

Quincy Park - 7 Day Meal Menu: WK #1

7 Day	Breakfast	Lunch
Wednesday		Taco stick, 3oz. salsa cup, 4.23 oz 100% Apple juice, and 8oz milk
Thursday	French toast Stick, ½ cup grapes, syrup cup 8oz milk	Rotini and Meat sauce, Scooby Graham Cracker, ½ cup cauliflower, 4.4 oz. 100% juice slushie, and 8 oz milk
Friday	2oz. cereal, 4oz. yogurt, 1 orange, 8oz milk	Mini cheeseburgers, ½ cup cherry tomatoes, 1 applesauce cup, 8oz milk
Saturday	Blueberry muffin, 1oz. string cheese, 2 clementine, 8oz milk	Cheese pizza lunch kit, ½ cup cucumber, ½ cup fresh strawberries, 8oz milk
Sunday	Sausage and egg burrito, 1 banana, 8oz milk	Fiestada sandwich, ½ cup broccoli, ½ cup apple slices, 4.4oz pop and go freeze pop, 8oz milk
Monday	Donut holes, 4oz. yogurt, 1 pear, 8oz milk	Grilled cheese, ½ cup celery sticks, ½ cup grapes, 8oz milk
Tuesday	Apple Frudel, 1.12 oz soy butter cup, 1 apple, 8oz milk	Italian pull apart bread, 2.5oz marinara cup, ½ cup carrots, 8oz milk
Wednesday	4oz yogurt cup, granola, 4.23oz 100% fruit punch juice, 8oz milk	

Cooking Instructions:

Taco Stick: Thawing is required before heating. Place product on a bun pan and cook until internal temperature of 165F is achieved. Conventional Oven: 300F 18-20 minutes.

Rotini and Meat Sauce: 1. Place one thawed tray in the microwave. DO NOT REMOVE THE FILM, 2. Heat for 90 seconds, or until the product reaches 165°F.

Cheeseburger slider: Bake in a 350F for 8-10 minutes or until the internal temperature reaches 165F.

Cheese pizza lunch kit: Thaw and serve

Fiestada Sandwich: Preheat oven to 350F and cook to internal temperature of 165F.

Grilled Cheese: Do not remove wrap before heating. Thaw before cooking. Preheat oven to 325F place on pan for 10-12 minutes or until the internal temperature reaches 165F.

Italian Pull Apart cheese and garlic bread: Bake at 350F in a conventional oven until the internal temperature reaches 165F.

Turkey Sausage, egg, and cheese Burrito: Place wrap on a sheet pan with seam of wrapper facing down. Heat to an internal temperature of 165F. Caution: Do not over heat. Heating above 165 degrees F may cause filling leakage. Convection Oven: Preheat Oven to 300 degrees F. Frozen: Bake 16-18 minutes. Refrigerated: 13-15. Microwave: Frozen: Heat for 50 seconds. Refrigerated: Heat for 30 seconds.

French Toast Sticks: Bake at 350F in a conventional oven until the internal temperature reaches 165F.

Please place entrée's in the freezer until ready to consume* Please store milk, fresh fruits, and fresh vegetables in the refrigerator

Menu items are subject to change due to availability

7 Day Meal Menu: WK #2

7 Day	Breakfast	Lunch
Wednesday		Calzone, ½ cup carrots, 1 apple, 8oz milk
Thursday	WG Apple cinnamon Texas Toast, syrup cup, ½ cup grapefruit, 8oz milk	1.4 oz. tortilla chips, cheese cup, string cheese, salsa, 1 frozen strawberry cup, Milk
Friday	2oz. cereal, 4 oz. yogurt cup, 4.5 oz. peach cup, 8oz milk	4.25 oz Cheeseburger slider, ½ cup cherry tomatoes, 4.23 oz. 100% apple juice, 8oz milk
Saturday	1oz WG Blueberry muffin, 4 oz. yogurt cup, 1 banana, 8oz milk	Macaroni and Cheese, Scooby Graham Cracker, ½ cup sliced cucumber, 4.23oz. 100% apple juice, milk
Sunday	Sausage and cheese stuffed waffle, 1 orange, 8oz milk	Beef and bean burrito, ½ cup broccoli, ½ cup applesauce, 4.4oz pop and go freeze pop, 8oz milk
Monday	WG donut holes, 1oz. string cheese, 1 pear, 8oz milk	Buffalo Chicken Pizza Sandwich, ½ cup cauliflower, 4.23oz. 100% fruit punch juice, milk
Tuesday	Strawberry cream cheese bagel, 2 clementine's, 8oz milk	Pepperoni deep dish pizza, ½ cup carrots, 4.23 fruit punch juice, milk
Wednesday	Breakfast bagel, ½ cup apple slices, 8oz milk	

Cooking instructions:

Calzone: Allow to thaw prior to cooking. Cook for 12 - 15 minutes in a 350 F convection oven. Products appear to be cooked but are not and need to be cooked to an internal temperature of 165F.

Apple cinnamon Texas Toast: Bake at 350F in a convection oven for 5-7 minutes. This item may also be served at room temperature.

Cheeseburger slider: Bake in a 350F for 8-10 minutes or until the internal temperature reaches 165F.

Sausage and cheese stuffed waffle: Bake in oven at 350F for 8-10 minutes until internal temperature reaches 165F.

Beef and bean burrito: Cook from thawed state only. Bake in a 280F conventional oven for 25-30 minutes or until the internal temperature reaches 165F.

Macaroni and Cheese: 1. Place one thawed tray in the microwave. DO NOT REMOVE THE FILM. 2. Heat for 2 minutes or until the product reaches 165°F (or to the desired serving temperature based on local requirements). 3. Carefully remove the film and stir to equalize the temperature.

Pepperoni deep dish pizza: Remove pizza from tray and film wrap and bake in convectional oven at 425F for 16-20 minutes. Microwave for 3 minutes or until internal temperature of 165F.

Buffalo Chicken Sandwich: Microwave: Open one end of plastic wrapper to vent or remove from wrapper. Place one frozen serving on microwave safe plate. Do not cook more than one serving at a time. Cook for 1 minute 30 seconds to 1 minute 45 seconds or until the internal temperature reaches 165F.

Strawberry cream cheese bagel: thaw and serve.

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