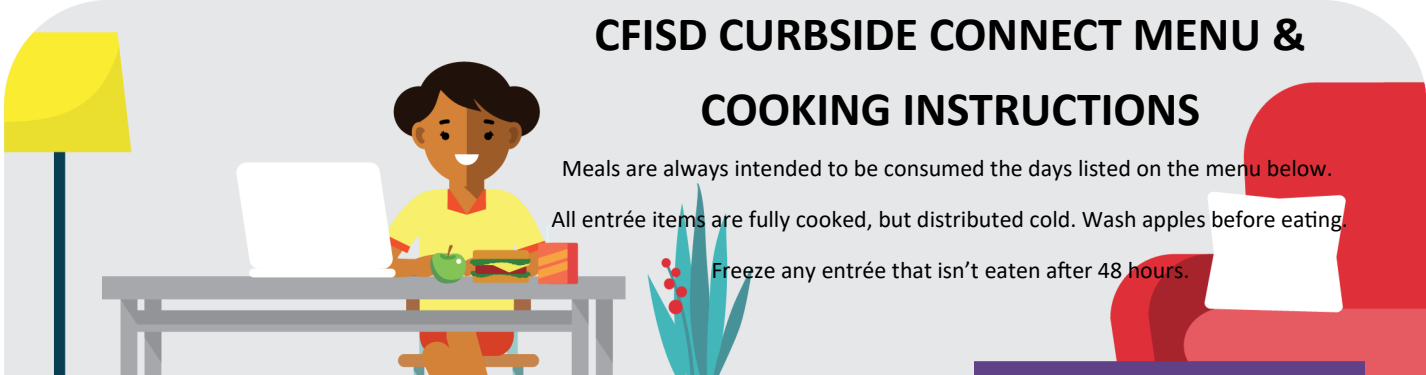
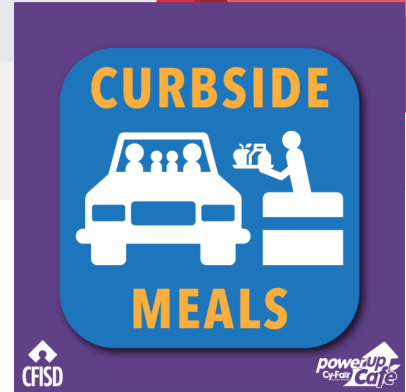


CFISD CURBSIDE CONNECT MENU & COOKING INSTRUCTIONS

Meals are always intended to be consumed the days listed on the menu below.
 All entrée items are fully cooked, but distributed cold. Wash apples before eating.
 Freeze any entrée that isn't eaten after 48 hours.



Friday October 9	Monday October 12	Tuesday October 13
Wowbutter & Jelly Apple w/ Sunbutter Milk	Cinnamon Roll Apple w/ Sunbutter Milk	Granola Apple w/ Sunbutter Milk
Hot Dog Whole Kernel Corn Apple w/ Sunbutter Milk	Mini Corn Dogs 1 cup Baby Carrots Apple w/ Sunbutter Milk	Cheese Stuffed Breadsticks 1 cup Baby Carrots Apple w/ Sunbutter Milk



Menu Item	Allergens	Preparation Instructions
Wowbutter & Jelly Sandwich <i>(Wowbutter is made from toasted soy.)</i>	W, S, M	Thaw & Serve. Shelf life after defrosting is 3 days.
Cinnamon Roll	M, W, S	<u>Microwave</u> - Remove wrapper, place on microwave safe plate, & cook for approximately 20 seconds.
Granola		Store at Room Temperature.
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 <i>(freeze over the weekend)</i>	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 <i>(freeze over the weekend)</i>	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.
Milk	M	Store in Refrigerator.
Soy Milk	S	Store in Refrigerator.
Apples		Store at Room Temperature. Wash Apples & remove labels before eating.
Sunbutter cups <i>(Sunbutter is made from sunflower seeds)</i>		Store at Room Temperature.
Whole Kernel Corn	M	Store in Refrigerator; Heat in Microwave for 1 minute.
Baby Carrots		Store in Refrigerator

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 PrimoEdge "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.cfisid.net/en/parents-students/food-service/menus>.

This institution is an equal opportunity provider.

Pickup: 10/8/20