



September 2020

• Alternate choices not available for take home

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|--|
| <p>SPV – Grape Tomatoes 7</p> <p>Labor Day – No School</p>  | <p>8</p> <p>Hot Dog on a Bun  Or- Yogurt & Cheese Stick with Assorted WG Bread Baked Beans Chilled Pears</p> | <p>9</p> <p>Fried Chicken Drumstick with Assorted WG Bread Or- Yogurt & Cheese Stick with Assorted WG Bread Corn Chilled Peaches</p> | <p>10</p> <p>Warm Turkey & Cheese Croissant Or- Yogurt & Sunflower Seeds with a WG Soft Pretzel Broccoli Muskmelon Farm to School</p> | <p>Patriot Day 11</p> <p>Breaded Mozzarella Sticks with Pizza Sauce Or- Yogurt & Cheese Stick with Assorted WG Bread Crunchy Celery Sticks Fresh Apple Farm to School</p> |
| <p>SPV – Baby Carrots 14</p> <p>Popcorn Chicken with Assorted WG Bread Or- Yogurt & Cheese Stick with Assorted WG Bread Green Peas Chilled Pears</p> | <p>15</p> <p>Chicken Waffle Sandwich Or- Yogurt & Cheese Stick a WG Soft Pretzel Seasoned Green Beans Mixed Fruit</p> | <p>16</p> <p>Pizza Hut Pizza Or- Yogurt & Cheese Stick with Assorted WG Bread Romaine Salad with Croutons Blueberries</p> | <p>17</p> <p>French Toast Sticks with Sausage Links  Or- Yogurt & Sunflower Seeds with Assorted WG Bread Glazed Carrots Watermelon Farm to School</p> | <p>18</p> <p>Corn Dog Or- Yogurt & Cheese Stick with Assorted WG Bread Ranch Beans Fresh Apple Farm to School</p>  |
| <p>SPV – Grape Tomatoes 21</p> <p>Breaded Mozzarella Sticks with Pizza Sauce Or- Yogurt & Cheese Stick with Assorted WG Bread Crunchy Celery Sticks Fresh Apple Farm to School</p> | <p>22</p> <p>First Day of Autumn</p> <p>Warm Turkey & Cheese Croissant Or- Yogurt & Cheese Stick with a WG Soft Pretzel Corn Muskmelon Farm to School</p>  | <p>23</p> <p>Fried Chicken Drumstick with Assorted WG Bread Or- Yogurt & Cheese Stick with Assorted WG Bread Broccoli Chilled Peaches</p> | <p>24</p> <p>Hot Dog on a Bun  Or- Yogurt & Sunflower Seeds with Assorted WG Bread Baked Beans Chilled Pears Candy Cookie</p> | <p>25</p> <p>Crispy Chicken on a WG Bun Or- Yogurt & Cheese Stick with Assorted WG Bread Baby Carrots Mixed Fruits</p> |
| <p>SPV – Baby Carrots 28</p> <p>Corn Dog Or- Yogurt & Cheese Stick with Assorted WG Bread Seasoned Green Beans Fresh Apple Farm to School</p> | <p>29</p> <p>French Toast Sticks with Sausage Links  Or- Yogurt & Cheese Stick with Assorted WG Bread Crinkle French Fries Watermelon Farm to School</p> | <p>30</p> <p>Pizza Hut Pizza Or- Yogurt & Cheese Stick with Assorted WG Bread Romaine Salad with Croutons Blueberries</p> | <p>1</p> <p>Chicken Waffle Sandwich Or- Yogurt & Sunflower Seeds with a WG Soft Pretzel Glazed Carrots Mixed Fruit</p> | <p>2</p> <p>Popcorn Chicken with Assorted WG Bread Or- Yogurt & Cheese Stick with Assorted WG Bread Ranch Beans Chilled Pears</p> |

8 oz. nonfat flavored or 1% unflavored milk served daily. Menus subject to change.  Denotes PORK in main entrée.  Denotes BEEF in product
This Institution is an equal Opportunity provider and employer.

Refrigerate or freeze your delivery accordingly as soon as possible. Bacteria can multiply rapidly if food is kept in the “danger zone” between 40°F and 140°F for more than two hours. Store it in the refrigerator or freezer as soon as possible until you are ready to prepare it. Whole fruits and vegetables should be washed under cold running water before cutting or eating. For more detailed information on food safety, please visit:

<https://www.cdc.gov/foodsafety/keep-food-safe.html>

Heating Instructions for Entrée Items:

Breaded Chicken Breast

Keep frozen until ready to use. Preheat oven to 400 degrees F. Place frozen chicken filet on a baking sheet lined with parchment paper or tin foil. Heat for 18 – 20 minutes, or until internal temperature reaches 165 degrees F.

Whole Grain Chicken Corn Dogs

Microwave high (1100 Watts) – Frozen 20 – 25 seconds, turn over then 20 – 25 seconds more. Thawed: not recommended.

Conventional oven 350 degrees F – Frozen – 24 – 28 minutes. Thawed: not recommended.

Convection oven 350 degrees F – Frozen – 15 – 20 minutes. Thawed: not recommended.

Internal temperature of product should reach 180 degrees F.

Caution – product will be hot. Times and temperatures may vary based on actual equipment and quantity of product prepared. Adjust accordingly.

Whole Grain Popcorn Chicken

Keep frozen until ready to use. Preheat oven to 350 degrees F. Place frozen popcorn chicken on a baking sheet lined with parchment paper or tin foil. Heat for 10 – 12 minutes, or until internal temperature reaches 165 degrees F.

Hot Dog

Keep refrigerated until ready to use.

To Boil – Add hot dog to boiling water and cook 4 - 5 minutes. Remove once internal temperature reaches 140 degrees F.

To Microwave – Place hot dog on a plate and microwave for 1 ½ - 3 minutes, or until internal temperature reaches 140 degrees F.

Breaded Mozzarella Sticks

Keep frozen until ready to use. Preheat oven to 350 degrees F. Place breaded mozzarella sticks on a baking sheet lined with parchment paper or tin foil. Heat for 10 – 15 minutes, or until internal temperature reaches 140 degrees F.

Breaded Chicken Drumstick

Keep frozen until ready to use. Preheat oven to 375 degrees F. Place frozen chicken drumstick on a baking sheet lined with parchment paper or tin foil. Heat for 35 – 40 minutes, or until internal temperature reaches 165 degrees F.

Sausage Links

Keep frozen until ready to use. Preheat oven to 350 degrees F. Place frozen sausage links on a baking sheet lined with parchment paper or tin foil. Heat for 12 – 15 minutes, or until internal temperature reaches 165 degrees F.

