

BREAKFAST Menu and Serving Instructions														
Day	Menu	Portion Qty	Allergens									Storage	Serving Instructions	
			Wheat	Peanut	Eggs	Milk	Soybean	Fish	Shellfish	Tree Nut	CARBS			
1	Rice Krispies	1gr										23	Pantry	Serve one bowl.
	Graham Crackers	1gr	X					X				17	Pantry	Serve one pack
	Applesauce Cup	1/2cup										14	Refrig	Serve one cup.
	Grape Juice	4oz										14	Refrig	Thaw & Serve
	Milk* or Dairy Free Option	8oz				X						11	Refrig	Keep refrigerated
2	Blueberry Muffin	1 gr	X		X	X	X					20	Refrig	Thaw and Serve
	Mozzarella Cheese Stick	1m/ma				X						0	Refrig	Keep refrigerated - Served Chilled
	Blended Fruit Juice	4oz										14	Refrig	Thaw and serve.
	Mixed Fruit Cup	1/2 cup										13	Refrig	Thaw and serve
Milk* or Dairy Free Option	8oz				X						11	Refrig	Keep refrigerated	
3	Cinnamon Toast Soft Filled Bar	2 gr	X			X						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				X						11	Refrig	Keep refrigerated
4	Waffles	2 gr	X		X	X	X					22	Freezer	Cook 13-15 minutes in a 325°F oven to a minimum of 165°F as verified by 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				X						11	Refrig	Keep refrigerated
5	Cinnamon Flakes	1gr	X									24	Pantry	Serve one bowl.
	Maple Breakfast Square	1gr	X		X							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				X						11	Refrig	Keep refrigerated

LUNCH Menu and Serving Instructions														
Day	Menu	Portion Qty	Allergens									Storage	Serving Instructions	
			Wheat	Peanut	Eggs	Milk	Soybean	Fish	Shellfish	Tree Nut	Carbs			
1	Pizza Dippers	2m/ma, 2gr	X		X	X	X					28	Freezer	Cook 16-18 minutes in a 325°F oven to a minimum of 165°F as verified by a food thermometer.
	Marinara Dipping Sauce	1/2 cup				X	X					9.1	Freezer	Cook 20-22 minutes in a 325°F oven to a minimum of 165°F. Or, thaw and serve.
	Green Beans	1/2 cup										5.9	Freezer	Cook 20-25 minutes in a 325°F oven to a minimum of 165°F as verified by a food thermometer.
	Applesauce	1/2 cup										14	Refrig	Thaw and serve.
	Milk* or Dairy Free Option	8oz										11	Refrig	Keep refrigerated
2	Penne Pasta w/Meatsauce	2m/ma, 1gr, 1/2c v	X			X	X					38	Freezer	Cook 22-26 minutes in a 325°F oven to a minimum of 165°F. As verified by a food thermometer.
	Breadstick	1gr	X									20	Freezer	Thaw and serve.
	Mixed Vegetables	3/4c										20	Freezer	Cook 15-20 minutes in a 325°F oven to a minimum of 165°F as verified by a food thermometer
	Peach Cup	1/2c										13	Refrig	Thaw and serve.
	Milk* or Dairy Free Option	8oz				X						11	Refrig	Keep refrigerated
3	Cheesy Chipotle Chicken w/Spanish Ric	2m/ma, 1gr, 1/2v	X		X	X	X					41	Freezer	Cook 22-26 minutes in a 325°F oven to a minimum of 165°F. As verified by a food thermometer.
	Cornbread	2gr	X		X	X	X					32	Freezer	Thaw and serve.
	Broccoli	1/2c										5	Freezer	Cook 14-18 minutes in a 325°F oven to a minimum of 165°F as verified by a food thermometer
	Mixed Fruit Cup	1/2c										13	Refrig	Thaw and serve.
	Milk* or Dairy Free Option	8oz				X						11	Refrig	Keep refrigerated
4	Breaded Chicken Nuggets	2m/ma, 1gr	X				X					13	Freezer	Cook 20-25 minutes in a 325°F oven to a minimum of 165°F as verified by a food thermometer.
	Fiesta Beans	1/2cup										33	Freezer	Cook 25-27 minutes in a 325° oven to a minimum of 165°F. as verified by a food thermometer.
	Sun Splash Veg. Juice	1/2cup										15	Refrig	Thaw and Serve
	Pear Cup	1/2cup										14	Refrig	Thaw and Serve
	BBQ Sauce	.42oz										7	Pantry	Store at Room Temperature
	Milk* or Dairy Free Option	8oz										11	Refrig	Keep refrigerated
5	Pancakes w/ Sausage	2m/ma, 2g	x		X	X	X					28	Freezer	Cook 12-15 minutes in a 325° oven to a minimum of 165°F. as verified by a food thermometer.
	Potato Rounds	3/4cup					X					27	Freezer	Cook 20-22 minutes in a 325° oven to a minimum of 165°F. as verified by a food thermometer.
	Orange Juice	4oz										14	Refrig	Thaw and serve.
	Syrup	1oz										20	Pantry	Serve one packet.
	Milk* or Dairy Free Option	8oz					X					11	Refrig	Thaw and serve.

**Please note, items may be prepared in a facility that contains wheat, gluten, soy, milk, eggs, peanuts, tree nuts, fish or shellfish or processed on equipment that once processed wheat, soy, milk, egg, peanuts, tree nuts, fish or shellfish.