Virtual Meals

Week of _____

Prepared by _____ Child Nutrition Programs

(Insert School Name)

Menu Item(s)	Quantities
Whole Grain Strawberry Toaster Pastry (Contains Wheat and Soy)	_____
Whole Grain Toasted Oats Cereal Whole Grain Apple–Cinnamon Cereal Whole Grain Raisin Bran Cereal Whole Grain Rice Krispies Cereal Whole Grain Multi–Grain Cereal Whole Grain Frosted Flakes Cereal (All Cereal Contains Wheat) Expiration date shown on package	_____ _____ _____ _____ _____ _____
Orange Juice (Contains Orange Juice Concentrate) Apple Juice (Contains Apple Juice Concentrate) Fruit Blend Juice (Contains Pear, Apple, Pineapple, Orange and Grape Juice Concentrate) Best if used by date shown on package	_____ _____ _____
1% Low Fat White Milk (Contains Milk) Fat Free Chocolate Milk (Contains Milk) Refrigerate Immediately. Expiration date shown on package	_____ _____
Turkey Ham & Cheese Lunch Kit (Contains Eggs or Egg Derivatives, Milk or Milk Derivatives, Soy or Soybean Derivatives, Wheat or Wheat Derivatives) Cheese Pizza Lunch Kit (Contains Milk or Milk Derivatives, Soy or Soybean Derivatives, Wheat or Wheat Derivatives) All Lunch Kit Products can be held for 3 – 5 days in refrigerator Lunch Mate BBQ Chicken Salad with White Hamburger Bun (Contains Egg and Soy) Lunch Mate Chicken Salad with White Hamburger Bun (Contains Egg and Soy) Lunch Mate Tuna Salad with White Hamburger Bun (Contains Egg, Soy and Tuna) All Lunch Mate Meals are Shelf Stable–Check product for expiration date (Some Items May contain Wheat or Wheat Derivatives, Milk, Dairy, Soy or Soybean Derivatives) Nacho Premium Meal (Cheddar Cheese Contains Milk) Frozen Pepperoni Pan Pizza (Keep frozen) (Contains Milk or Milk Derivatives, Soy or Soybean Derivatives, Wheat or Wheat Derivatives) Cook to internal temperature of 165 degrees Conventional Oven–Cook at 400 degrees for 24–26 minutes from frozen state Microwave (1100 watts) Cook 2¼ – 2¾ minutes from frozen state Cafeteria's Meal of the Day (Consume Meal on the day of pickup)	_____ _____ _____ _____ _____ _____ _____
Fresh Broccoli (½ cup servings/bag) Fresh Carrots (½ cup servings/bag) Fresh Romaine Salad (½ cup servings/bag) Fresh Apples (½ cup servings) Fresh Oranges (½ cup servings) Refrigerate Bags of Vegetables. Best if used by date shown on package Wash Apples and Oranges before consumption	_____ _____ _____ _____ _____
Ranch Dressing Dip (Contains Milk, Egg and Soy)	_____