



January 18 & 25

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	Tuesday	Wednesday	Thursday	Friday
January 18	Breakfast: UBR Breakfast Round & Craisins Lunch: Mini Cheeseburgers Dragon Juice Apple Slices	Breakfast: Cereal Breakfast Kit Lunch: Cheese Omelet & Pancakes Celery Apple Juice	Breakfast: Apple Cinnamon Breakfast Bar with Clementine Lunch: Ham & Cheese Sandwich Carrots Applesauce	Breakfast: Cereal Breakfast Kit Lunch: Chicken Drumstick & Cheddar Goldfish Baby Carrots Fresh Orange	Breakfast: Cinnamonia Breakfast Grahams and Box of Raisins Lunch: Pepperoni Cheesy Breadsticks Cauliflower Applesauce
January 25	Breakfast: Ultimate Breakfast Round (UBR) with Craisins Lunch: Grilled Cheese Sandwich Cauliflower Orange	Breakfast: Cereal Breakfast Kit Lunch: Mini Corn Dogs Broccoli Apple Slices	Breakfast: Apple Cinnamon Breakfast Bar with Clementine Lunch: Pepperoni Calzone Baby Carrots Cinnamon Applesauce	Breakfast: Cereal Breakfast Kit Lunch: Chicken Tenders & Blueberry Muffin Dragon Juice Fruit Cup	Breakfast: Cinnamonia Breakfast Grahams and Box of Raisins Lunch: Pepperoni & Sausage Stromboli Celery Whole Fruit Cup

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.

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.

Pancakes: To Reheat: Preheat oven to 350°F. Open one end of wrapper. Place wrapper with pancakes on a cookie sheet. Bake for 7 to 9 minutes or until hot.

Colby Cheese Omelet: 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 Drumstick: Oven: Preheat oven to 350°F. Place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. Heat for 25-30 minutes. Heat to an internal temperature of 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.

Garlic Cheesy 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.

Grilled Cheese To Reheat: Do not remove wrap before heating. From thawed stage: preheat oven to 325°F, place onto baking sheet and heat for 8 to 12 minutes. Serve.

Mini Corn Dogs: Reheating from thawed state is recommended method. Microwave: frozen, 60 seconds; thawed, 30 seconds. Oven: 350°F: Frozen, 15 minutes; thawed, 10 minutes. For best results, flip halfway through cooking. Heat to an internal temperature of 165°F.

Beef Pepperoni Calzone: Calzones can be eaten cold, they are fully cooked. To Reheat: Preheat oven to 350°F, place calzone 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 calzones. Cook for 10-12 minutes or until it reaches an internal temperature of at least 165°F. The cooked product should be golden brown in appearance.

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 & Sausage Stromboli: For best results, allow to thaw prior to cooking. Do not refreeze. Bake at 325°F for 8-10 minutes until it reaches an internal temperature of at least 165°F.