Dear Parent:

Today you received breakfast and lunch meals. Please place all items in a refrigerator prior to heating and serving. Frozen items that are not going to be eaten right away should be placed back in the freezer.

Breakfast may include, but is not limited to the following:

Entree	Fruit	Milk*
Assorted Cereals	Orange	1%
Assorted Breakfast Bars	Apple/Apple Slices	Non-fat
Frozen Waffles or Pancakes	Bananas	
Assorted Muffins	Craisins	*May be flavored
Assorted Bagels	Canned Fruit	
Assorted Breakfast Breads	Juice	

Lunch may include, but is not limited to the following:

Entree	Vegetables	Fruit	Milk*
PB or Sunbutter and Jelly Sandwiches	Carrots	Orange	1%
Frozen Hamburgers, Hot Dogs, Chicken Patties	Celery Sticks	Apple/Apple Slices	Non-fat
Assorted Deli Sandwiches	Broccoli	Bananas	
Frozen Chicken Tenders, Popcorn Chicken or Nuggets	Frozen or Canned Vegetables	Craisins	*May be flavored
Frozen Meatballs	Canned Beans	Juice	
Frozen Cheese or Pizza Sticks	Side Salads		
Assorted “Breakfast for Lunch” Sandwiches	Frozen French Fries or Tots		

Product may contain 1 or all of the top 8 Allergens: Milk, Eggs, Fish, Shellfish, Peanuts, Treenuts, Wheat, Soy.

Serving Instructions

- You should serve one meal for breakfast and one for lunch.
- When providing a complete meal to your student, please serve as follows:
    - Breakfast - Provide one labeled Breakfast Bag which will include the Entrée and Fruit, and provide 1 Milk.
    - Lunch - Provide one labeled Lunch Bag which will include the Entrée, Vegetable and Fruit, and provide 1 Milk.

Any food remaining after 5 days should be thrown out.

Prepping Instructions

- Wash your hands for 20 seconds prior to prepping.
- Some items require you to put them together (ex. Sunbutter & Jelly Sandwich Kit, buns for burger, hot dog, or chicken sandwich, etc.).
- Other items provided are already made or are ready to eat items as packaged.
- Some items should be heated prior to serving. ***Please see the heating instructions included with your meals.***

Heating Instructions

Heating Instructions for Breakfast Items in a Wrapper (Mini Pancakes, Mini Waffles, Mini French Toast)

Microwave Instructions- Times may vary
Keep frozen in pouch. Microwave on high until warm; about 45 seconds.

Oven Instructions- Times may vary
Keep frozen in pouch. Preheat oven to 350 F.
Place frozen item on sheet pan. Heat until internal temperature reaches 165 F, convection oven 7-10 minutes.
Cinnamon waffles may take longer: 15-16 minutes.

Heating Instructions for other Breakfast Items needing to be heated (Pancake, Waffle, French Toast Sticks, Grape Crescent)

Microwave Instructions- Times may vary
Place frozen item on microwave safe plate. Microwave on high until warm; about 35 seconds for 2 items, 50 seconds for 3 items.

Oven Instructions- Times may vary
Preheat oven to 350 F.
Place frozen item on sheet pan. Bake until golden brown and internal temperature reaches 165 F, 4-5 minutes. French Toast Sticks may take longer; 5-7 minutes

Heating Instructions for Egg Sandwiches

Microwave Instructions- Times may vary
Place item on microwave safe plate. Microwave on high until warm; about 40 to 90 seconds.

Oven Instructions- Times may vary
Preheat oven to 350 F. Place item on sheet.
Bake for 12-18 minutes or until internal temperature reaches 165 F. Times may be shorter or longer if item is thawed or frozen.

Heating Instructions for Hot Dogs, Hamburgers, Meatloaf, Chicken Popcorn, Patties, Tenders, Drumsticks, or Nuggets, Burritos, Meatballs, all Cheese Sticks, Frozen Potatoes

Microwave Instructions- Times may vary
Place frozen item on microwave safe plate. Microwave on high until warm; about 40 to 90 seconds.
Do not microwave Frozen Potatoes

Oven Instructions- Times may vary
Preheat oven to 350 F.
Place frozen item on sheet pan. Bake for 12 to 18 minutes until internal temperature reaches 165 F.
Times may be shorter or longer if items is thawed or frozen.

Heating Instructions for Frozen Vegetables

Microwave Instructions- Times may vary
Place vegetables in microwave safe container and cover. Microwave on high until 140F, 40 to 90 seconds

Stovetop Instructions- Times may vary
In pot with water over medium high heat bring water to a boil, add vegetable, return to boil.
Simmer until temperature reaches 140F, 2-3 minutes.
Drain. Serve Hot.

Heating Instructions for Canned Vegetables and Beans

Microwave Instructions- Times may vary
Place vegetables or beans in microwave safe container and cover. Microwave on high until 140F, 30 to 60 seconds

Stovetop Instructions- Times may vary
Place vegetable or beans in pot. Simmer until temperature reaches 140F, 2-3 minutes. Serve Hot.