


# Virtual Learning Meal Distribution

## September 8th– 10th Meal Delivery

7th	8th	9th	10th	11th (Delivered on the 10th)
	<p><b><u>BREAKFAST</u></b> Oatmeal Bar Raisins 100% Fruit Juice Milk</p> <p><b><u>LUNCH</u></b> Pizza Sticks * Marinara Cup Applesauce Veg Juice Blend Milk</p> <p><b><u>HS EXTRA</u></b> Cranberries</p>	<p><b><u>BREAKFAST</u></b> Cereal Bowl WG Pop Tart Apple Slices w/ Grapes Orange Juice Milk</p> <p><b><u>LUNCH</u></b> Chicken Sub Carrot Sticks w/ Ranch Green Peas Mixed Fruit Milk</p> <p><b><u>HS EXTRA</u></b> Orange Doritos</p>	<p><b><u>BREAKFAST</u></b> Cereal Bar WG Pop Tart Applesauce Orange Juice Milk</p> <p><b><u>LUNCH</u></b> Chicken Tenders Corn Pinto Beans Diced Pears Milk</p> <p><b><u>HS EXTRA</u></b> Sun Chips Raisins</p>	<p><b><u>BREAKFAST</u></b> Nutrigrain Bar Fruit Juice Apple Milk</p> <p><b><u>LUNCH</u></b> Spaghetti w/ Meatsauce Broccoli Apple Milk</p> <p><b><u>HS EXTRA</u></b> Cheese Stick Applesauce Carrot Sticks</p>

For your safety all meals are fully cooked and being delivered cold. Some items are to be reheated before eating

- Refrigerate these items immediately after receiving them. ALL MILK needs refrigerated immediately.
- The dry goods package (condiments, applesauce, cereal, etc.) does not need to be refrigerated.
- Items marked with an \* means place them in the freezer until ready to consume/heat. See instructions below.
- Pizza Stix- Remove from foil wrapper, Microwave for 45 seconds, remove and let cool. OR preheat oven to 400 degrees and bake for 15-17 minutes, remove from oven and let cool.
- Spaghetti Microwave 1 minute and stir, replace in microwave and heat 45 more seconds. Remove and let cool (always have permission to use the microwave)
- Chicken Tenders- place on a microwaveable plate and heat tenders 1 minute and add 30-45 seconds or until tenders are warm enough

**\*\*Items should be heated to 165 degrees and remember to let it cool before eating!\*\***