

# What's on the Menu?

## 7-Day Breakfast & Lunch Menu Spring Break

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast						
<b>Frosted Strawberry Pop-Tart</b>  Mixed Fruit Cup	<b>Apple-Cinnamon Nutri-Grain Bar</b>  100% Dragon Punch Fruit Juice	<b>Rice Krispies Granola Cocoa Bar</b>  Wango-Mango 100% Fruit Juice	<b>Multi Grain Frosted Flakes Cereal Bowl</b>  Diced Pears Fruit Cup	<b>Blueberry Nutri-Grain Bar</b>  100% Assorted Fruit Juice	<b>Strawberry Cheerios Cereal Bar</b>  Diced Peaches Fruit Cup	<b>Frosted Cinnamon Pop-Tart</b>  100% Dragon Punch Fruit Juice
Lunch						
<b>Three Cheese Macaroni &amp; Cheese*</b>  With Assorted Craisins & Assorted Mixed Vegetables**	<b>EZ Jammer Soy &amp; Grape Jam Sandwich</b>  With Raisins & Assorted Mixed Vegetables**	<b>Whole Grain Rotini Pasta with Beefy Meat Sauce*</b>  With Assorted Mixed Vegetables**	<b>Personal Cheese Pizza*</b>  With Assorted Craisins & Assorted Mixed Vegetables**	<b>Creamy Mac &amp; Cheese*</b>  With Mixed Fruit Cup & Assorted Mixed Vegetables**	<b>Egg &amp; Cheese English Muffin Sandwich*</b>  With a Mild Cheddar Cheese Stick, Assorted Craisins & Assorted Mixed Vegetables**	<b>Breakfast Pizzas with Turkey Sausage &amp; Cheese*</b>  With Diced Peaches Fruit Cup & Assorted Mixed Vegetables**

\*These items will need to be reheated. Please see "Preparing Your Meal" handout for heating up instructions.

\*\*Bulk vegetables provided in meal kit provides at least ½ cup serving per day.

\*\***Veggie Options: Crinkle Cut Carrots, Peas & Carrots, Green Beans & 5-Way Veggies**

½ pint milk is included with each entrée.

All grain items are whole grain.

This Institution is an Equal Opportunity Provider.





# Preparing Your Meal

Please use the following instructions for storing and heating your meal at home.

**Please Note:** Your Meal Box contains perishable products, and should be immediately stored in refrigeration between 36° F- 41° F, for best quality and freshness



**Keep Cold  
Foods Cold**

**100% Fruit Juice & Fruit Cups  
Mild Cheddar Cheese  
Three Cheese Mac & Cheese/Creamy Macaroni & Cheese  
EZ Jammer Sandwich  
Rotini Pasta with Beefy Meat Sauce  
Personal Cheese Pizza  
Egg & Cheese English Muffin Sandwich  
Turkey Sausage & Cheese Breakfast Style Pizzas  
Assorted Mixed Vegetables**

**Store in refrigeration between 36°F – 41°F for best quality and freshness**



**Heat Hot  
Foods Up**

**Three Cheese Mac & Cheese  
Creamy Mac & Cheese  
Rotini & Meat Sauce Pasta  
Assorted Vegetables:**

**For Best Results,** Thaw in Refrigerator, Cut Open Wrapper, Place in Microwave Safe Bowl. Microwave 1 Minute, Remove, Stir, Microwave an additional 1minute plus 30 seconds or until internal temperature reaches 165F

**Personal Cheese Pizza  
Egg & Cheese English Muffin Sandwich  
Turkey Sausage & Cheese Breakfast Style Pizzas:**  
Conventional Oven – Reheat until internal temperature reaches 165F  
Microwave – Remove from Wrapper, Place on microwave safe plate and microwave on High for 1:30 or until internal temperature reaches 165F