



April, May, June 2021

Meal Distribution Menu

FREE FOR ALL STUDENTS



Your lunch includes: An entrée with protein and whole grains, one (1) vegetable side dish, one (1) fruit side dish, and a choice of milk.

YOU MUST TAKE ALL OFFERED ITEMS. Milk choices: 1% white and skim chocolate. All milk is Michigan-produced and artificial hormone-free.

MENU ITEMS ARE SUBJECT TO CHANGE WITHOUT NOTICE

Week of:	Monday Breakfast:	Tuesday Breakfast:	Wednesday Breakfast:	Thursday Breakfast:	Friday Breakfast:
April 12	Cinnamon Roll Pull-Aparts	Cereal Breakfast Kit	Strawberry Cream Cheese Bagel Bar & Clementine	Cereal Breakfast Kit	Cinnmania Breakfast Grahams and Box of Raisins
April 26	Lunch:	Lunch:	Lunch:	Lunch:	Lunch:
May 10	Taco Stick	Mini Cheeseburgers	Mozzarella Cheese Sticks and Marinara	Breakfast Burrito & String Cheese	Macaroni & Cheese
May 24	Cauliflower	Broccoli	Carrots	Splash Veggie Juice	Celery
June 7	Fresh Orange	Apple Slices	Mixed Berry Applesauce	Zee Zee's Fruit Cup	Whole Fruit Cup
Week of:	Monday Breakfast:	Tuesday Breakfast:	Wednesday Breakfast:	Thursday Breakfast:	Friday Breakfast:
April 19	Cinnamon Roll Pull-Aparts	Cereal Breakfast Kit	Strawberry Cream Cheese Bagel Bar & Clementine	Cereal Breakfast Kit	Cinnmania Breakfast Grahams and Box of Raisins
May 3	Lunch:	Lunch:	Lunch:	Lunch:	Lunch:
May 17	PBJ Uncrustable	Cheese Pizza	Mini Cinnamon French Toast & Colby Cheese Omelet	Chicken Tenders & Apple Cinnamon Muffin	Pepperoni Breadsticks
May 31	Splash Veggie Juice Apple Slices	Broccoli Whole Fruit Cup	Celery Orange Juice	Baby Carrots Fresh Orange	Cauliflower Cherry Applesauce

Taco Stick: Thawing is required before heating for best results. Place product on baking sheet and cook until internal temperature of 165°F is achieved. Conventional Oven: 300°F 18-20 minutes.

Mini Cheeseburgers: For best results, heat from thawed state. Thaw frozen sandwiches in refrigerator. Sandwiches can be stored in refrigerator for up to 14 days. Convection Oven: From thawed state, heat sealed wrapped sandwich (es) in a preheated 275 degrees f convection oven for 20-25 minutes. (Do not heat above 275 f). Microwave: Microwave for 1 minute on full power (1000 watts). Times may vary.

Mozzarella Cheesesticks: Preheat oven to 450°F. Place frozen cheese sticks in a single layer on a baking sheet with cheese sticks not touching. Bake 7-8 minutes or until an internal temperature of 155°F.

Breakfast Burrito: Place on a sheet pan with seam of wrapper facing down. Caution: Do not over heat. Heating above 165°F may cause filling leakage. Conventional Oven: Preheat oven to 300°F. Frozen: Bake for 18-20 minutes. Refrigerated: Cook for 15-17 minutes. Microwave: Frozen: Heat for 50 seconds. Refrigerated: Heat for 30 seconds. Heat to an internal temperature of 165°F

Macaroni & Cheese: Microwave Heating Instructions (from thawed): If frozen, thaw pouches of pasta in the refrigerator for 24 hours. Cut 1/2" slit in bag and place slit side up in microwave. Heat on high power for 60 seconds. Allow bag to cool, carefully remove from microwave, pour into a bowl and serve. Stovetop Heating Instructions (from thawed): Empty thawed pasta into an 8-inch sauté pan or small pot. Heat over medium/low heat for 2-3 minutes or until product reaches desired temperature. Remove from heat, stir and serve.

Round Cheese Pizza: Place wrapped pizzas on baking sheet. For best results, cook from frozen state. Convection Oven: Preheat oven to 400°F, bake 24-26 minutes. Microwave Oven: (1 portion, unwrapped) Cook 2-3 minutes, 1100 Watts. Heat to an internal temperature of 165°F

Cinnamom French Toast: Preheat oven to 350°F. Place pouches flat on a baking sheet. Bake for 13-15 minutes.

Colby Cheese Omelet: Omelets can be eaten cold, they are fully cooked. Preheat oven to 250°F, place Omelets on a baking sheet with a pan liner (or spray pan with non-stick cooking spray). Be sure to leave a 1-2 inch gap between Omelets. Cook for 10-12 minutes or until it reaches an internal temperature of at least 165°F.

Chicken Tenders: Preheat oven to 400°F, place tenders on a baking sheet with a pan liner (or spray pan with non-stick cooking spray). Cook for 8-10 minutes or until it reaches an internal temperature of at least 165°F.

Pepperoni Breadsticks: Product should be stored frozen and cooked thawed. Allow to thaw prior to cooking. Cook for 9 - 12 minutes in a 325°F oven. Products appear to be cooked but are not and need to be cooked to an internal temperature of 165°F.