

Kev Qhia Kom Paub Muab Tej Zaub Mov Khaws Cia Licas thiaj Zoo & Kev Qhia Rhaub Zaub Mov Kom Sov

Thov mus saib egudschoolmeals.com txog kev qhia noj tej zaub mov uas zoo rau lub cev thiab kev qhia txog (allergen) tej yam uas muaj hauv tej zaub mov noj uas tsi haum lossis phiv tau rau lub cev. Muaj kev qhia tshwjxeeb txog kev rhaub tej yam zaub mov kom sov nyob rau hauv peb lub website.

Kev Qhia Txog Yuav Muab Cov Zaub Mov Uas Tuaj Nqa Pem Tsev Kawm Ntawv Khaws Cia Licas

Mis Nyuj & Kuas Txiv Hmab

Yuav tsum haus mis nyuj thiab kuas txiv hmab kom tas uantej “hnuv uas qhia tias tsuas zoo hauv txog” hnuv twg xwb”

Yuav tsum tau muab khaws cia rau hauv lub tubees.



Txiv hmab txiv ntoo & Zaub

Yuav tsum tau noj cov txiv hmab txiv ntoo thiab tej zaub kom tas li ntawd 5-7 hnuv.

Yeej xav kom muab cia rau hauv tubees thiab.



Cov Khoom Noj Uas Txawb Ntawm Txees

Noj kom tas uantej:hnuv uas qhia hais tias tsuas zoo noj txog hnuv twg xwb”

Cov no tsi tas yuav muab cia rau hauv tubees.

Noj cov khoom li nram qab no kom tas uantej “hnuv uas qhia hais tias tsuas zoo noj txog hnuv twg xwb” lossis noj uantej ntawd

3 mus rau 5 hnuv

Breakfast bars, cereal, tortilla chips & cookies:

Cov no tsi tas yuav muab cia rau hauv tubees.

Mis nyuj, yogurt, string cheese, fruit cup & cov txiv hmab txiv ntoo thiab zaub uas twb muab hlais cia lawm:

Yuav tsum tau muab cia rau hauv tubees.

Cov khoom uas yuav tsum tau muab rhaub sov mam noj:

Yuav tsum tau muab cia rau hauv tubees txog thaum yuav muab rho tawm los rhaub kom sov. Yuav tsum tau rhaub cov zaub mov li kev qhia kom rhaub nram qab no thiab yuav tsum tau noj kom tas uantej (2) teev.

Muab cov zaub mov uas nkoog (frozen) cia rau hauv lub freezer thiab cia kom nkoog li ntawd mus txog rau thaum uas yuav noj.



Rhaub kom sov & noj: cov zaub mov no yeej twb siav lawm thiab tsuas yog rhaub noj lawm xwb. Cov zaub mov no rhaub tau hauv lub oven (qhov cub) lossis lub microwave.

Yog yuav rhaub tej yam zaub mov yuav tsum tau ua rau li kev qhia kom rhaub mus saib rau egudschoolmeals.com

RHAUB ZAUB MOV HAUV MICROWAVE:

1. Qhib daim ntawv yas ntawm ib sab lossis muab rab diav tsawg nkaug daim yas kom to qhov thiaj li dim pa thaum muab rhaub.
2. Microwave on HIGH (yog NKOOG 90 seconds & yog TSI NKOOO 45 seconds).
3. Noj tau zaub mov lawm yog hauv plawv kub txog li ntawm 145°F-165°F.
4. Yog hais tias cov zaub mov tsi tau kub txog li 145°F-165°F, rovqab rhaub dua HIGH li 15-20 second mus kom txog rau thaum kub li ntawd.
5. Muab cov zaub mov rho tawm hauv lub microwave, muab daim ntawv yas tev tawm, thiab cia nyob li (1) nathis uantej mam noj.
6. Yuav tsum tau noj uantej kom tas li (2) teev.

RHAUB ZAUB MOV HAUV QHOV CUB (OVEN):

1. Cia cov zaub mov nyob twb ywm hauv daim yas thaiv tsi txhob muab qhib li.
2. Taws lub qhov cub (oven) rau 350°F. Yog xav paub hais tias yuav rhaub kub npaum cas rau tej yam khoom noj mus saib rau egudschoolmeals.com.
3. Muab cov zaub mov tso rau ntawm daim (baking sheet) thiab muab nws ci li 15-20 nasthis.
4. Cov zaub mov zoo noj lawm thaum hauv plawv kub txog li ntawm 145°F-165°F. Yog xav paub hais tias yuav ci ntev npaum li cas rau tej yam zaub mov mus saib egudschoolmeals.com.
5. Yog hais tias cov zaub mov tsi tau kub txog li 145°F-165°F, rov ci dua hauv oven, thiab yuav tau kuaj txhua 5-10 nasthis.
6. Muab rho tawm hauv (oven), ua tib zoo muab daim ntawv yas tev tawm thiab cia kom ntxias zog mam li noj.
7. Yuav tsum tau noj kom tas uantej li (2) teev.

CEEBTOOM: Cov zaub mov yuav kub.



Mus nrhiau tej yam kev uasi (activities) lomzem ntawm egudschoolmeals.com



Mus saib rau peb lub webpage, mus nias rau nutrition education thiab mus nias rau qhov icon nyob ntawm sab laug.

Lub koomhaum no cia kom muaj kev ua haujlwm sis npaug zog tsi muaj kev ciav cais rau leejtwg.



KEV QHIA: Kom Koj Paub Rhaub Zaub Mov Kom Yog

NOJ TSHAIS:

Noj Tshais – Ci Bagel:

- Lub Oven Yuav tsum kub txog – 325°F muab tso rau daim baking sheet. Ci ntev licas **yog nkoog**: Ci 13-15 nasthis **yog tsi nkoog**: Ci 11-13 nasthis.
- Microwave: Muab qhov bagel tso rau hauv ib lub tais uas rhaub tau hauv microwave. Rhaub ntev licas yog **Nkoog**: 2-3 nasthis yog **tsi nkoog**: 1-2 nasthis.
- Cia li 1-2 nasthis uantej mam noj

French Toast, Pancakes & Waffles:

- Ci hauv lub qhov cub (Oven): Tso lub oven kom kub txog 350°F. Muab pob zaub mov uas nkoog ntawd, tso tig rau sab uas pom daim duab, muab tso rau hauv ib daim (baking sheet). Ci 14-15 nasthis.
- Microwave: Muab pob zaub mov tso tig rau sab uas pom daim duab, muab tso rau hauv ib lub tais uas rhaub tau hauv microwave. Muab rhaub HIGH rau 45 seconds.

Cov Qe Uas Twb Muab Kib thiab Muab Ua Nkoog Lawm:

- Ci hauv lub qhov cub (oven): Yuav tsum kub txog 350°F. Muab qhov qe ntawd tso rau ib daim baking sheet. Ci ntev licas yog **Nkoog**: Ci 20-25 nasthis **Tsi nkoog**: Ci 10- 14 nasthis.
- Microwave: muab cov qe rau ib lub tais uas rhaub tau hauv microwave. Rhaub ntev licas **Nkoog**: 2-3 nasthis **Tsi Nkoog**: 1-2 nasthis.

NOJ SU:

Noob taum & Cheese Dip: Tsi txhob muab rho tawm ntawm lub hnab tim.

- Microwave: muab rab diav tsawg nkaug daim ntawv yas kom to qhov. Rhaub ntev licas yog **Nkoog**: 1-2 nasthis yog **Tsi nkoog**: 45 sec -1 nasthis.

Breadsticks:

- Ci hauv lub qhov cub (Oven) tso kom kub txog li – 350°F
- Ci li 6-8 nasthis
- Cia 1-2 nasthis uantej mam noj

Burritos: Tsi txhob muab rho tawm hauv lub hnab tim.

- Ci hauv lub qhov cub (Oven): tso kom kub txog 325°F. Muab tso rau ntawm daim baking sheet. Ci ntev licas yog **nkoog**: Ci 20-25 nasthis yog **Tsi nkoog** ci 14-20 nasthis.
- Microwave: Muab qhov khoom noj ntawd tso rau ib lub tais uas rhaub tau microwave. Rhaub ntev licas yog **Nkoog**: 2-3 nasthis yog **Tsi Nkoog**: 1-2 nasthis.

Chana Masala: Tsi txhob muab rho tawm hauv lub hnab tim

- Ci hauv lub qhov cub (Oven): tso kom kub txog 325°F Muab tso rau ntawm daim baking sheet. Ci ntev licas yog **Nkoog**: Ci 20-25 nasthis yog **Tsi Nkoog**: Ci 14-20 nasthis
- Microwave: muab rab diav tsawg nkaug kom daim ntawv yas kom to qhov. Muab qhov khoom noj ntawd tso rau ib lub tais uas rhaub tau microwave. Rhaub ntev licas yog **Nkoog**: 9 nasthis yog **Tsi Nkoog**: 2 nasthis.

Cheese Sauce (Nacho Lunchable) Tsi txhob muab rho tawm hauv lub hnab tim

- Microwave: muab rab diav tsawg nkaug daim ntawv yas kom to qhov. Rhaub ntev licas yog **Nkoog**: 1-2 nasthis yog **Tsi Nkoog**: 45 sec -1 nasthis.

Mini Cheeseburgers:

- Lub qhov cub (Oven) tso kom kub txog – 325°F
- Ci ntev licas 10-15 nasthis
- Ci mus txog rau thaum sab hauv plawv kub txog 160°F

Ncej Puab Qaib:

- Lub qhov cub (Oven) tso kom kub txog – 350°F
- Ci ntev licas 18-20 nasthis

- Ci mus txog rau thaum sab hauv pkawv kub txog 165°F

Chicken Nuggets:

- Ci hauv lub qhov cub (oven): tso kom kub txog 400°F. Muab rho tawm hauv lub hnab tim thiab muab tso rau ntawm daim baking sheet. Ci ntev licas yog **Nkoog**: Ci 11-13 nasthis yog **Tsi nkoog**: Ci 6-8 nasthis.
- Microwave: Muab rho tawm hauv lub hnab yas thiab muab ib daim paper towel npog rau. Rhaub ntev licas yog **Nkoog**: 1-1½ nasthis yog **Tsi Nkoog**: 45 seconds. Tsi txhob muab rhaub kuv dhau. Cia nyob li 3-5 nasthis uantej yuav noj.

Chicken Tamales:

- Tso lub qhov cub (oven) kom kub txog 350°F. Muab ntawv ci pua lub tais ci thiab muab cov tamales tso rau ntawd. Laub 1/4 cup dej rau cov tamale. Muab daim yas –(cling wrap) npog tag ces mam muab ntawv ci qhwv tuaj sab nraud. Ci cov tamale 15-20 nasthis lossis kom txog rau thaum hauv plawv kub txog 165°F. Muab cov tamale rho tawm hauv qhov cub thiab cia nyob li 1 nasthis mam noj.

3-Bean Chili: Tsi txhob muab lub hnab yas tim tev.

- Hauv lub qhov cub (oven): Tso kom kub txog li 325°F. Muab tso rau ntawm daim baking sheet. Ci ntev licas yog **Nkoog**: Ci 20-25 nasthis yog **Tsi Nkoog**: Ci 14-20 nasthis.
- Microwave: muab rab diav tsawg nkaug kom daim ntawv yas kom to qhov. Muab tso rau hauv ib lub tais uas rhaub tau microwave. Rhaub ntev licas yog **Nkoog** 9 nasthis yog **Tsi Nkoog**: 2 nasthis.

Fish Sticks:

- Hauv lub qhov cub (oven): Tso kom kub txog li 325°F. Muab tso rau ntawm daim baking sheet. Ci ntev licas yog **Nkoog**: Ci 10-12 nasthis yog **Tsi nkoog**: Ci 6-8 nasthis.
- Microwave: Muab rho tawm hauv lub hnab yas thiab muab ib daim paper towel npog rau. Rhaub ntev licas yog **Nkoog**: 1-1½ nasthis yog **Tsi Nkoog**: 45 seconds. Tsi txhob muab rhaub kub dhau. Cia nws nyob li 3-5 nasthis uantej noj.

Mac & Cheese: Tsi txhob muab lub hnab yas ntim tev tawm.

- Hauv lub qhov cub (oven): Tso kom kub txog li 325°F. Muab tso rau ntawm daim baking sheet. Ci ntev licas yog **Nkoog**: Ci 20-25 nasthis yog **Tsi nkoog**: Ci 14-20 nasthis.
- Microwave: muab rab diav tsawg nkaug kom daim ntawv yas kom to qhov. Muab tso rau hauv ib lub tais uas rhaub tau microwave. Rhaub ntev licas yog **Nkoog**: 9 nasthis yog **Tsi nkoog**: 2 nasthis.

Meatloaf, Mashed Potatoes & Gravy: Tsi txhob muab lub hnab yas ntim tev tawm

- Hauv lub qhov cub (oven): Tso kom kub txog 325°F. Muab tso rau ntawm daim baking sheet. Ci ntev licas yog **Nkoog**: Ci 20-25 nasthis yog **Tsi Nkoog**: Ci 14-20 nasthis.
- Microwave: muab rab diav tsawg nkaug kom daim ntawv yas kom to qhov. Muab tso rau hauv ib lub tais uas rhaub tau microwave. Rhaub ntev licas yog **Nkoog**: 9 nasthis yog **Tsi nkoog**: 2 nasthis.

Pizzas:

- Lub qhov cub (oven) yuav tsum kub txog – 325°F
- Ci ntev licas yog **Nkoog**: Ci 13-15 nasthis yog **Tsi nkoog**: Ci 11-13 nasthis
- Cia li 1-2 uantej noj

Pork Rib-a-Que: Tsi txhob muab lub hnab yas ntim tev tawm

- Hauv lub qhov cub (oven): Tawv kom kub txog 325°F. Muab tso rau ntawm daim baking sheet. Ci ntev licas yog **Nkoog**: Ci 20-25 nasthis yog **Tsi Nkoog**: Ci 14-20 nasthis.
- Microwave: muab rab diav tsawg nkaug kom daim ntawv yas kom to qhov. Muab tso rau hauv ib lub tais uas rhaub tau microwave. Rhaub ntev licas yog **Nkoog**: 2-3 nasthis yog **Tsi nkoog**: 1 nasthis.

Vegetable packs: (Baked Beans, Pobkws, Noob taum & Pobkws, taum ntsuab) Tsi txhob muab lub hnab yas ntim tev tawm Microwave: muab rab diav tsawg nkaug daim ntawv yas kom to qhov. Rhaub ntev licas yog **Nkoog** 1-2 nasthis yog **Tsi nkoog**: 45 sec -1 nasthis.

Waffle Cut Fries (Qos kib):

- Lub qhov cub (oven) yuav tsum kub txog – 400°F
- Ci ntev li 7-10 nasthis
- Ci kom sab hauv kub txog 160°F

Cov khoom yuav tsum tau muab cia rau hauv tub yees lossis freezer. Yog hais tias muab tso sab nraud sov li lub hoob (room temperature) lawm, yuav tsum tau muab cov zaub mov rhaub kom sov thiab yuav tsum tau noj uantej ob mus rau plaub teev.

Cov qhov cub (oven) nyias kub txawv nyias thiab, tejzaum yuav tau muab qhov temperature tso kom kub zog lossis txhob kub heev heev.

Lub koomhaum no cia kom muaj kev ua haujlwm sis npaug zog tsi muaj kev ciav cais rau leejtwg