

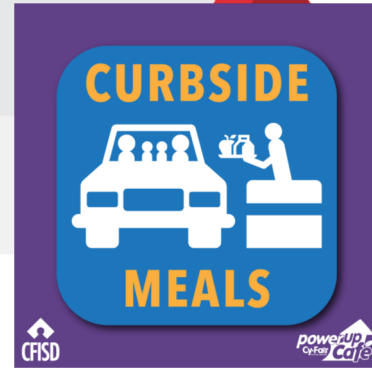
CFISD CURBSIDE CONNECT MENU & COOKING INSTRUCTIONS

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.

| Wednesday November 18 | Thursday November 19 |
|--|--|
| French Toast Applesauce Raisins Milk | Granola Applesauce Raisins Milk |
| Mini Corn Dogs Baby Carrots + Hummus Apple Milk | Turkey & Dressing Baby Carrots Apple Pumpkin Muffin Milk |



| Menu Item | Allergens | Storage &/or Preparation Instructions |
|---------------------------------------|------------------------------|---|
| French Toast * | E, M, S, W | Store in refrigerator or freezer if not eaten within 48 hours. <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. |
| Mini Corn Dogs * | E, W, S (Meat is Chicken) | Store in refrigerator or freezer if not eaten within 48 hours. <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. |
| Baby Carrots | | Store in Refrigerator. To Roast Carrots— Preheat oven to 425. Toss with olive oil and season with salt and pepper. Place on a sheet pan in the oven and cook for 30 minutes, or until you see browning. |
| Turkey + Dressing | M, W, S, E | Store in refrigerator or freezer if not eaten within 48 hours. <u>Microwave</u> — Remove from container, place on microwave safe plate. Cook 2 minutes on High. Let stand for 1 minute. |
| Pumpkin Muffin | M, E, W | Store at Room Temperature. <u>Microwave</u> -20 seconds to enjoy a warmed muffin. |
| Apples, Raisins, Hummus, & Applesauce | | Store at Room Temperature. Wash Apples & remove labels before eating. |
| 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 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.