



# Hopkins Public Schools Student Nutrition

\*Menu subject to change based on availability of product\*

## Possible Breakfast Items:

## Item Storage/heating instructions:

Cereal	Cereal - shelf stable; eat by date on container
Sunflower Seeds	Sunflower seeds - shelf stable; eat by date on package
Yogurt Parfait w/ Granola	Yogurt parfait - refrigerate immediately; eat within 3 days
Homemade Muffins	Muffins - shelf stable; eat within the week
Bagel w/ Cream Cheese	Bagel - shelf stable; eat within the week Cream cheese - refrigerate immediately; eat within the week
French toast or waffles	Heat in microwave until temperature of 165°
Ultimate Breakfast Round	Breakfast round - shelf stable; eat within 3 days
Bagel w/ Chickpea Butter	Bagel - shelf stable; eat within the week Chickpea Butter - shelf stable; eat within 2 weeks
Breakfast Bread	Breakfast bread - shelf stable; eat within the week
Mini Maple Pancakes	Maple pancakes - Heat in microwave until temperature of 165°
Cheese Stick	Cheese stick - refrigerate immediately; eat within the week
Fruit	Fruit - one week on the counter; two weeks in the refrigerator
Milk	Milk - refrigerate immediately; drink by date on carton

## Possible Lunch Items:

## Item Storage/heating instructions:

Deli Turkey Sandwich or Twin Cheese Sandwich	Store in refrigerator and eat within 3 days
Chicken Drumstick or Thigh	Store in refrigerator and eat within 3 days. This item can be heated to a temp of 165° or eaten cold.
Baked Beans	Store in refrigerator and eat within 3 days. This item can be heated to a temp of 165° or eaten cold.
Coleslaw	Store in refrigerator and eat within 3 days.

<p>Chicken Caesar Wrap <i>or</i> Vegetable &amp; Hummus Wrap</p>	<p>Store ingredients in the refrigerator until ready to assemble. Assemble chicken Caesar wrap- toss dressing, lettuce, tomato, chicken and cheese in a bowl. Place in the center of the tortilla, roll it up and cut in half. Assemble vegetable &amp; hummus wrap- spread tortilla with hummus. Place cheese on hummus. Add cucumbers and red peppers. Roll it up and cut in half.</p>
<p>Turkey Party Sub <i>or</i> Egg Salad on French Bread</p>	<p>Store ingredients in the refrigerator until ready to assemble. Assemble turkey party sub- spread mayo or mustard on bottom French bread (if desired). Top with cheese, turkey, tomatoes, lettuce and bread top. Assemble egg salad sandwich- place egg salad on bottom French bread. Top with lettuce and bread top.</p>
<p>Sun Butter &amp; Jelly Sandwich</p>	<p>Shelf stable until ready to assemble. Assemble sun butter sandwich- spread sun butter on one slice of bread and jelly on the other. Put the two pieces together.</p>
<p>Cold BBQ Chicken Sandwich <i>or</i> Veggie Sandwich on a Bun</p>	<p>Store in refrigerator until ready to eat.</p>
<p>Taco salad with beef <i>or</i> Taco salad with beans Cornbread</p>	<p>Store ingredients in the refrigerator until ready to assemble. Place chips in a bowl or on a plate. Top with beef or beans, top lettuce, tomatoes, olives and taco salad dressing. Cornbread - shelf stable; eat within 3 days</p>
<p>Turkey Ranch Wrap Twin Cheese Sandwich</p>	<p>Store ingredients in the refrigerator until ready to assemble. Place turkey, cheese, lettuce and dressing on the wrap- roll up and cut in half. Twin cheese - place cheese on bread</p>
<p>Build your own pepperoni pizza pita <i>or</i> Build your own cheese pizza pita</p>	<p>Store ingredients in the refrigerator until ready to assemble. Assemble pizza pitas - spread sauce on pita. Top with pepperoni (if using) and cheese. Sprinkle with Parmesan. Enjoy! No need to heat but can be heated in the microwave or oven to melt cheese.</p>
<p>Fruit &amp; yogurt bistro box</p>	<p>Store ingredients in the refrigerator until ready to eat. Crackers do not need to be refrigerated.</p>
<p>Variety of Fruit/ Vegetables *Wash whole fruit before eating</p>	<p>Vegetables - put in the refrigerator and eat within the week. Fruit - store one week on the counter or two weeks in the refrigerator</p>
<p>Milk</p>	<p>Put in the refrigerator and drink by the date on the carton.</p>

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Para ver estas instrucciones en Español, por favor contactar a Carolina Lloyd al 952-988-4066 o visite nuestra pagina de web [HopkinsSchools.org/nutrition](https://HopkinsSchools.org/nutrition)

Si aad u aragto tilmaamahaan ku qoran af-soomaali fadlan kala xiriir Carolina Lloyd oo ah 952-988-4066 ama ka eeg boggayaga internetka ee [HopkinsSchools.org/nutrition](https://HopkinsSchools.org/nutrition)

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