



EXTRA EATS!

EVERY FRIDAY

7:30 AM- 9:30 AM

Friday October 9th & October 23rd

Nacho Bowls & Tortilla Chips

Breaded Chicken

Freshly Prepared Ranch

Vegetable Variety

100% Fruit Juice

½ Gallon Milk

Variety of Snacks:

Whole Grain Crackers

Chocolate Grahams

Reduced Fat Chips

Sunflower Seeds

Friday October 16th and October 30th

Breaded Chicken

Vegetable Variety

100% Fruit Juice

½ Gallon Milk

Variety of Snacks:

Whole Grain Crackers

Chocolate Grahams

Reduced Fat Chips

Sunflower Seeds

String Cheese

*Once food has left site, Norwalk-La Mirada USD

is not responsible for improper food handling resulting in illness.



School Site Pick Up Locations:

Chavez, Dolland, Glazier, Glenn, Los Alisos, Lampton, Moffitt, Morrison, Norwalk, Sanchez, Eastwood, Foster Road, Hutchinson, La Mirada High, Los Coyotes

Safety Precautions

- Do the two “W’s”: Wear a Mask & Wash your Hands
- Maintain 6-foot physical distance from others.
- Stay home if you are ill.

Food Precautions

- Eat perishable items first, prepared foods before frozen foods.
- Check expiration dates/best by dates.
- Our products DO NOT contain preservatives. They need to be eaten within 2 days after thawing.

Food Allergens

- Food allergens and food safety handling procedures are on the last two pages.

Recipe Ideas

- Recipe suggestions for your menu are on the next two pages.
- Storage and reheating directions are on the last two pages.

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Zucchini

How to store:

1. Unwashed and wrapped in refrigerator.
2. Can be stored for up to 4 days.

How to prepare:

1. Do not wash Zucchini until right before using.
2. Trim top and tail of Zucchini.
3. No need to skin the Zucchini, this is where most of the nutrients are.
4. Zucchini can be roasted, grilled, or sautéed, used in your favorite lasagna, casserole or even make a zucchini bread.

Nutritional benefits:

- Great source of magnesium, which is beneficial to your muscles and helps maintain strong bones and combat insomnia.
- Provides Folate that helps with metabolism.
- Good source of fiber.

Parmesan Roasted Zucchini Recipe

- 2 medium-sized Zucchini
- ½ cup freshly grated Parmesan Cheese
- Garlic Salt & freshly ground black pepper (optional)
 1. Preheat oven to 425°F. Line baking sheet with foil (lightly misted with cooking spray) or Parchment paper.
 2. Wash and dry zucchini, trim ends and cut into ¼-inch thick slices.
 3. Arrange zucchini rounds on a prepared pan, with little to no space between them, lightly sprinkle with garlic salt and pepper.
 4. Use a small spoon to spread a thin layer of Parmesan cheese on each slice of zucchini.
 5. Bake 15-20 minutes or until parmesan turn a light golden brown. (Watch these closely the first time you make them and pull them out of the oven early if parmesan is golden before 15 minutes) Serve immediately.

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Breaded Chicken Ranch Salad Instructions

- About 3 cups lettuce-chopped
 - 1 Breaded Chicken Filet-Cooked and Chopped
 - 2 Tbsp Home-made Ranch Dressing
1. Cook chicken filet until internal temperature is 165°F. Once cooked, allow to cool.
 2. Chop cooked chicken into cubes.
 3. Chop lettuce into smaller pieces (Add shredded carrots and turkey bacon if desired.)
 4. Add all ingredients in a bowl with 2 tbsp of ranch dressing. Toss, Eat and Enjoy!



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Item	Allergens	Storage C=COOLER D=Dry F=FROZEN	How long to Store	Best Cooking Method/how to Prepare	Cook Time/Temp	Internal Temperature
Beef Nacho Bowl & Chips	Milk, Soy	C	Up to 2 days	Microwave	Microwave until hot	165°F
Chicken Tenders	Gluten, Wheat	F	Up to 2 weeks	Oven	350°F Frozen: 10-14 minutes	165°F
Breaded Chicken Patty	Gluten, Milk, Wheat	F	Up to 2 weeks	Oven	400°F Frozen:20 minutes	165°F
Drumstick	Gluten, Wheat	F	Up to 2 weeks	Oven	350°F Frozen: 30-40 minutes	165°F
8 Piece Breaded Chicken	Egg, Gluten, Wheat	F	Up to 2 weeks	Oven	350°F Frozen: 75 minutes	165°F
Freshly Prepared Ranch	Egg, Milk, Soy	C	3-5 days	N/A	N/A	<40°F
Head of Lettuce		C	1 week	N/A	N/A	<40°F
Baby Carrots		C	Up to 2 weeks	N/A	N/A	<40°F
Canned Corn		D	See Expiration Date	Microwave	Microwave until hot	165°F
Zucchini		C	Up to 1 week	Oven	See Recipe	<40°F
Juice		C	Up to 1 week	N/A	N/A	<40°F
Milk	Dairy	C	See Expiration Date	N/A	N/A	<40°F

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SNACKS

Item	Allergens	Storage C=COOLER D=Dry F=FROZEN	How long to Store	Best Cooking Method/how to Prepare	Cook Time /Temp	Internal Temperature
Whole Grain Crackers	Gluten, Milk, Wheat	D	See Expiration Date	N/A	N/A	N/A
Whole Grain Grahams	Gluten, Wheat	D	See Expiration Date	N/A	N/A	N/A
Low Fat Chips	Milk	D	See Expiration Date	N/A	N/A	N/A
Sunflower Seeds	Soy, Tree Nuts	D	See Expiration Date	N/A	N/A	N/A
Cereal Bowl	Gluten, Soy, Wheat	D	See Expiration Date	N/A	N/A	N/A
String Cheese	Milk	C	Up to 2 days	N/A	N/A	<40°F

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