



MEAL INFORMATION

Hello parents! Below you will find helpful information on meal pickup times, food preparation, food safety, and pandemic specific guidelines.

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/Times:

Mondays and Wednesdays

7:30am-9:30am & 11:30am-1:30pm

NORWALK SITES:

GLENN HS

MOFFITT

SANCHEZ

LOS ALISOS

MORRISON

GLAZIER

LA MIRADA SITES:

LMHS

LOS COYOTES

HUTCHINSON

EASTWOOD

HEADSTART/STATE PRESCHOOL

RAMONA ONLY

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

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MENU



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1: <i>Aug 17, Sept 8, Sept 28 & Oct 19</i>	Breakfast Entree: Chocolate Donuts Lunch Entrée: Mac n Cheese & Cookie	Breakfast Entree: Wheat Bagel & Cream Cheese Lunch Entrée: Smoothie Bowl, Granola & String Cheese	Breakfast Entree: Pan Dulce Lunch Entrée: Italian Pasta Salad	Breakfast Entree: Oatmeal Choc. Chip Bar Lunch Entrée: Pizza Slice & Cookie	Breakfast Entree: Cereal Bar & Sunflower Seeds Lunch Entrée: Pizza Slice
Fruits	Assorted Canned Fruit & 100% Orange Juice		Fresh Strawberries & Fresh Pineapple		
Vegetables	Fresh Corn & Tropical Trio Slushy 100% Veggie Juice		Baby Carrots, Broccoli/Carrot Mix & Edamame w/Tajin		
Week 2: <i>Aug 24[^], Sept 14[*], Oct 5[^] & Oct 26[*]</i>	Breakfast Entree: Pan Dulce Lunch Entrée: Freshly Made Burrito (Beef, Bean & Cheese ^ or Pork Carnitas, Bean & Egg*)	Breakfast Entree: Whole Grain Poptarts Lunch Entrée: Breaded Chicken Drumstick & Brookee	Breakfast Entree: Honey Bun Lunch Entrée: Bean & Cheese Burrito String Cheese	Breakfast Entree: Freshly Made Egg & Cheese Biscuit Sandwich Lunch Entrée: Mini Cheeseburger Twins	Breakfast Entree: Cereal Bowl Lunch Entrée: Beef Pasta w/Meat Sauce & Brookee
Fruits	Assorted Canned Fruit & 100% Orange Juice		Fresh Strawberries & Fresh Cantaloupe		
Vegetables	Potato Tater Tots & Tropical Trio Slushy 100% Veggie Juice		Cucumbers w/Lemon & Tajin & Broccoli/Carrot Mix		
Week 3: <i>Aug 31, Sept 21 & Oct 13</i>	Breakfast Entree: Double Chocolate Muffin Lunch Entrée: Proview Chicken Bites & Cookie	Breakfast Entree: Cheese Pizza Bagel Lunch Entrée: Smoothie Bowl, Granola & String Cheese	Breakfast Entree: Pan Dulce Lunch Entrée: Freshly Made Turkey & Cheese Hoagie w/Chips	Breakfast Entree: Freshly Made Egg & Cheese Biscuit Sandwich Lunch Entrée: Orange Chicken Rice Bowl	Breakfast Entree: Cereal Bar & Sunflower Seeds Lunch Entrée: Turkey Taco Nada & Cookie
Fruits	Assorted Canned Fruit & 100% Orange Juice		Fresh Strawberries & Fresh Pineapple		
Vegetables	Fresh Corn & Tropical Trio Slushy 100% Veggie Juice		Baby Carrots, Broccoli/Carrot Mix & Edamame w/Tajin		
Milk	2-8 oz Milk		½ Gallon Milk		

Menu subject to change as food supply chain has been disrupted

- 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.

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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.

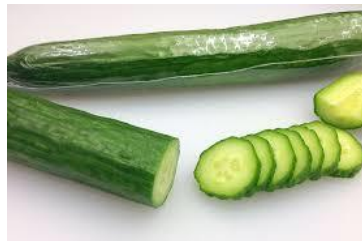


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Facts about an English Cucumber:

- 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.

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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
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
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
Smoothie Bowl	Milk	F	Up to 2 weeks	Thaw for 1 hour and serve/Top with fruit	N/A	<40°F

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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
Pork Carnitas, Bean & Egg Burrito	Egg, Gluten, Milk, Soy, Wheat	C	Up to 2 days	Oven Or Microwave (If using microwave,	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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				take burrito out of foil)		
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
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

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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
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
Milk	Dairy	C	Up to 1 week	N/A	N/A	<40°F

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