



Weekly Menu for Virtual Learners

9/9-9/14

	Wednesday	Thursday	Friday	Monday	Tuesday
Breakfast	Cereal with Milk + Toast with Jelly + Fresh Yellow Apple	Pop Tarts + Orange Juice + Milk	Pancakes + Fresh Green Apple + Milk	Cereal with Milk + Toast with Jelly + Orange Juice	Pancakes + Craisins + Milk
Lunch	5" Sandwich Sub + Carrots + Strawberry Applesauce + Milk	Mini Cheese Bagel + Fresh Orange + Fresh Broccoli w/Ranch + Milk	Tyson Chicken Tenders + Fresh Baby Carrots w/Ranch + Fresh Orange + Milk	Grilled Cheese Sandwich + Fresh Broccoli w/Ranch + Tropical Fruit Cup + Milk	Mozzarella Cheese Sticks + Marinara Dipping Sauce + Fruit Cup + 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:
 1. Heat from frozen in microwave or oven until warm.

- ❖ 5” Sandwich Sub:
 1. Thaw in refrigerator overnight.
 2. Preheat oven to 350°F.
 3. Remove packaging, bake until fully heated (10-12 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).

- ❖ Chicken Tenders:
 1. Preheat oven to 400°F.
 2. Bake from frozen for 11-13 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.

- ❖ Mozzarella Cheese Sticks:
 - Microwave: Heat from frozen for 2-3 minutes
 - Oven:
 1. Preheat oven to 375°F
 2. Bake from frozen until thoroughly cooked (9-11 minutes).