

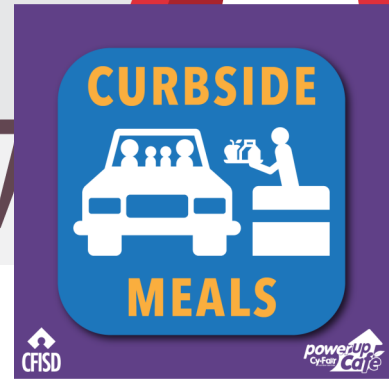
CFISD CURBSIDE CONNECT MENU & COOKING INSTRUCTIONS

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

All *entrée items are fully cooked, but distributed cold.

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

Friday November 20	Monday November 23	Tuesday November 24
Mini Pancakes Applesauce Raisins Milk	Granola Apple Milk	French Toast Apple Milk
Chicken Tenders Whole Kernel Corn Apple Dinner Roll Milk	Cheese Stuffed Breadsticks Baby Carrots w/ Hummus Apple Milk	Hamburger Baby Carrots 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.
Granola		Store at Room Temperature.
French Toast (Freeze over the Weekend)	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 Tenders	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
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.
Hamburger (freeze over the weekend)	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.
Milk	M	Store in Refrigerator.
Soy Milk	S	Store in Refrigerator.
Apples, Raisins, & Applesauce		Store at Room Temperature. Wash Apples & remove labels before eating.
Dinner Roll	W, M, S	Microwave for 10 seconds.
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.cfid.net/en/parents-students/food-service/menus>.

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