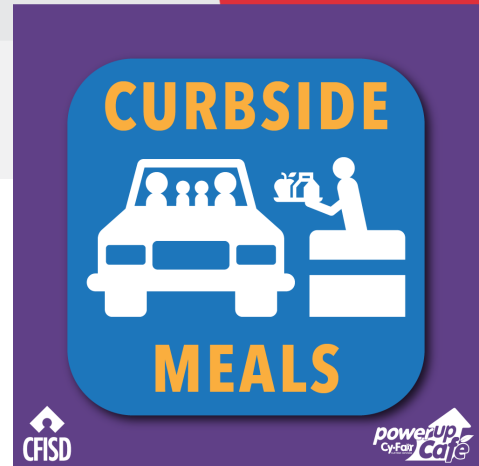
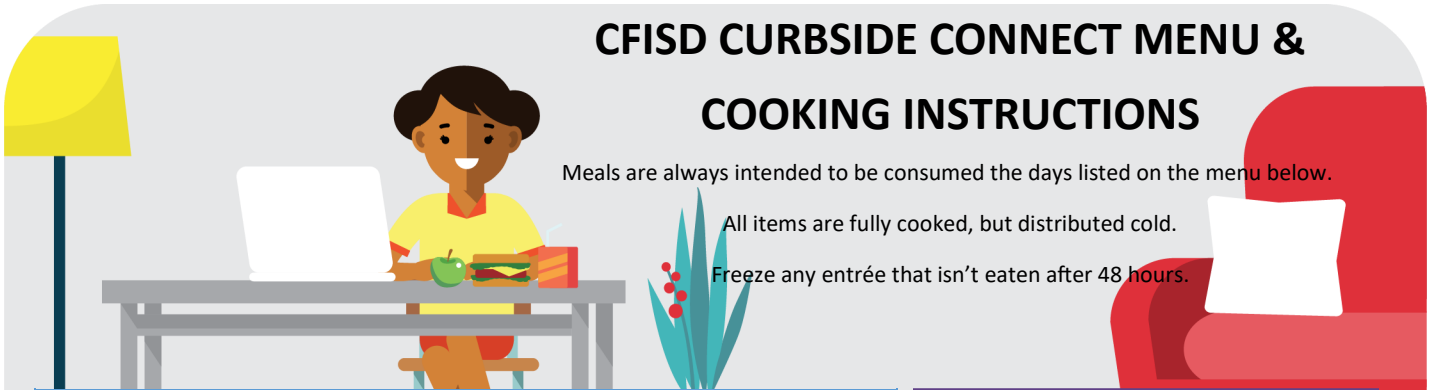


CFISD CURBSIDE CONNECT MENU & COOKING INSTRUCTIONS

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

All items are fully cooked, but distributed cold.

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



Friday September 11	Monday September 14	Tuesday September 15
Cinnamon Roll Apple Milk	Cereal Apple Milk	Granola Apple Milk
Hot Dog Black Bean Salad Apple Milk	Mini Corn Dogs 1 cup Baby Carrots Apple Milk	Cheese Stuffed Breadsticks 1 cup Baby Carrots Apple Milk

Menu Item	Allergens	Preparation Instructions
Cinnamon Roll	M, W, S	<u>Microwave</u> - Remove wrapper, place on microwave safe plate, & cook for approximately 20 seconds.
Hot Dog	M, W (Meat is Turkey)	<u>Microwave/Toaster</u> : Remove hot dog from package, separate sandwich, & place frank on microwave safe plate. Heat for 1 minute, or until cooked through. Heat the bun in a toaster, if desired.
Mini Corn Dogs (freeze over the weekend)	E, W, S (Meat is Chicken)	<u>Microwave</u> : Remove mini corn dogs from box and place on an oven safe plate. Frozen - Heat for 60 seconds; Thawed for 30 seconds. <u>Toaster Oven</u> : Preheat toaster oven to 400 heat for 10 minutes.
Cheese Stuffed Breadsticks (freeze over the weekend)	M, W	<u>Microwave</u> : Remove Breadsticks from foil package. Place breadsticks on a Microwave safe plate & heat. Thawed: 30 seconds, Frozen: 50 seconds. Let stand before eating. <u>Toaster Oven</u> - Spray or brush with melted butter or pan release spray. Preheat oven to 400 degrees. Heat for 7-10 minutes thawed, add 2 minutes if frozen.

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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