



EXTRA EATS!

EVERY FRIDAY

NOVEMBER 2020 – FEBRUARY 2021

7:30 AM- 9:30 AM

Entrée Choices:

Breaded Chicken or Beef Items & Buns

Fruits:

100% Fruit Juice

Vegetables:

Variety of Fresh or Canned Vegetables

Snacks:

Cereal Bowl, Whole Grain Crackers, Whole Grain Grahams,
Reduced Fat Chips, String Cheese & Sunflower Seeds

Milk:

½ Gallon Low-Fat Milk

Good nutrition and learning go hand in hand. The Nutrition Services Department is comprised of a team of nutritional professionals who are dedicated to students' health, well-being, and their ability to learn. We support learning by promoting healthy habits for lifelong fitness.

The school foods provided meet state and federal requirements which are based on the USDA Dietary Guidelines. We also model proper portion sizes.

Visit www.eatsmart2besmart.org/nutrition-lessons for enrichment activities.

LOOKING FOR ADDITIONAL ENRICHMENT ACTIVITIES?

Check out our library of Nutrition Education featuring lessons on:
Language Arts
Math
Science
Gardening
Health

Scan here or visit

WWW.EATSMART2BESMART.ORG/NUTRITION-LESSONS

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

is not responsible for improper food handling resulting in illness.



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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 page, storage and reheating, directions are on the last two pages



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Breaded Chicken Ranch Salad

Ingredients:

- 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 140°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.
5. 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 Temp
Beef Patty		F	Up to 2 weeks	Microwave	Heat in microwave until hot	165°F
Beef Rib-o-que	Soy	F	Up to 2 weeks	Microwave	Thawed- Heat in microwave for ~ 2 minutes or until hot	165°F
Cheesy Meatloaf Patty	Milk, Wheat, Gluten	F	Up to 2 weeks	Microwave	Heat for 3 ½ minutes until heated through	165°F
Chicken Smackers	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
Oranges		C	Up to 1 week	N/A	N/A	<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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