



Thank you for participating in our Meals-to-Go Summer Program!
The following is important information about the breakfast and lunch meals this week.

- Please place all items in a refrigerator (set to 40° F) prior to heating and serving.
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- Always wash your hands with warm soapy water before preparing foods.
- All fresh produce should be washed with cold running water before being eaten.
- All frozen items are precooked and can be microwaved but must reach an internal temp of 165° F. Follow heating instructions below. Stir, if applicable and allow food to sit 2 minutes after heating.
- Please discard food if it has been left out at room temperature, leftovers in your fridge after 3-5 days, or if it has expired.

The meals-to-go are planned to provide well-balanced, healthy meals that meet the nutritional and energy needs of children.

Breakfast

Monday, June 9	Tuesday, June 10	Wednesday, June 11	Thursday, June 12	Friday, June 13
Apple Frudel (1)		Chocolate Chip Ultimate Breakfast Round (1)		
Chilled Fruit (½ cup)		Fresh Fruit (1 pc)		
Graham Crackers (1 oz)		Graham Crackers (1 oz)		
Low Fat Chocolate Milk (8 fl oz)		Low Fat Chocolate Milk (8 fl oz)		

Lunch

Monday, June 9	Tuesday, June 10	Wednesday, June 11	Thursday, June 12	Friday, June 13
PB&J Uncrustable Sandwich (1)		Ham & Cheese Sandwich (1)		
Low Fat Mozzarella String Cheese (1 oz)		Fresh Vegetables (½ cup)		
Fresh Vegetables (½ cup)		Chilled Fruit (½ cup)		
Fresh Fruit (1 pc)		1% Low Fat White Milk (8 fl oz)		
1% Low Fat White Milk (8 fl oz)				

Allergens: Products may contain one or all the top 9 Allergens: Milk, Eggs, Fish, Shellfish, Peanuts, Tree Nuts, Wheat, Soy, Sesame.

Heating Instructions

Product	Convection Oven	Conventional Oven
Apple Frudel	350° 5-6 minutes (thawed) 7-9 minutes (frozen)	350° 7-8 minutes (thawed) 11-13 minutes (frozen)

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Breakfast

Monday, June 16	Tuesday, June 17	Wednesday, June 18	Thursday, June 19	Friday, June 20
Cocoa Puffs Cereal Bowl (1)		Bagel (1) w/ String Cheese (1 pc)		
Chilled Fruit (½ cup)		Fresh Fruit (1 pc)		
Graham Crackers (1 oz)		Graham Crackers (1 oz)		
1% Low Fat White Milk (8 fl oz)		Low Fat Chocolate Milk (8 fl oz)		

Lunch

Monday, June 16	Tuesday, June 17	Wednesday, June 18	Thursday, June 19	Friday, June 20
PB&J Uncrustable Sandwich (1)		Turkey & Cheese Sub Sandwich (1)		
Low Fat Mozzarella String Cheese (1 oz)		Fresh Vegetables (½ cup)		
Fresh Vegetables (½ cup)		Chilled Fruit (½ cup)		
Fresh Fruit (1 pc)		1% Low Fat White Milk (8 fl oz)		
Low Fat Chocolate Milk (8 fl oz)				

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Breakfast

Monday, June 23	Tuesday, June 24	Wednesday, June 25	Thursday, June 26	Friday, June 27
Cocoa Puffs Cereal Bowl (1)		Homemade Chocolate Chip Muffin (1)		
Chilled Fruit (½ cup)		Fresh Fruit (1 pc)		
Graham Crackers (1 oz)		Graham Crackers (1 oz)		
1% Low Fat White Milk (8 fl oz)		1% Low Fat White Milk (8 fl oz)		

Lunch

Monday, June 23	Tuesday, June 24	Wednesday, June 25	Thursday, June 26	Friday, June 27
PB&J Uncrustable Sandwich (1)		Ham & Cheese Sandwich (1)		
Low Fat Mozzarella String Cheese (1 oz)		Fresh Vegetables (½ cup)		
Fresh Vegetables (½ cup)		Chilled Fruit (½ cup)		
Fresh Fruit (1 pc)		Low Fat Chocolate Milk (8 fl oz)		
Low Fat Chocolate Milk (8 fl oz)				

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Breakfast

Monday, June 30	Tuesday, July 1	Wednesday, July 2	Thursday, July 3	Friday, July 4
Apple Frudel (1)		Chocolate Chip Ultimate Breakfast Round (1)		
Chilled Fruit (½ cup)		Fresh Fruit (1 pc)		
Graham Crackers (1 oz)		Graham Crackers (1 oz)		
Low Fat Chocolate Milk (8 fl oz)		Low Fat Chocolate Milk (8 fl oz)		

Lunch

Monday, June 30	Tuesday, July 1	Wednesday, July 2	Thursday, July 3	Friday, July 4
PB&J Uncrustable Sandwich (1)		Turkey & Cheese Sub Sandwich (1)		
Low Fat Mozzarella String Cheese (1 oz)		Fresh Vegetables (½ cup)		
Fresh Vegetables (½ cup)		Chilled Fruit (½ cup)		
Fresh Fruit (1 pc)		1% Low Fat White Milk (8 fl oz)		
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Breakfast

Monday, July 7	Tuesday, July 8	Wednesday, July 9	Thursday, July 10	Friday, July 11
Apple Frudel (1)		Homemade Blueberry Muffin (1)		
Chilled Fruit (½ cup)		Fresh Fruit (1 pc)		
Graham Crackers (1 oz)		Graham Crackers (1 oz)		
Low Fat Chocolate Milk (8 fl oz)		Low Fat Chocolate Milk (8 fl oz)		

Lunch

Monday, July 7	Tuesday, July 8	Wednesday, July 9	Thursday, July 10	Friday, July 11
PB&J Uncrustable Sandwich (1)		Turkey & Cheese Sub Sandwich (1)		
Low Fat Mozzarella String Cheese (1 oz)		Fresh Vegetables (½ cup)		
Fresh Vegetables (½ cup)		Chilled Fruit (½ cup)		
Fresh Fruit (1 pc)		1% Low Fat White Milk (8 fl oz)		
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Heating Instructions

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Breakfast

Monday, July 14	Tuesday, July 15	Wednesday, July 16	Thursday, July 17	Friday, July 18
Cocoa Puffs Cereal Bowl (1)		Baked Cinnamon Roll (1)		
Chilled Fruit (½ cup)		Fresh Fruit (1 pc)		
Graham Crackers (1 oz)		Graham Crackers (1 oz)		
1% Low Fat White Milk (8 fl oz)		Low Fat Chocolate Milk (8 fl oz)		

Lunch

Monday, July 14	Tuesday, July 15	Wednesday, July 16	Thursday, July 17	Friday, July 18
PB&J Uncrustable Sandwich (1)		Ham & Cheese Sandwich (1)		
Low Fat Mozzarella String Cheese (1 oz)		Fresh Vegetables (½ cup)		
Fresh Vegetables (½ cup)		Chilled Fruit (½ cup)		
Fresh Fruit (1 pc)		1% Low Fat White Milk (8 fl oz)		
Low Fat Chocolate Milk (8 fl oz)				

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Breakfast

Monday, July 21	Tuesday, July 22	Wednesday, July 23	Thursday, July 24	Friday, July 25
Apple Frudel (1)		Baked Cinnamon Roll (1)		
Chilled Fruit (½ cup)		Fresh Fruit (1 pc)		
Graham Crackers (1 oz)		Graham Crackers (1 oz)		
Low Fat Chocolate Milk (8 fl oz)		Low Fat Chocolate Milk (8 fl oz)		

Lunch

Monday, July 21	Tuesday, July 22	Wednesday, July 23	Thursday, July 24	Friday, July 25
PB&J Uncrustable Sandwich (1)		Chicken Ranch Wrap (1)		
Low Fat Mozzarella String Cheese (1 oz)		Fresh Vegetables (½ cup)		
Fresh Vegetables (½ cup)		Chilled Fruit (½ cup)		
Fresh Fruit (1 pc)		1% Low Fat White Milk (8 fl oz)		
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Breakfast

Monday, July 28	Tuesday, July 29	Wednesday, July 30	Thursday, July 31	Friday, August 1
Mini Cinnis (1 pkg)		Apple Frudel (1)		
Chilled Fruit (½ cup)		Fresh Fruit (1 pc)		
Graham Crackers (1 oz)		Graham Crackers (1 oz)		
Low Fat Chocolate Milk (8 fl oz)		Low Fat Chocolate Milk (8 fl oz)		

Lunch

Monday, July 28	Tuesday, July 29	Wednesday, July 30	Thursday, July 31	Friday, August 1
PB&J Uncrustable Sandwich (1)		Ham & Cheese Sandwich (1)		
Low Fat Mozzarella String Cheese (1 oz)		Fresh Vegetables (½ cup)		
Fresh Vegetables (½ cup)		Chilled Fruit (½ cup)		
Fresh Fruit (1 pc)		1% Low Fat White Milk (8 fl oz)		
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Apple Frudel	350° 5-6 minutes (thawed) 7-9 minutes (frozen)	350° 7-8 minutes (thawed) 11-13 minutes (frozen)
Mini Cinnis	350° 4-5 minutes (thawed) 5-7 minutes (frozen)	350° 7-8 minutes (thawed) 10-12 minutes (frozen)

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Breakfast

Monday, August 4	Tuesday, August 5	Wednesday, August 6	Thursday, August 7	Friday, August 8
Mini Cinnis (1 pkg)		Chocolate Chip Ultimate Breakfast Round (1)		
Chilled Fruit (½ cup)		Fresh Fruit (1 pc)		
Graham Crackers (1 oz)		Graham Crackers (1 oz)		
Low Fat Chocolate Milk (8 fl oz)		Low Fat Chocolate Milk (8 fl oz)		

Lunch

Monday, August 4	Tuesday, August 5	Wednesday, August 6	Thursday, August 7	Friday, August 8
PB&J Uncrustable Sandwich (1)		Nachos, Cheese & Salsa Fun Lunch (1 pkg)		
Low Fat Mozzarella String Cheese (1 oz)		Fresh Vegetables (½ cup)		
Fresh Vegetables (½ cup)		Chilled Fruit (½ cup)		
Fresh Fruit (1 pc)		1% Low Fat White Milk (8 fl oz)		
1% Low Fat White Milk (8 fl oz)				

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Heating Instructions

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Mini Cinnis	350° 4-5 minutes (thawed) 5-7 minutes (frozen)	350° 7-8 minutes (thawed) 10-12 minutes (frozen)

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Breakfast

Monday, August 11	Tuesday, August 12	Wednesday, August 13	Thursday, August 14	Friday, August 15
Apple Frudel (1)		Froot Loops Cereal Bowl (1)		
Chilled Fruit (½ cup)		Fresh Fruit (1 pc)		
Graham Crackers (1 oz)		Graham Crackers (1 oz)		
Low Fat Chocolate Milk (8 fl oz)		1% Low Fat White Milk (8 fl oz)		

Lunch

Monday, August 11	Tuesday, August 12	Wednesday, August 13	Thursday, August 14	Friday, August 15
PB&J Uncrustable Sandwich (1)		Nachos, Cheese & Salsa Fun Lunch (1 pkg)		
Low Fat Mozzarella String Cheese (1 oz)		Low Fat Mozzarella String Cheese (1 oz)		
Fresh Vegetables (½ cup)		Fresh Vegetables (½ cup)		
Fresh Fruit (1 pc)		Fresh Fruit (1 pc)		
1% Low Fat White Milk (8 fl oz)		Low Fat Chocolate Milk (8 fl oz)		

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Breakfast

Monday, August 18	Tuesday, August 19	Wednesday, August 20	Thursday, August 21	Friday, August 22
Chocolate Chip Ultimate Breakfast Round (1)		Double Chocolate Chip Muffin (1)		
Chilled Fruit (½ cup)		Fresh Fruit (1 pc)		
Graham Crackers (1 oz)		Graham Crackers (1 oz)		
Low Fat Chocolate Milk (8 fl oz)		Low Fat Chocolate Milk (8 fl oz)		

Lunch

Monday, August 18	Tuesday, August 19	Wednesday, August 20	Thursday, August 21	Friday, August 22
PB&J Uncrustable Sandwich (1)		Nachos, Cheese & Salsa Fun Lunch (1 pkg)		
Low Fat Mozzarella String Cheese (1 oz)		Fresh Vegetables (½ cup)		
Fresh Vegetables (½ cup)		Chilled Fruit (½ cup)		
Fresh Fruit (1 pc)		1% Low Fat White Milk (8 fl oz)		
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Breakfast

Monday, August 25	Tuesday, August 26	Wednesday, August 27	Thursday, August 28	Friday, August 29
Homemade Blueberry Muffin (1)		Mini Cinnis (1 pkg)		
Chilled Fruit (½ cup)		Fresh Fruit (1 pc)		
Graham Crackers (1 oz)		Graham Crackers (1 oz)		
Low Fat Chocolate Milk (8 fl oz)		Low Fat Chocolate Milk (8 fl oz)		

Lunch

Monday, August 25	Tuesday, August 26	Wednesday, August 27	Thursday, August 28	Friday, August 29
PB&J Uncrustable Sandwich (1)		Yogurt, Grahams & Cheese Fun Lunch (1 pkg)		
Low Fat Mozzarella String Cheese (1 oz)		Fresh Vegetables (½ cup)		
Fresh Vegetables (½ cup)		Chilled Fruit (½ cup)		
Fresh Fruit (1 pc)		1% Low Fat White Milk (8 fl oz)		
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