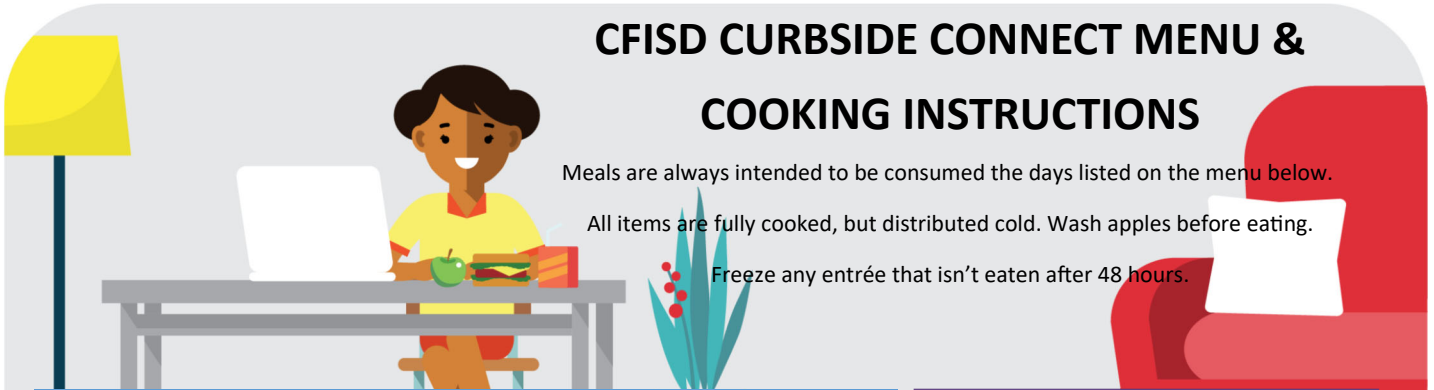


# CFISD CURBSIDE CONNECT MENU & COOKING INSTRUCTIONS

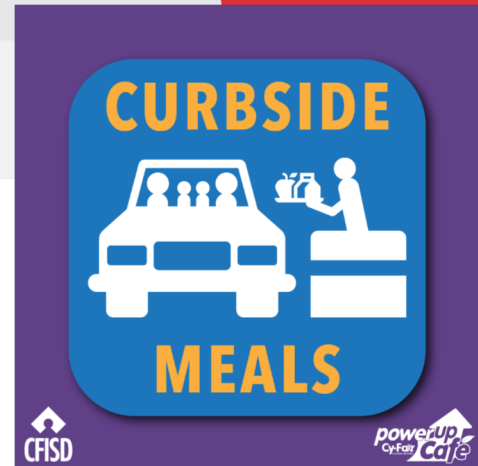
Meals are always intended to be consumed the days listed on the menu below.

All items are fully cooked, but distributed cold. Wash apples before eating.

Freeze any entrée that isn't eaten after 48 hours.



Friday September 18	Monday September 21	Tuesday September 22
French Toast Apple Milk	Cinnamon Roll Apple Milk	Cereal Apple Milk
Pizza Bagels Garden Salad Apple Milk	Hamburger 1 cup Baby Carrots Apple Milk	Steak Fingers 1 cup Baby Carrots Apple Milk



Menu Item	Allergens	Preparation Instructions
French Toast	E, M, S, W	<u>Toaster Oven</u> - Pre-heat to 400 degrees, remove French toast from package, place on pan and bake 1 minute on each side. <u>Microwave</u> - Remove wrapper, place on microwave safe plate, & cook for approximately 20 seconds.
Cinnamon Roll	M, W, S	<u>Microwave</u> - Remove wrapper, place on microwave safe plate, & cook for approximately 20 seconds.
Pizza Bagels	M, W, S, *Processed in a facility that also processes egg.	<u>Microwave</u> - Remove from box, place on microwave safe plate. Cook 2 minutes on High. Let stand for 1 minute. <u>Toaster Oven</u> - Preheat to 400 degrees. Place Pizza Bagels on pan and bake 16 minutes. Let stand for 1 minute before serving.
Hamburger	W, S	<u>Microwave/Toaster</u> - Remove burger from package, separate, & place hamburger patty on microwave safe plate. Heat for 1 minute, or until cooked through. Heat the bun in a toaster, if desired.
Steak Fingers	M, W, S	<u>Microwave</u> - Remove from box & place on microwave safe plate. Heat on High for 1-1.5 minutes. Let stand 1 to 2 minutes before serving.

Allergen key: Sh = Crustacean Shellfish; E = Egg; F = Fish; M=Milk; P = Peanuts/Treenuts; S = Soy; W = Wheat/Gluten

NOTE: The standard list of allergens available in the PrimeroEdge "Allergen" feature is taken from the Food Allergen Labeling and Consumer Protection Act of 2004 (FALCPA) plus the addition of gluten. FALCPA allergens include: Crustacean Shellfish, Egg, Fish, Gluten, Milk, Peanuts, Soy, Tree Nuts and Wheat.

For the most updated nutrient analysis visit <https://www.cfisd.net/en/parents-students/food-service/menus>.

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