



Suggested Weekly Menu

Virtual Learners

9/23-9/29

	Wednesday 9/23	Thursday 9/24	Friday 9/25	Monday 9/28	Tuesday 9/29
Breakfast	Poptart or Breakfast Bar + Orange Juice + Milk	Dutch Waffle w/ Syrup + Craisins + Milk	Cereal & Milk + Toast w/Jelly + Fresh Orange	Cereal & Milk + Toast w/Jelly + Fresh Apple	Confetti Pancakes + Orange Juice + Milk
Lunch	Breaded Mozzarella Sticks + Marinara Cup + Fresh Apple + Milk	Meal Breaker (Bean Dip) + Milk	Chicken Tenders + Baby Carrots w/ Ranch + Applesauce + Milk	Italian Cheesy Bread + Marinara Cup + Orange + Milk	Sub Sandwich + Baby Carrots w/ Ranch + Applesauce + 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 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).

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

- ❖ Italian Cheesy Bread:
 - Oven: Bake at 300°F for 9-10 minutes