



## Suggested Weekly Menu

### Virtual Learners

**9/16-9/22**

	Wednesday	Thursday	Friday	Monday	Tuesday
<b>Breakfast</b>	Cereal with 1 cup (8oz) Milk + Toast with Jelly + Golden Apple	Breakfast Bar or Pop Tart + Orange Juice + 1 cup (8oz) Milk	Dutch Waffle w/Syrup + Green Apple + 1 cup (8oz) Milk	Cereal with 1 cup (8oz) Milk + Toast with Jelly + Orange Juice	Dutch Waffle w/Syrup + Craisins + 1 cup (8oz) Milk
<b>Lunch</b>	5" Sandwich Sub + Baby Carrots w/ Ranch + Strawberry Applesauce + 1 cup (8oz) Milk	Mini Cheese Bagel + Fresh Broccoli w/Ranch + Fruit Cup + 1 cup (8oz) Milk	Pizza + Marinara Dipping Sauce + Fresh Orange + 1 cup (8oz) Milk	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

### ❖ Dutch Waffle

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

### ❖ 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).

### ❖ Corn Dogs

1. Preheat oven to 350°F.
2. 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.

### ❖ Pizza

- 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).