

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.

Wednesday October 7	Thursday October 8
Mini Pancakes Apple Milk	French Toast Apple Milk
Chicken Chunks Broccoli Apple Goldfish Crackers Milk	Hamburger Garden Salad Crunchy Chickpeas Apple Milk



Menu Item	Allergens	Preparation Instructions
Mini Pancakes	E, M, W	<u>Toaster Oven</u> - Pre-heat to 400 degrees, remove pancakes from package, place on pan and bake 1 minute on each side. <u>Microwave</u> - Open one side of pouch, place on microwave safe plate, & cook for approximately 25 seconds.
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.
Chicken Chunks	M, W, S	<u>Microwave</u> - Remove from box, cook 5 chunks on High for 1-1.5 minutes. Let cool. <u>Toaster Oven</u> : Preheat oven to 425°F. Remove from box, place nuggets on toaster oven tray and heat for 10-11 minutes. If frozen, add 2 minutes to heating time.
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.
Apples		Store at Room Temperature. Wash Apples & remove labels before eating.
Crunchy Chickpeas		Store at Room Temperature and add to your salad for a crunchy topping.
Goldfish	W, M	Store at Room Temperature.
Broccoli		Store in Refrigerator
Garden Salad w/ Ranch Dressing	Dressing—E, S, M	Store in Refrigerator.
Milk	M	Store in Refrigerator.
Soy Milk	S	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 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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