



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.

Thursday April 8	Friday April 9	Monday April 12	Tuesday April 13	Wednesday April 14
Breakfast Granola Applesauce Raisins Lunch Cheeseburger Whole Kernel Corn Apple	Breakfast French Toast Apple Chips Raisins Lunch Turkey & Cheese Croissant Baby Carrots + Hummus Apple	Breakfast Cinnamon Roll Applesauce Raisins Lunch Mini Pizza Bagels* Baby Carrots + Hummus Apple	Breakfast Granola Orange Apple Juice Lunch Steak Fingers* Potato (see recipe to bake) Apple Dinner Roll	Breakfast French Toast* Orange Raisins Lunch Mini Corn Dogs* Broccoli Apple

Menu Item	Allergens	Storage &/or Preparation Instructions
Cinnamon Roll	M, W, S	<u>Microwave</u> - Remove wrapper, place on microwave safe plate, & cook for approximately 20 seconds.
Cereal & Granola	See Package	Store at Room Temperature.
French Toast *(Freeze when received; cook from frozen)	E, M, S, W	<u>Microwave</u> - Open one side of pouch, place on microwave safe plate, & cook for approximately 25 seconds.
Juice, Baby Carrots, & hummus		Store in Refrigerator.
Cheeseburger	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, replace cheese. Heat the bun in a toaster, if desired.
Turkey & Cheese Croissant	M, W, S, E	Store in Refrigerator.
Mini Corn Dogs *(Freeze when received; cook from frozen)	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.
Mini Pizza Bagels *(Freeze when received; cook from frozen)	M, W, S, *Processed in a facility that also processes egg.	<u>Microwave</u> - Remove from box, place on microwave safe plate. Cook 2 minutes on High. Let stand for 1 minute. <u>Toaster Oven</u> - Preheat to 400 degrees. Place Pizza Bagels on pan and bake 16 minutes. Let stand for 1 minute before serving.
Steak Fingers *(Freeze when received; cook from frozen)	M, W, S	<u>Microwave</u> - Remove from box & place on microwave safe plate. Heat on High for 1-1.5 minutes. Let stand 1 to 2 minutes before serving.
Apples, Raisins, & Applesauce		Store at Room Temperature. Wash Apples & remove labels before eating.
Whole Kernel Corn	M	Store in Refrigerator; Heat in Microwave for 1 minute.
Potato for baking		Store in at Room NO NOT MICROWAVE WRAPPED IN FOIL. Preheat oven to 425. Place foil wrapped potato on a pan. Bake for 1 hour. (Optional—remove the wrap and oil and salt the surface of the potato.
Dinner Roll	M, W, E	Store at Room Temperature.

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.

Pickup: 4/7/21

Menus are posted at <https://www.cfid.net/en/parents-students/food-service/menus>