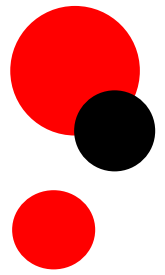


PCSD 7 Day Meal Pack



Week of **December 2nd**

WEDNESDAY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast/Desayuno							
MEAL PICK UP	Muffin Juice Milk	Cereal Animal Crackers Fruit Milk	Pop Tarts Juice Milk	Breakfast Bar Fruit Milk	Muffin Juice Milk	Cereal Animal Crackers Fruit Milk	Pop Tarts Juice Milk

Lunch/Almuerzo							
MEAL PICK UP	All Beef Burger Oven Baked Fries Fruit Milk	Nachos with Meat and Cheese Vegetables Fruit Milk	Cheese Stuffed Breadsticks Vegetables Fruit Milk	Popcorn Chicken Vegetables Fruit Milk	Pizza Vegetables Fruit Milk	Southern Baked Chicken Biscuit Vegetables Fruit Milk	Brunch for Lunch Mini Pancakes Turkey Sausage Tater Tots Fruit Milk
* Menu items subject to change without notice based on availability							
IMPORTANT! Preparing Your Meal							
Please Note: Your Meal Package contains perishable products, and should be immediately stored in refrigeration between 36° F- 41° F, for best quality and freshness.							

Keep Cold Foods Cold

Store perishables in refrigerator between 36°F – 41°F for best quality and freshness

Store all frozen meals in the freezer at a temperature of 0° F or below

- String Cheese
- Milk/Juice
- Fruit/Vegetables
- Frozen Meals

Heat Hot Foods Up

Reheat all frozen meals to an internal temperature of 165° F as measured with a food thermometer



Remember to wash your hands before you eat!



This institution is an equal opportunity employer.

Serving up happy & healthy



PCSD 7 Day Meal Pack

This pack Includes the following:

BREAKFAST

WG Cereal, Animal Crackers (contains wheat)

Cereal Breakfast Bar (Trix or Cinnamon Toast) (contains wheat)

Muffin (will include one below)

Blueberry (contains eggs, milk, soy, wheat)

Chocolate (contains eggs, milk, soy, wheat)

Banana (contains eggs, soy, wheat)

1/2 Gallon of White Milk

Assorted Pop Tarts (will include any from the list below)

Cinnamon (contains soy, wheat)

Strawberry (contains soy, wheat)

Chocolate Fudge (contains soy, wheat)

LUNCH

All Beef Burger on WW Bun (contains wheat), Oven Bake Fries

To heat burger from frozen: keep burger in wrap and microwave on high for 1 ½ minutes

To heat fries from frozen: place on baking sheet and bake at 350 degrees for 15 minutes

Nachos with Turkey Meat and Cheese (contains soy and milk)

To heat turkey meat from frozen: remove from container, place in a microwave safe dish and cover, heat on high for 1 ½ minutes.

Cheese Stuffed Breadsticks (contains milk, wheat, egg, soy)

To heat breadsticks from frozen: remove from wrap, place on baking sheet and bake at 350 degrees for 17-20 minutes

Popcorn Chicken (contains wheat, soy)

To heat chicken from frozen: Remove from packaging and place on a baking sheet, bake on 350 degrees for 15-17 minutes

Southern Baked Chicken (contains wheat), WG Biscuit (contains wheat, milk)

To heat chicken from frozen: remove from wrap and place on baking sheet, bake on 350 degrees for 15-17 minutes

To heat biscuit from frozen: keep in wrap and microwave on high for 1 minute

Pizza (contains wheat, milk, soy)

To heat pizza from frozen: remove pizza from wrap and place on baking sheet, bake on 400 degrees for 25-30 minutes. (can also be microwaved – remove from wrap and place on a microwave safe dish, microwave on high for 2-2 ½ minutes)

Brunch for Lunch – Mini Pancakes (contains milk, wheat, and egg), Turkey Sausage, Tater Tots

To heat mini pancakes from frozen: Follow package instructions

To heat turkey sausage from frozen: Keep in plastic and microwave on high for 1 ½ minutes

To heat tater tots from frozen: Take out of package and place on a baking sheet, bake on 375 degrees for 15-20 minutes



NOTES

*Mixed vegetable bags can consist of the following vegetables: carrots, cauliflower, corn, peas, mashed potatoes, string beans, broccoli, brussel sprouts, baked beans, black beans, refried beans, sweet potatoes, potato wedges

**To heat most vegetables from frozen: Remove from packaging and place in a microwave safe dish, add a little water and cover, microwave on high for 1 ½ - 2 minutes*

*Fruit Juice can consist of the following juices: apple, orange, grape, and fruit punch

*Mixed fruit bags can consist of the following fruits: blueberry, strawberry, raspberry, blackberries, mango, cantaloupe, honeydew, grapes, and pineapples

CHILDREN – PLEASE ONLY HEAT THESE PRODUCTS WITH ADULT SUPERVISION

PLEASE NOTE: COOKING GUIDELINES: FOR FOOD SAFETY AND QUALITY, COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F

PLEASE NOTE: COOKING TIMES MAY VARY BASED ON HOUSEHOLD APPLIANCES

PLEASE LET US KNOW OF ANY ALLERGIES SO WE CAN TRY OUR BEST TO ACCOMMODATE. THANK YOU AND STAY SAFE.

