

# Take & Bake Meal Plan

## WEEK 1

# School Town of Highland

Day 1	Day 2	Day 3	Day 4	Day 5
<p><b>BREAKFAST</b></p> <p>French Toast (1 pkg) Fruit (fresh or cupped) (1/2 c) 100% Fruit Juice (1/2 c) Milk (8 oz)</p>	<p><b>BREAKFAST</b></p> <p>Breakfast Burrito (1 each) Fruit (fresh or cupped) (1/2 c) 100% Fruit Juice (1/2 c) Milk (8 oz)</p>	<p><b>BREAKFAST</b></p> <p>Pop tart (1 package) Raisins (1 box) 100% Fruit Juice (1/2 c) Milk (8 oz)</p>	<p><b>BREAKFAST</b></p> <p>Cereal (1 bowl) Fruit (fresh or cupped) (1/2 c) 100% Fruit Juice (1/2 c) Milk (8 oz)</p>	<p><b>BREAKFAST</b></p> <p>Mini Pancakes (1 package) Craisins (1 pkg) 100% Fruit Juice (1/2 c) Milk (8 oz)</p>
<p><b>LUNCH</b></p> <p>Chicken Nuggets (5 pcs)/Roll or Goldfish Crackers (1 roll or 1 pkg) Corn (frozen or cupped) (1/2 c) Fruit (fresh or cupped) (1/2 c) Milk (8 oz)</p>	<p><b>LUNCH</b></p> <p>Bosco/Cheesy Bread Stick (1 pkg of sticks) Fries/Smiles (1/2c) Fruit (fresh or cupped) (1/2c) Milk (8oz)</p>	<p><b>LUNCH</b></p> <p>Pancakes (1 package) Sausage (2 links)/Cheese (1 pkg) Hash browns (1/2 c) Broccoli (fresh or frozen) (1/2 c) Fruit (fresh or cupped) (1/2) Milk (8oz)</p>	<p><b>LUNCH</b></p> <p>Mini Corn Dogs (6 corn dogs) Carrots (fresh or frozen) <b>or</b> Grape Tomatoes (depends on availability of produce) (1/2c) Fruit (fresh or cupped) (1/2c) Milk (8oz)</p>	<p><b>LUNCH</b></p> <p>Pizza (1 slice/1 pkg) Beans (baked or refried) (½ c) Fruit (fresh or cupped) (1/2 c) Milk (8oz)</p>
<p><b><u>PREP INSTRUCTIONS</u></b></p> <p>French Toast can be heated in 350° oven for 4-5 minutes from thawed state or may be thawed and served. Juice and Milk should be refrigerated.</p> <p>Cook chicken nuggets on a baking sheet in oven at 350° for 15 minutes or until internal temperature reaches 165°. Place frozen vegetables in a microwave safe container with 3 tbsp water, cover and heat for 3-4 minutes or until internal temperature reaches 135°.</p> <p>Wash fresh fruit before eating and keep milk, any cupped fruit and fresh fruit/veggies refrigerated until ready to serve.</p>	<p><b><u>PREP INSTRUCTIONS</u></b></p> <p>Thaw burrito in the refrigerator. Burrito <b>must</b> be cooked in the oven at 325° for 14 to 20 min or until internal temperature reaches 165°. Juice and Milk should be refrigerated.</p> <p>Cook Bosco stick or cheese bread on a baking sheet in oven at 400° for 8-10 minutes or until internal temperature reaches 165°. Place fries/smiles on a baking sheet and cook at 425° for 9-13 minutes or until golden brown.</p> <p>Wash fresh fruit before eating and keep milk, any cupped fruit and fresh fruit/veggies refrigerated until ready to serve.</p>	<p><b><u>PREP INSTRUCTIONS</u></b></p> <p>Pop tart and raisins are ready to eat. Juice and Milk should be refrigerated.</p> <p>Pancakes can be warmed in microwave or are ready to eat. Microwave thawed sausage links for 30 seconds – 1minute. Cook hash brown on a baking sheet in oven at 450° for 20 minutes or until internal temperature reaches 165°. Place frozen vegetables in a microwave safe container with 3 tbsp water, cover and heat for 3-4 minutes or until internal temperature reaches 135°.</p> <p>Wash fresh fruit before eating and keep milk, any cupped fruit and fresh fruit/veggies/cheese refrigerated until ready to serve.</p>	<p><b><u>PREP INSTRUCTIONS</u></b></p> <p>Cereal is ready to eat. Fruit should be washed before eating. Cupped fruit, Juice and Milk should be refrigerated.</p> <p>Cook corn dogs on a baking sheet in oven at 350° for 15 minutes or until internal temperature reaches 165°. Place frozen vegetables in a microwave safe container with 3 tbsp water, cover and heat for 3-4 minutes or until internal temperature reaches 135°.</p> <p>Wash fresh fruit before eating and keep milk, any cupped fruit and fresh fruit/veggies refrigerated until ready to serve.</p>	<p><b><u>PREP INSTRUCTIONS</u></b></p> <p>Pancakes can be warmed in microwave or are ready to eat. Juice and Milk should be refrigerated</p> <p>Cook frozen pizza on a baking sheet in oven at 350° for 10-14 minutes or until internal temperature reaches 165°. Thaw beans and place in a microwave safe container, cover and heat for 1-2 minutes or until internal temperature reaches 135°.</p> <p>Wash fresh fruit before eating and keep milk, any cupped fruit and fresh fruit/veggies refrigerated until ready to serve.</p>