



# 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 29	Friday April 30	Monday May 3	Tuesday May 4	Wednesday May 5
<b>Breakfast</b> Granola Applesauce Raisins  <b>Lunch</b> Cheeseburger Black bean & Corn Salad Apple	<b>Breakfast</b> Cinnamon Roll Orange Apple Juice  <b>Lunch</b> Hot Dog Garden Salad Raisins Orange	<b>Breakfast</b> Cereal Apple  <b>Lunch</b> Mini Corn Dogs* Garden Salad Applesauce Raisins	<b>Breakfast</b> Granola Orange Apple Juice  <b>Lunch</b> Cheese Stuffed Breadsticks* Garden Salad Apple	<b>Breakfast</b> Mini Pancakes* Applesauce Raisins  <b>Lunch</b> Chicken Chunks *w/ Roll Garden Salad 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.
Mini Pancakes *(Freeze when received; cook from frozen)	E, M, W	<u>Microwave</u> - Open one side of pouch, place on microwave safe plate, & cook for approximately 25 seconds.
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.
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 *(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.
Chicken Chunks *(Freeze when received; cook from frozen)	M, W, S	<u>Microwave</u> - Remove from box, cook 5 chunks on High for 1-1.5 minutes. Let cool.
Cheese Stuffed Breadsticks *(Freeze when received; cook from frozen)	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.
Apples, Raisins, & Applesauce		Store at Room Temperature. Wash Apples & remove labels before eating.
Black Bean & Corn Salad		Store in Refrigerator
Garden Salad		Store in Refrigerator. Garden salad kit has 2 pounds of Romaine lettuce + 1 pt grape tomatoes. Serve salad mixed with grape tomatoes.
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: 4/28/21

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