

MEAL INFORMATION

DECEMBER-FEBRUARY

Hello parents! Below you will find helpful information on meal pickup times, food preparation, food safety, and pandemic specific guidelines. We have added additional serving sites and “Extra Eats”.

PANDEMIC PRECAUTIONS

Practice the Two “W’s”: Wear a Mask & Wash your Hands Frequently

Avoid the Three “C’s”: Close Conversations, Crowds, & Confined spaces

When picking up meals maintain physical distancing of 6ft and stay home if ill.

Meal Pick Up Days: Mondays and Wednesdays

Time: 7:30 a.m. - 9:30 a.m. or 11:30 a.m. - 1:30 p.m.

NORWALK SITES:

CHAVEZ, DOLLAND, GLAZIER, GLENN HIGH, LAMPTON, LOS ALISOS, MOFFITT, MORRISON, NORWALK HIGH, RAMONA, SANCHEZ

LA MIRADA SITES:

EASTWOOD, FOSTER ROAD, HUTCHINSON, LOS COYOTES, LA MIRADA HIGH

HEADSTART/STATE PRESCHOOL: PICK UP AT ANY OF THE ABOVE LOCATIONS

WE ARE PROUD TO OFFER “EXTRA EATS”

EXTRA EATS – Every Friday

See additional flyer for more information.

***Once food has left the site, Norwalk La Mirada USD is not responsible for improper food handling resulting in illness. ***



Follow us on Instagram: @nlmusd_yourchew

MENU GUIDE

Menu Subject to Change

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12/14, 1/4, 1/25 & 2/16	Breakfast Breakfast Bean & Cheese Burrito Lunch Chicken, Rice & Cheese Burrito	Breakfast Wheat Bagel & Cream Cheese Lunch Mini Cheeseburger Twins & Cookie	Breakfast Pan Dulce Lunch Mac n Cheese	Breakfast Mini Maple Pancakes Lunch No-Bake Energy Bites	Breakfast Powdered Sugar Donuts Lunch Pepperoni Pizza & Cookie	Breakfast Small PB & J Uncrustable Lunch Grilled Cheese Sandwich	Breakfast Cereal Bowl Lunch Cheese & Green Chili Tamale
Fruits	100% Apple Juice		Fresh Strawberries & Fresh Orange			Applesauce cup	
Veggies	Baby Carrots		Zucchini			Tropical Trio	
11/30, 1/11, 2/1^ & 2/22^	Breakfast Coffee Cake Lunch Mini Chicken Hot Dogs	Breakfast Freshly Made Egg & Cheese Biscuit Lunch Cheese Pull Apart's Marinara Sauce & Brookee	Breakfast Honey Bun Lunch Beef Pasta w/Meat Sauce	Breakfast Small PB & J Uncrustable Lunch Freshly Made Burrito Beef, Bean & Cheese	Breakfast Cereal Bowl Cinnamon Lunch Pepperoni Pizza & Brookee	Breakfast Poptarts Lunch Nacho Cheese, Chips & String Cheese	Breakfast Cereal Bowl Lunch BBQ Rib Sandwich
Fruits	100% Orange Juice		Fresh Strawberries			Whole Apple	Raisels
Veggies	Seasoned Fries or Mashed Potatoes^		Cucumber w/Lemon & Tajin				
12/7, 1/19 & 2/9	Breakfast Double Chocolate Muffin Lunch Orange Chicken Bowl	Breakfast Cheese Pizza Bagel Lunch Pizza Stick & Cookie	Breakfast Pan Dulce Lunch Bean & Cheese Burrito	Breakfast Wheat Bagel & Cream Cheese Lunch Carnitas Nacho Bowl & Chips	Breakfast Cereal Bowl - Marshmallow Lunch Pepperoni Pizza & Cookie	Breakfast Small PB & J Uncrustable Lunch Beef Pasta w/Meat Sauce	Breakfast Cereal Bowl Lunch Garlic Cheese Bread
Fruits	100% Apple Juice		Fresh Strawberries & Fresh Orange			Applesauce cup	
Veggies	Baby Carrots		Zucchini			Tropical Trio	
Milk	½ Gallon Milk		½ Gallon Milk				

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 Uncrustable 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.

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

Easy Baked Zucchini

PREP TIME: 5 MINUTES

COOK TIME: 10 MINUTES

TOTAL TIME: 15 MINUTES

SERVINGS: 4 SERVINGS

Ingredients

- 1 medium zucchini
- 1 ½ teaspoon, olive oil
- ¼ teaspoon, Italian Seasoning
- 3 tablespoons, parmesan cheese, shredded



Instructions

1. Preheat oven to 425°F.
2. Toss zucchini slices with olive oil, seasoning, salt & pepper and about 2 tablespoons of the parmesan cheese.
3. Place on a baking sheet and top with remaining parmesan cheese. Bake 5 minutes.
4. Turn oven to broil, place pan near the top and broil 3-5 minutes or until cheese is melted and zucchini is tender crisp.

Useful Tips:

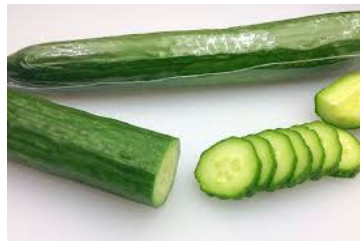
- Zucchini is easy to overcook, so set a timer while it's roasting.
- The thicker you cut your zucchini, the crispier it will stay, ½" is about perfect!
- Zucchini is best baked at a high temperature for a short amount of time to caramelize it – adding flavor without getting mushy!

“This institution is an equal opportunity provider”

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.

“This institution is an equal opportunity provider”

No Bake Energy Bites Recipe

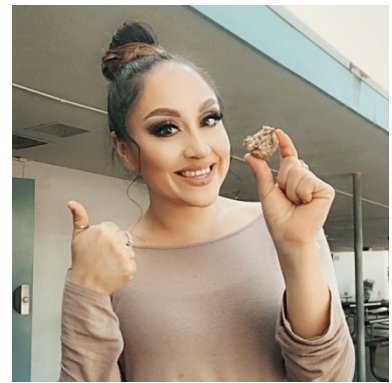
Makes ~30 Energy Bites

Ingredients

- 1 cup Sunflower Seed Butter
- 2 cups Oats
- ½ cup Honey
- ½ cup Chocolate Chips

Instructions

1. Add oats and chocolate chips to a bowl.
2. Add in honey and sunflower seed butter. Mix until all ingredients combined.
3. Place bowl in refrigerator for 30 minutes.
4. Take out and form into small balls. Once complete they are ready to eat, place energy bites in a bag and refrigerate for up to 5 days or freeze for up to 2 weeks.



“This institution is an equal opportunity provider”

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
Powdered Donuts	Egg, Gluten, Milk, Soy, Wheat	C	Up to 2 days	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

“This institution is an equal opportunity provider”

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
Cinnamon Crumble Coffee Cake	Egg, Gluten, Milk, Soy, Wheat	F	1 Year Frozen	Thaw and Serve	N/A	N/A
Pan Dulce	Egg, Gluten, Milk, Soy, Wheat	F	1 Year Frozen	Thaw and Serve	N/A	N/A
Mac n Cheese	Egg, Gluten, Milk, Wheat	F	Up to 2 weeks	Microwave	4-6 minutes	165°F

“This institution is an equal opportunity provider”

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
Garlic Cheese Bread	Gluten, Milk, Soy, Wheat	F	Up to 2 weeks	Oven	350°F 8-11 min	165°F
Cheese Pull Aparts	Gluten, Milk, Soy, Wheat	F	Up to 2 weeks	Oven	350°F 20 min	165°F
Pizza Stick	Gluten, Milk, Wheat	F	Up to 2 weeks	Oven	350°F 20 min	165°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	Oven: Cook @ 350°F 10-12 mins Microwave: Take out of foil, cook on High 3 mins or until 165°F	165°F
Cheese & Green Chili Tamale	Milk, Soy	F	Up to 2 weeks	Oven	350°F 30-40 minutes	165°F
Grilled Cheese Sandwich	Gluten, Milk, Soy, Wheat	F	Up to 2 weeks	Oven	350°F 8-12 minutes	165°F

“This institution is an equal opportunity provider”

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
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	
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

“This institution is an equal opportunity provider”

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
Brookee	Egg, Gluten, Milk, Soy, Wheat	F	Up to 2 weeks	Thaw and Serve	N/A	N/A
Mini Chicken Hot Dog	Gluten, 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
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
Applesauce	N/A	D		N/A	N/A	N/A
Whole Orange	N/A	D or C	1 to 2 weeks at room temperature	N/A	N/A	N/A
Raisels	N/A	D	See Expiration Date	N/A	N/A	N/A
Milk	Dairy	C	Up to 1 week	N/A	N/A	<40°F

“This institution is an equal opportunity provider”