

March 2021 – June 2021 Friday Extra Eats Menu

Friday 3/5, 4/1* (Th), 4/30, 5/28, 6/25	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
Chicken Smackers ✓	Chicken Smackers ✓	Chicken Tenders ✓	Chicken Tenders ✓	Chicken Tenders ✓	Roasted Chicken Wings	Roasted Chicken Wings
Blueberry Break Bar, Sour Cherry Cyclone Pop (Driftwood), Canned Corn (15 oz), Whole Apples (3) & ½ gallon of Milk						
Honey Nut Cheerios Cereal ✓ Milk	Pretzel Goldfish ✓ String Cheese	Pretzel Goldfish ✓ String Cheese	Bear Grahams ✓ String Cheese	Cool Ranch Doritos ✓ Sunflower Seeds	Bear Grahams ✓ Sunflower Seeds	Cheetos ✓ Sunflower Seeds
Friday 3/12, 5/7 & 6/4	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
Yang's General Tso Chicken (22 oz bags) & Dry Packaged Rice						
Bag of Carrots (1 lb.), Pint of Juice & ½ gallon of Milk						
Cinnamon Chex Cereal Bowl ✓ Milk	Cheez-Its ✓ String Cheese	Educational Crackers ✓ String Cheese	Bear Grahams ✓ String Cheese	Sweet Chili Doritos ✓ Sunflower Seeds	Bear Grahams ✓ Sunflower Seeds	Golden Graham Cereal Bar ✓ Sunflower Seeds
Friday 3/19, 4/16, 5/14, 6/11	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
16" Whole Pepperoni Pizza (7 Suppers & 2 Snack)						
Head of Iceberg Lettuce w/ Homemade Croutons & Ranch Dressing, Whole Apples (3) & ½ gallon of Milk						
-----	Golden Graham Cereal Bowl ✓ & Milk	Cheddar Goldfish ✓ & String Cheese	-----	Nacho Cheese Doritos ✓ Sunflower Seeds	Bear Grahams ✓ & Sunflower Seeds	Cheetos ✓ Sunflower Seeds
Friday 3/26, 4/23, 5/21, 6/18	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
Build Your Own Sandwich: Sliced Turkey (1 lb. package), American Cheese (6 Slices), Fresh Hoagies ✓						
Head of Iceberg Lettuce, Pint of Fresh Juice & ½ gallon of Milk						
Cocoa Puff Cereal Bowl ✓ Milk	Cheddar Goldfish ✓ String Cheese	Cinnamon Toast Cereal Bar ✓ String Cheese	Bear Grahams ✓ String Cheese	Nacho Cheese Doritos ✓ Sunflower Seeds	Educational Crackers ✓ Sunflower Seeds	Cheetos ✓ Sunflower Seeds



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EXTRA EATS!

Black Bean Brownies

Ingredients:

- 1 can black beans (drained and rinsed)
- 2 tbsp cocoa powder
- ½ cup quick oats
- ¼ tsp salt
- 1/3 cup maple syrup
- 1 tbsp sugar (or increase maple syrup to ½ cup)
- ¼ cup olive oil
- 2 tsp vanilla extract
- ½ cup to 2/3 cups chocolate chips



Directions:

1. Mix all ingredients except chocolate chips in a food processor and blend.
2. Mix in chocolate chips
3. Bake in an oil coated 8x8 pan for about 20 minutes
4. Cool in freezer or refrigerator to firm them up more
5. Eat and enjoy!

Tip: Agave or other liquid sweetener can be used in place of maple syrup.

EXTRA EATS!

Chocolate Chip Chickpea Cookie Dough

Ingredients:

- 1 15.5 oz can chickpeas
- 1/3 cup creamy peanut butter or cashew butter
- 1/4 cup pure maple syrup (Agave or another liquid sweetener can be used)
- 1 tbsp coconut oil (can substitute or omit if not available)
- 1 tsp vanilla
- 1 tsp salt
- 1/2 cup chocolate chips

Directions:

1. Drain and rinse chickpeas.
2. Remove the outer skin as much as possible.
3. Add all ingredients to a food processor and blend until smooth.
4. Fold in Chocolate chips.
5. Store in an airtight container in the fridge for 3-5 days

Tip: Use a paper towel to run chickpeas dry. It helps remove the skin quickly.



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Some great ideas/additions to add to your turkey sandwich:

- Toast hoagie for a warm crispy sandwich
- Sliced tomato
- Avocado
- Lettuce
- Sliced cucumber
- Sliced pickles
- Mustard or mayonnaise
- Cooked turkey bacon

Add additional toppings to your pizza with items such as:

- Olives
- Mushrooms
- Sliced bell peppers
- Tomato
- Spinach
- Basil



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Item	Allergens	Storage C=COOLER D=Dry F=FROZEN	Storage Length	Best Cooking Method	Cook Time/Temp	Internal Temp
Chicken Smackers	Gluten, Milk, Soy, Wheat	F	12 months	Oven	350°F 10-14 minutes	165°F
Chicken Tenders	Gluten, Wheat	F	12 months	Oven	350°F 10-14 minutes	165°F
Roasted Chicken Wings	Gluten, Milk, Soy, Wheat	F	12 months	Oven	375°F 38 minutes	165°F
General Tso Chicken	Egg, Gluten, Soy, Wheat	F	12 months	Oven	400°F 18-22 minutes. Heat sauce in hot water 5-7 minutes	165°F
Freshly Prepared Ranch	Egg, Milk, Soy	C	3-5 days	N/A	N/A	<40°F
Head of Lettuce	None	C	1 week	N/A	N/A	<40°F
Baby Carrots	None	C	Up to 2 weeks	N/A	N/A	<40°F
Canned Corn	None	D	See Expiration Date	Microwave	Microwave until hot	165°F
Rice	None	F	12 months	Microwave	1 cup of rice to 2 cups of water. Microwave on high for 5 minutes. Then cover and cook at medium power for 15 minutes or until water is absorbed and texture is tender.	165°F



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Homemade Croutons	Milk, Gluten, Wheat	D	Up to 3 days	N/A	N/A	N/A
Sliced Turkey	None	C	Up to 3 days	N/A	N/A	<40°F
American Cheese	Milk	C	Up to 3 days	N/A	N/A	<40°F
Fresh Hoagie	Gluten, Wheat	D	Up to 5 days	N/A	N/A	N/A
Pepperoni Pizza	Gluten, Milk, Wheat	F	12 months	Oven	400°F Remove from packaging. Place on Sheet pan with Parchment paper. Heat 20-24 minutes	165°F
Whole Apple	None	C	Up to 1 week	N/A	N/A	<40°F
Juice	None	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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EXTRA EATS!

SNACKS

Item	Allergens	Storage C=COOLER D=Dry F=FROZEN	Storage Length	Internal Temperature
Whole Grain Crackers	Gluten, Milk, Wheat	D	See Expiration Date	N/A
Whole Grain Grahams	Gluten, Wheat	D	See Expiration Date	N/A
Blueberry Break Bar	Gluten, Soy, Wheat	D	See Expiration Date	N/A
Sour Cherry Cyclone Pop	Milk	F	12 months	<0°F
Low Fat Chips	Milk	D	See Expiration Date	N/A
Sunflower Seeds	Soy, Tree Nuts	D	See Expiration Date	N/A
Cereal Bowl	Gluten, Soy, Wheat	D	See Expiration Date	N/A
Cereal Bar	Gluten, Soy, Wheat	D	See Expiration Date	N/A
String Cheese	Milk	C	Up to 2 days	<40°F



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