce Breadstick Mixed Vegetables Peach Cup Milk* or Dairy Free Option Cheesy Chipotle Chicken w/Spanish Ric Cornbread Broccoli Mixed Fruit Cup Milk* or Dairy Free Option Breaded Chicken Nuggets Fiesta Beans Sun Splash Veg. Juice Pear Cup BBQ Sauce Milk* or Dairy Free Option Pancakes w/ Sausage Potato Rounds	2m/ma, 2gr 1/2 cup 1/2 cup 1/2 cup 8oz 2m/ma,1gr, 1/2c v 1gr 3/4c 1/2c 8oz 2m/ma,1gr,1/2v 2gr 1/2c 2gr 1/2c 8oz 2m/ma,1gr 1/2cup 1/2cup 1/2cup 1/2cup 1/2cup 2m/ma,1gr									28 9.1 5.9 14 11 38 20 20 13 11 41 32 5 13 11 13 33 15 14 7 11 28 27	Freezer Refrig Refrig Freezer Freezer Freezer Freezer Freezer Freezer Refrig Refrig Freezer Freezer Refrig Refrig Refrig Refrig Refrig Freezer Freezer Refrig Refrig Refrig Freezer Freezer Freezer	Cook 16-18 minutes in a 325°F oven to aminimum of 165°F as verified a food thermometer. Cook 20-22 minutes in a 325°F oven to a minimum of 165°F. Or, thaw and serve. Cook 20-25 minutes in a 325°F oven to aminimum of 165°F as verified b a food thermometer. Thaw and serve. Keep refrigerated Cook 22-26 minutes in a 325°F oven to a minimum of 165°F. As verified by a food thermometer. Thaw and serve. Cook 15-20 minutes in a 325°F oven to a minimum of 165°F as verified a food thermometer. Thaw and serve. Keep refrigerated Cook 22-26 minutes in a 325°F oven to a minimum of 165°F. As verified a food thermometer Thaw and serve. Keep refrigerated Cook 22-26 minutes in a 325°F oven to a minimum of 165°F. As verified by a food thermometer. Thaw and serve. Keep refrigerated Cook 24-18 minutes in a 325°F oven to a minimum of 165°F. As verified a food thermometer. Thaw and serve. Keep refrigerated Cook 20-25 minutes in a 325°F oven to a minimum of 165°F as verified a food thermometer. Thaw and serve. Keep refrigerated Cook 20-25 minutes in a 325°F oven to a minimum of 165°F. as verified I a food thermometer. Thaw and serve. Keep refrigerated Cook 25-27 minutes in a 325°F oven to a minimum of 165°F. as verified I a food thermometer. Thaw and Serve Store at Room Temperature Keep refrigerated Cook 12-15 minutes in a 325° oven to a minimum of 165°F. as verified I a food thermometer. Cook 20-22 minutes in a 325° oven to a minimum of 165°F. as verified I a food thermometer.
1 2 3 4	Pizza Dippers Marinara Dipping Sauce Green Beans Applesauce Milk* or Dairy Free Option Penne Pasta w/Meatsauce Breadstick Mixed Vegetables Peach Cup Milk* or Dairy Free Option Cheesy Chipotle Chicken w/Spanish Ric Cornbread Broccoli Mixed Fruit Cup Milk* or Dairy Free Option Breaded Chicken Nuggets Fiesta Beans Sun Splash Veg. Juice Pear Cup BBQ Sauce Milk* or Dairy Free Option Pancakes w/ Sausage Potato Rounds Orange Juice	2m/ma, 2gr 1/2 cup 1/2 cup 1/2 cup 8oz 2m/ma,1gr, 1/2c v 1gr 3/4c 1/2c 8oz 2m/ma,1gr,1/2v 2gr 1/2c 2gr 1/2c 8oz 2m/ma,1gr 1/2cup 1/2cup 1/2cup 1/2cup 1/2cup 2m/ma,1gr									28 9.1 5.9 14 11 38 20 20 13 11 41 32 5 13 11 13 33 15 14 7 11 28 27 14	Freezer Refrig Refrig Freezer Freezer Freezer Freezer Freezer Freezer Refrig Refrig Freezer Freezer Refrig Refrig Refrig Pantry Refrig Freezer Freezer Refrig	Cook 16-18 minutes in a 325°F oven to aminimum of 165°F as verified a food thermometer. Cook 20-22 minutes in a 325°F oven to a minimum of 165°F. Or, thaw and serve. Cook 20-25 minutes in a 325°F oven to a minimum of 165°F as verified a food thermometer. Thaw and serve. Keep refrigerated Cook 22-26 minutes in a 325°F oven to a minimum of 165°F. As verified by a food thermometer. Thaw and serve. Cook 15-20 minutes in a 325°F oven to a minimum of 165°F as verified a food thermometer. Thaw and serve. Keep refrigerated Cook 22-26 minutes in a 325°F oven to a minimum of 165°F. As verified a food thermometer Thaw and serve. Keep refrigerated Cook 22-26 minutes in a 325°F oven to a minimum of 165°F. As verified a food thermometer. Thaw and serve. Keep refrigerated Cook 22-26 minutes in a 325°F oven to a minimum of 165°F. As verified a food thermometer. Thaw and serve. Cook 14-18 minutes in a 325°F oven to a minimum of 165°F as verified a food thermometer. Thaw and serve. Keep refrigerated Cook 20-25 minutes in a 325°F oven to a minimum of 165°F as verified a food thermometer. Thaw and serve. Keep refrigerated Cook 25-27 minutes in a 325° oven to a minimum of 165°F. as verified a food thermometer. Thaw and Serve Store at Room Temperature Keep refrigerated Cook 12-15 minutes in a 325° oven to a minimum of 165°F. as verified a food thermometer. Cook 20-22 minutes in a 325° oven to a minimum of 165°F. as verified a food thermometer. Thaw and Serve Store at Room Temperature Keep refrigerated Cook 12-15 minutes in a 325° oven to a minimum of 165°F. as verified a food thermometer. Cook 20-22 minutes in a 325° oven to a minimum of 165°F. as verified a food thermometer. Cook 20-22 minutes in a 325° oven to a minimum of 165°F. as verified a food thermometer. Thaw and serve.