

MENU GUIDE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Oct 5 [^] & Oct 26*	Breakfast: Pan Dulce Lunch: Freshly Made Burrito (Beef [^] or Pork Carnitas*)	Breakfast: Whole Grain Poptarts Lunch: Breaded Chicken Drumstick & Brookee	Breakfast: Honey Bun Lunch: Bean & Cheese Burrito	Breakfast: Egg & Cheese Biscuit Sandwich Lunch: Mini Cheeseburger Twins	Breakfast: Cereal Bowl Lunch: Beef Pasta w/Meat Sauce & Brookee	Breakfast: Cereal Bar & Sunflower Seeds Lunch: Nacho Cheese Cup, String Cheese & Chips	Breakfast: Mini Maple Pancakes Lunch: Grilled Cheese
Oct 13	Breakfast: Double Chocolate Muffin Lunch: Proview Chicken Bites & Cookie	Breakfast: Cheese Pizza Bagel Lunch: Smoothie Bowl, Granola & String Cheese	Breakfast: Pan Dulce Lunch: Freshly Made Turkey & Cheese Hoagie w/Chips	Breakfast: Egg & Cheese Biscuit Sandwich Lunch: Orange Chicken Rice Bowl	Breakfast: Cereal Bar & Sunflower Seeds Lunch: Turkey Taco Nada & Cookie	Breakfast: Cereal Bowl Lunch: Nacho Cheese Cup, String Cheese & Chips	Breakfast: Cereal Bowl Lunch: PBJ *Un crustables
Oct 19	Breakfast: Chocolate Donuts Lunch: Chicken Smackers & Cookie	Breakfast: Wheat Bagel & Cream Cheese Lunch: Smoothie Bowl, Granola & String Cheese	Breakfast: Pan Dulce Lunch: Italian Pasta Salad	Breakfast: Oatmeal Choc. Chip Bar Lunch: Pizza Slice Cookie	Breakfast: Cereal Bar & Sunflower Seeds Lunch: Pizza Slice	Breakfast: Cereal Bowl Lunch: Nacho Cheese Cup, String Cheese & Chips	Breakfast: Cereal Bowl Lunch: Turkey Taco Nada

Menu Subject to Change

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.

Smuckers Un crustable eat 24-hours maximum after thawing. *Contains peanuts.

Alongside the fresh ½ gallons of milk, we also provide a variety of fruits & vegetables. Varies depending on the day, week, and the food supply chain.

Fresh
Strawberries
Pineapple
Oranges
Applesauce
Melon
Apples

Raisels
100% Fruit
Juice
Assorted
Canned Fruit
Tropical Trio
Corn

Carrots
Broccoli
Pinto Beans
Cucumbers
with Lemon
Potato Tater
Tots

A graphic for Friday Food Pickup. The top half features a background of orange slices. A white circle on the right contains the text "FRIDAY FOOD PICKUP" and "7:30 A.M - 9:30 A.M". The bottom half is a solid yellow rectangle with the text "EXTRA EATS - FRIDAYS ONLY" in large white letters, "EVERY FRIDAY BEGINNING OCTOBER 9TH" in smaller black letters, and "Friday Food Bag is for children 1- 18 years of age." in white text at the bottom.

**FRIDAY
FOOD
PICKUP**

7:30 A.M - 9:30 A.M

**EXTRA EATS -
FRIDAYS ONLY**

**EVERY FRIDAY
BEGINNING OCTOBER 9TH**

Friday Food Bag is for children 1- 18
years of age.

EXTRA EATS – FRIDAYS ONLY 7:30-9:30 AM

Friday Food Bags will contain:

- ½ gallon Chocolate Milk
- 1 pint 100% Juice
- *Pilgrim's Pride* or *Tyson* Breaded Chicken Products
- Canned or Fresh Vegetable
- Snack Items (Snack item samples): *Pepperidge Farms* Goldfish Crackers, Reduced Fat *Doritos* Chips, *Cheetos*, String Cheese, Bear Grahams and Sunflower Seeds.

Please bring a box, bag, or cart for easier carrying.

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Whole Fruits & Vegetables: Wash all whole fruits & vegetables before eating (even fruits with peels).

How to Cut a Pineapple

- To cut a pineapple, start by laying it on its side and cutting off the top and bottom with a sharp knife.
- Then, stand the pineapple up on one end and rotate it as you slice the skin off.
- Once the skin is off, remove the brown eye spots from the pineapple by cutting them out in wedges with the knife.

[Video on how to cut a pineapple](#)



Cantaloupe Handling & Cutting:

1. Wash & scrub the skin of the cantaloupe with a brush to ensure it is clean.
2. Cut off the ends & place upright, slice the skin off (similar to pineapple above).
3. Cut in half, scoop out the seeds and discard.
4. Cut into wedges or pieces, refrigerate and enjoy.

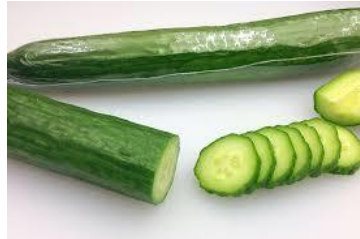


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Facts about an English Cucumber:

- The English cucumber is long, thin, and straight.
- It is generally sweeter than the regular, common cucumber which has many large seeds, contributing to their bitter flavor.
- The skin is thinner than a slicing cucumber and does not need to be peeled.

Store the English cucumber in its plastic wrapping in the refrigerator. It should stay fresh for about 1 week. [Click to learn more about English cucumbers.](#)



Special Diets:

1. If a special diet is needed, reserve your meals by contacting our Nutritionist, Amanda Carr at (562) 210-4421 or email at: acarr@nlmusd.k12.ca.us.
2. A Meal Accommodation Form must be on file and signed by a doctor. Lactaid is available at the school pickup site and soy milk may also be substituted for milk, but requires a parent note, per USDA regulations.
3. Special diets can only be picked up from the Central Kitchen, once a week, on Thursdays. The student will receive five breakfast and 5 lunch meals.
4. To limit food waste, if special meals were reserved and not picked up, they will no longer be prepared.



Item	Allergens	Storage Area (F= freezer, C= Cooler, D=Dry)	How long to keep in storage area	Best cooking method/How to prepare	Cook Time/Temp	Internal Temperature
Chocolate Donuts	Gluten, Milk, Soy, Wheat	F	Up to 2 weeks	Thaw and serve	N/A	N/A
Wheat Bagel	Gluten, Wheat	F	Up to 2 weeks	Thaw and serve	N/A	N/A
Cream Cheese	Milk	C	Up to 2 days	N/A	N/A	<40°F
Oatmeal Chocolate Chip Bar	Egg, Gluten Milk, Soy, Wheat	D	See expiration date	N/A	N/A	N/A
Cereal Bar	Gluten, Soy, Wheat	D	See expiration date	N/A	N/A	N/A
Sunflower Seeds	May contain traces of tree nuts	D	See expiration date	N/A	N/A	N/A
Whole Grain Poptarts	Gluten, Wheat	D	See expiration date	N/A	N/A	N/A
Honey Bun	Egg, Gluten, Milk, Soy, Wheat	F	Up to 2 weeks	Thaw and Serve	N/A	N/A

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Item	Allergens	Storage Area (F= freezer, C= Cooler, D=Dry)	How long to keep in storage area	Best cooking method/How to prepare	Cook Time/Temp	Internal Temperature
Egg & Cheese Biscuit	Egg, Gluten, Milk, Soy, Wheat	C	Up to 2 days	Microwave	3 minutes or until temp reaches 165	165 °F
Cereal Bowl	Gluten, Soy, Wheat	D	See expiration date	N/A	N/A	N/A
Double Chocolate Muffin	Egg, Gluten, Milk, Soy, Wheat	F	Up to 2 weeks	Thaw and Serve	N/A	N/A
Mini Maple Pancakes	Egg, Gluten, Milk, Soy, Wheat	F	1 Year Frozen	Microwave	Place unopened package on microwave safe plate and cook for 55 seconds	N/A
Cheese Pizza Bagel	Gluten, Milk, Wheat	F	Up to 2 weeks	Oven	350°F 12-16 minutes	165°F
Mac n Cheese	Egg, Gluten, Milk, Wheat	F	Up to 2 weeks	Microwave	4-6 minutes	165°F
Granola	Gluten, Soy, Wheat, may contain Tree Nuts	D	See expiration date	N/A	N/A	N/A

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Smoothie Bowl	Milk	F	Up to 2 weeks	Thaw for 1 hour and serve/Top with fruit	N/A	<40°F
Italian Pasta Salad	Gluten, Milk, Soy, Wheat	C	Up to 2 days	N/A	N/A	<40 °F
Pizza Slice	Gluten, Milk Soy, Wheat	F	Up to 2 weeks	Oven	350°F 14-16 min	165°F
Cookie	Gluten, Milk, Soy, Wheat	F	Up to 2 weeks	Oven	330°F 10 minutes	165°F
Beef, Bean & Cheese Burrito	Gluten, Milk, Soy, Wheat	C	Up to 2 days	Oven Or Microwave (If using microwave, take burrito out of foil)	Oven: Cook @ 350°F 10-12 mins Microwave: Take out of foil, cook on High 3 mins or until 165°F	165°F

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Item	Allergens	Storage Area (F= freezer, C= Cooler, D=Dry)	How long to keep in storage area	Best cooking method/How to prepare	Cook Time/Temp	Internal Temperature
Pork Carnitas, Bean & Egg Burrito	Egg, Gluten, Milk, Soy, Wheat	C	Up to 2 days	Oven Or Microwave (If using microwave, take burrito out of foil)	Oven: Cook @ 350°F 10-12 mins Microwave: Take out of foil, cook on High 3 mins or until 165°F	165°F
Breaded Chicken Drumstick	Gluten, Wheat	F	Up to 2 weeks	Oven	350°F 30-40 minutes	165°F
Bean & Cheese Burrito	Gluten, Milk, Wheat	F	Up to 2 weeks	Oven Or Microwave	Oven: Cook @ 350°F 10-12 mins Microwave: Take out of foil, cook on High 3 mins or until 165°F	165°F
String Cheese	Milk	C	Up to 2 days	N/A	N/A	<40°F
Nacho Cheese Cup	Milk	D	90 Days	N/A	N/A	
Tortilla Chips		D	See Expiration Date	N/A	N/A	

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Item	Allergens	Storage Area (F= freezer, C= Cooler, D=Dry)	How long to keep in storage area	Best cooking method/How to prepare	Cook Time/Temp	Internal Temperature
PBJ Uncrustable	Gluten, Peanuts, Soy, Tree Nuts, Wheat	F	Eat within 8 hours of thawing. Keep frozen up to 270 days	Thaw & Serve	N/A	
Mini Cheeseburger Twins	Gluten, Milk, Soy, Wheat	F	Up to 2 weeks	Oven Or Microwave	Oven: 350°F 15-20 minutes Microwave: 3 minutes or until it reaches 165°F	165°F
Pasta w/Meat Sauce	Egg, Gluten, Soy, Wheat	F	Up to 2 weeks	Microwave	4 minutes or until it reaches 165°F	165°F
Brookee	Egg, Gluten, Milk, Soy, Wheat	F	Up to 2 weeks	Thaw and Serve	N/A	N/A
Chicken Bites	Gluten, Milk, Soy, Wheat	F	Up to 2 weeks	Oven	350°F 20-30 minutes	165°F
Turkey & Cheese Hoagie	Gluten, Milk, Soy, Wheat	C	Up to 2 days	N/A	N/A	<40°F

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Item	Allergens	Storage Area (F= freezer, C= Cooler, D=Dry)	How long to keep in storage area	Best cooking method/How to prepare	Cook Time/Temp	Internal Temperature
Chips	Milk	D	See expiration date	N/A	N/A	N/A
Orange Chicken & Rice Bowl	Egg, Gluten, Soy, Wheat	F	Up to 2 weeks	Oven	350°F 13-15 min (Puncture film 3-4 times) Stir & Serve	165°F
Turkey Taco Nada	Gluten, Milk, Soy, Wheat	F	Up to 2 weeks	Oven or Microwave	Oven: 350°F 30-32 minutes Microwave: 3 minutes or until it reaches 165°F	165°F
Edamame w/Tajin	Soy	C	Up to 2 days	N/A	N/A	<40°F
Applesauce		D		N/A	N/A	N/A
Whole Apple		D or C	1 to 2 weeks at room temperature or 1 month in refrigerator	N/A	N/A	N/A
Whole Orange		D or C	1 to 2 weeks at room temperature	N/A	N/A	N/A

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Item	Allergens	Storage Area (F= freezer, C= Cooler, D=Dry)	How long to keep in storage area	Best cooking method/How to prepare	Cook Time/Temp	Internal Temperature
Raisels		D	See Expiration Date	N/A	N/A	N/A
Milk	Dairy	C	Up to 1 week	N/A	N/A	<40°F

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