



Suggested Weekly Menu

Virtual Learners

9/30-10/6

	Wednesday	Thursday	Friday	Monday	Tuesday
Breakfast	Breakfast Bar or Pop Tart + Orange Juice + 1 cup (8oz) Milk	Dutch Waffle w/Syrup + Craisins + 1 cup (8oz) Milk	Cereal with 1 cup (8oz) Milk + Toast with Jelly + Red Apple	Cereal with 1 cup (8oz) Milk + Toast with Jelly + Green Apple	Confetti Pancakes + Orange Juice + 1 cup (8oz) Milk
Lunch	Chicken Tenders + Baby Carrots w/ Ranch + Strawberry Applesauce + 1 cup (8oz) Milk	Meal Breaker w/ Hummus + 1 cup (8oz) Milk	Mini Cheese Bagel + 1 cup (8oz) Milk + Fresh Broccoli w/Ranch	Grilled Cheese Sandwich + Fresh Broccoli w/Ranch + Fruit Cup + 1 cup (8oz) Milk	Chicken Corndog Nuggets + Baby Carrots w/Ranch + Strawberry Applesauce + 1 cup (8oz) Milk

The Child Nutrition Program is not responsible for the safety of food once it has been received by the parent/guardian. Instructions have been provided to best ensure freshness, quality, and safety of each food item. For questions regarding food safety of at-home meals, please call 225-387-6421.



Instructions for Heating

❖ Pancakes and Dutch Waffle

1. Heat in microwave 10-15 seconds or until warm. Drizzle with syrup.

❖ Chicken Tenders:

1. Preheat oven to 400°F.
2. Bake from frozen for 11-13 minutes.

❖ Mini Cheese Bagel:

- Microwave: Heat from frozen for 1-1:30 minutes
- Oven:
 1. Preheat oven to 425°F
 2. Bake from frozen until thoroughly cooked (9-11 minutes).

❖ Corn Dogs

3. Preheat oven to 350°F.
4. Bake from frozen for 10-12 minutes.

❖ Grilled Cheese Sandwich:

1. Thaw in refrigerator overnight.
2. Preheat oven to 350°F.
3. Do not remove film.
4. Bake for 10-12 minutes.