

Weekly Virtual Menu September 14- 18, 2020

We hope you enjoy your meals! Please take a few moments to read the information regarding storage and preparation of the food you received.

Menu Subject to change without notice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast: Apple Juice (4 oz.) 1 W.G. Muffin (2 oz.) 1 Strawberry Banana Apple Sauce (4.5 oz.) Milk (8 oz.)	Breakfast: Grape Juice (4 oz.) 1 Multi-Grain Cheerios Cereal Bowl (1oz.) 1 L.F. String Cheese (1 oz.) Apple (1) Milk (8 oz.)	Breakfast: Grape Juice (4 oz.) 1 W.G. Donuts (6ea-3.2 oz.) Peach Cup (4.5 oz.) Milk (8 oz.)	Breakfast: Apple Juice (4 oz.) 1 W.G. Frosted Flakes Cereal Bowl (1 oz.) 1 Yogurt (4oz.) Apple (1) Milk (8 oz.)	Breakfast: Grape Juice (4oz.) 1 W.G. Cinnamon Toast Crunch Cereal Bowl (1 oz.) Peach Cup (4.5 oz.) Milk (8 oz.)
Lunch: Chicken Strips (2.5 oz.) W.G. Bagel (2.2 oz.) Broccoli (3/4 Cup) 1 Berry Cup (4.5 oz.) Milk (8 oz.)	Lunch: W.G. French Bread Pizza Broccoli (3/4 Cup) Orange (1) Milk (8 oz.)	Lunch: Chicken Strips (2.5 oz.) W.G. Corn Bread (2.2 oz.) Broccoli (3/4 Cup) 1 Apple Sauce (4.5 oz.) Milk (8 oz.)	Lunch: W.G. French Bread Pizza Broccoli (3/4 Cup) 1 Strawberry Cup (4.5 oz.) Milk (8 oz.)	Lunch: Chicken Strips (2.5 oz.) W.G. Soft Pretzel (2.2 oz.) Broccoli (3/4 Cup) Orange (1) Milk (8 oz.)

Fresh produce should be washed before consuming. All refrigerated or frozen foods must be properly stored immediately upon receipt. Refrigerated items must be kept at a temperature of 40° F or below and frozen items below 0° F.

Storage:

Refrigerate: juice, milk, yogurt, string cheese, apples & oranges in the refrigerator. (Take out daily for child/children)

Freeze: Chicken strips, French bread pizza, soft pretzel, bagel, berry cup, peach cups, strawberry cup, muffin, broccoli. (Take out daily for child/children)

Preparation:

French Bread Pizza: Preheat oven to 325 °F. Place frozen pizza on a piece of foil or sheet pan directly on the rack for even heating. Bake for 12 to 15 minutes or until internal temperature reaches a minimum of 165 °F. Remove item from oven and let sit for 5-10 minutes before consuming. *CAUTION: Product will be hot. Consume with caution. Consume within 2 hours.

Frozen Broccoli: can be boiled (5 minutes), steamed, microwaved, roasted or sautéed from frozen state until desired tenderness. Heat to 140°F or higher for at least 15 seconds. Seasoned to taste.

Chicken strips: Preheat oven to 350 °F, remove from the package, place product on baking sheet, and cook in the oven for 15-20 minutes. Product is ready to consume when an internal temperature of at least 165°F degrees is reached. Remove item from oven and let sit for 5-10 minutes before consuming. *CAUTION: Product will be hot. Consume with caution. Consume within 2 hours.