

BREAKFAST Menu and Serving Instructions														
Day	Menu	Portion Qty	Allergens										Storage	Serving Instructions
			Wheat	Peanut	Egg	Milk	Soybean	Fish	Shellfish	Tree Nut	CARBS			
1	Frosted Flakes	1gr										24	Pantry	Serve one bowl.
	Apple Bar	1gr	X				X					26	Pantry	Serve one bar
	Craisins	1/2 cup										28	Pantry	Serve one packet
	Orange Juice	4oz										14	Refrig	Thaw and serve
	Milk* or Dairy Free Option	8oz				X						11	Refrig	Keep refrigerated.
2	Tky Ham & Cheese on English Muffin	1m/ma, 2gr	X			X	X					24	Freezer	Cook 15-18 minutes in a 325°F oven to a minimum of 165°F as verified by a food thermometer.
	Pineapple Tidbits	1/2 cup										11	Refrig	Thaw and serve.
	Grape Juice	4oz										14	Refrig	Thaw and serve.
	Milk* or Dairy Free Option	8oz				X						11	Refrig	Keep refrigerated.
3	Froot Loops	1gr	X									24	Pantry	Serve one bowl
	Graham Crackers	1gr	X				X					16	Pantry	Serve one packet
	Pear Cup	1/2 cup										14	Refrig	Thaw and serve
	Apple Cran Juice	4oz										13	Refrig	Thaw and serve
	Milk* or Dairy Free Option	8oz				X						11	Refrig	Keep refrigerated.
4	Pillsbury Grape Crescent	2gr	X			X						35	Freezer	Place on Baking sheet, heat at 350°F for 10-12 minutes, Or Thaw at Room Temperature for 2 hours.
	Peach Cup	1/2 cup										13	Refrig	Thaw and serve
	Blended Fruit Juice	4oz										14	Refrig	Thaw and serve
	Milk* or Dairy Free Option	8oz				X						11	Refrig	Keep refrigerated.
5	Banana Muffin	1gr	X	X	X	X						20	Refrig	Thaw and serve
	Cheese Stick	1m/ma				X						0	Refrig	Keep refrigerated
	Mixed Fruit Cup	1/2 cup										13	Refrig	Thaw and serve
	Grape 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										Serving Instructions	
			Wheat	Peanut	Egg	Milk	Soybean	Fish	Shellfish	Tree Nut	CARBS			
1	Bean & Cheese Burrito	2m/ma, 2gr	X			X	X					37	Freezer	Cook 14-18 minutes in a 325°F oven to a minimum of 165°F as verified by a food thermometer.
	Salsa Cup	1/4 cup										6	Refrig	Thaw and serve.
	Corn	1/2 cup										17	Freezer	Cook 12-15 minutes in a 325°F oven to a minimum of 165°F as verified by a food thermometer.
	Mixed Fruit Cup	1/2 cup										13	Refrig	Thaw and serve.
	Milk* or Dairy Free Option	8oz				X						11	Refrig	Keep refrigerated.
2	Kickin Chicken Patty	2m/ma, 1gr	X				X					17	Freezer	Cook 18-22 minutes in a 325°F oven to a minimum of 165°F. As verified by a food thermometer.
	Hamburger Bun	2 gr	X				X					27	Refrig	Thaw and serve.
	Potato Wedges	3/4 cup					X					25	Freezer	Cook 34-38 minutes in a 325°F oven to a minimum of 165°F as verified by a food thermometer
	Orange Juice	1/2 cup										14	Refrig	Thaw and serve.
	Milk* or Dairy Free Option	8oz				X						11	Refrig	Keep refrigerated.
3	General Tso's Chicken & Noodles	2m/ma, 2.5gr	X		X	X	X					44	Freezer	Cook 20-24 minutes in a 325°F oven to a minimum of 165°F. As verified by a food thermometer.
	Broccoli	3/4 cup										5	Freezer	Cook 14-18 minutes in a 325°F oven to a minimum of 165°F as verified by a food thermometer
	Peach Cup	1/2 cup										13	Refrig	Thaw and serve.
	Chocolate Cookie	1gr	X				X					19	Pantry	Serve one
	Milk* or Dairy Free Option	8oz				X						11	Refrig	Keep refrigerated.
4	Chicken Strips w/Mac & Cheese	2m/ma, 1gr	X			X	X					30	Freezer	Cook 20-24 minutes in a 325°F oven to a minimum of 165°F as verified by a food thermometer.
	Baked Beans	1/2 cup										37	Freezer	Cook 20-22 minutes in a 325° oven to a minimum of 165°F. as verified by a food thermometer.
	Sun Splash Veg. Juice	4oz										15	Refrig	Thaw and Serve
	Pear Cup	1/2 cup										14	Refrig	Thaw and Serve
	Honey	1 packet										7	Pantry	Store at Room Temperature
	Applesauce	1/2 cup										14	Refrig	Thaw and serve
	Milk* or Dairy Free Option	8oz				X						11	Refrig	Keep refrigerated.
5	Hero Sandwich	2m/ma, 2gr	X			X	X					30	Refrig	Thaw and serve
	Country Blend Vegetables	3/4 cup										16	Freezer	Cook 2-26 minutes in a 325°F oven to a minimum of 165°F as verified by a food thermometer
	Pineapple Cup	1/2 cup										11	Refrig	Thaw and serve
	Mustard	1pk										0	Pantry	Serve one packet
	Milk* or Dairy Free Option	8oz				X						11	Refrig	Keep refrigerated.

\*\*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.