

March – June 2021 Breakfast & Lunch Bulk Feeding Menu

(Subject to Change Without Notice)

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3/1, 3/29, 4/26, 5/24*, 6/21	<u>Breakfast Entrée:</u> Beef Sausage & Cheese Biscuit Sandwich <u>Lunch Entrée:</u> Teriyaki Chicken Rice Bowl	<u>Breakfast Entrée:</u> Small PB & J Uncrustable <u>Lunch Entrée:</u> French Bread Pepperoni Pizza & Sugar Cookie	<u>Breakfast Entrée:</u> Honey Bun <u>Lunch Entrée:</u> Mini Turkey Corn Dogs	<u>Breakfast Entrée:</u> Snack N Waffle <u>Lunch Entrée:</u> Mini Cheeseburger Twins	<u>Breakfast Entrée:</u> Colby Cheese Omelet <u>Lunch Entrée:</u> Beef Pasta w/Meat Sauce	<u>Breakfast Entrée:</u> Egg & Beef Chorizo Breakfast Burrito <u>Lunch Entrée:</u> Pepperoni Pizza Sliders & Sugar Cookie	<u>Breakfast Entrée:</u> Chocolate Donuts <u>Lunch Entrée:</u> Italian Combo Hoagie
Produce	Potato Smiles, Applesauce & Cherry Lime Emoji Rosati				Fresh Strawberries, Whole Orange, Cucumber & Lemon		
3/8, 5/3, 6/1*, 6/28	<u>Breakfast Entrée:</u> Oatmeal Choc. Breakfast Bar <u>Lunch Entrée:</u> Mac n Cheese	<u>Breakfast Entrée:</u> Cereal Bowl – Shred Wheat <u>Lunch Entrée:</u> Turkey Taco Nada & Candy Cookie	<u>Breakfast Entrée:</u> Freshly Made Egg Breakfast Burrito <u>Lunch Entrée:</u> French Bread Pepperoni Pizza	<u>Breakfast Entrée:</u> Mini Breakfast Bites <u>Lunch Entrée:</u> Orange Chicken Rice Bowl	<u>Breakfast Entrée:</u> French Toast Sticks <u>Lunch Entrée:</u> Yogurt Parfait w/ Granola & Candy Cookie	<u>Breakfast Entrée:</u> Bagel & Cream Cheese <u>Lunch Entrée:</u> Turkey & Cheese Bistro Box w/Goldfish	<u>Breakfast Entrée:</u> Pancake & Pork Sausage on a Stick <u>Lunch Entrée:</u> Bean and Cheese Burrito
Produce	Cross Trax Fries, 100% Pint of Orange Juice & Tropical Trio				Fresh Strawberries, Whole Orange, Cucumber & Lemon		
3/15, 4/12, 5/10, 6/7	<u>Breakfast Entrée:</u> Snack N Waffle <u>Lunch Entrée:</u> Mini Turkey Corn Dogs	<u>Breakfast Entrée:</u> Cereal Bowl - Toasters <u>Lunch Entrée:</u> Mini Cheeseburger Twins & Sugar Cookie	<u>Breakfast Entrée:</u> Chocolate Donuts <u>Lunch Entrée:</u> Beef Nacho Bowl & Chips	<u>Breakfast Entrée:</u> Egg & Beef Chorizo Breakfast Burrito <u>Lunch Entrée:</u> Teriyaki Chicken Rice Bowl	<u>Breakfast Entrée:</u> Pan Dulce <u>Lunch Entrée:</u> Pepperoni Pizza Sliders & Sugar Cookie	<u>Breakfast Entrée:</u> Cinnamon Roll <u>Lunch Entrée:</u> Turkey & Cheese Hoagie	<u>Breakfast Entrée:</u> Colby Cheese Omelet <u>Lunch Entrée:</u> Penne Alfredo Pasta
Produce	Tater Tots, Mango Caliente Rosati, Sliced Apples (3 bags) & Tropical Trio				Cutie Tangerines (3 lb. Bag)		
3/22, 4/19, 5/17, 6/14	<u>Breakfast Entrée:</u> Pancake & Pork Sausage on a Stick (IW) <u>Lunch Entrée:</u> Pretzel Bites* & Cheese Cup	<u>Breakfast Entrée:</u> Freshly Made Egg Breakfast Burrito <u>Lunch Entrée:</u> Turkey Taco Nada & Candy Cookie	<u>Breakfast Entrée:</u> French Toast Sticks <u>Lunch Entrée:</u> Orange Chicken Rice Bowl	<u>Breakfast Entrée:</u> Cereal Bowl - Marshmallow <u>Lunch Entrée:</u> Bean & Cheese Burrito	<u>Breakfast Entrée:</u> Oatmeal Choc. Breakfast Bar <u>Lunch Entrée:</u> Italian Combo Pasta Salad	<u>Breakfast Entrée:</u> Small PB & J Uncrustable <u>Lunch Entrée:</u> Freshly Made Beef, Bean & Cheese Burrito	<u>Breakfast Entrée:</u> Pan Dulce <u>Lunch Entrée:</u> Grilled Cheese Sandwich & Candy Cookie
Produce	100% Apple Juice Pint, Apple Slices (3 bags) & Bag of Broccoli (10 oz)				Fresh Strawberries & Fresh Orange		
Milk	½ Gallon (1% White, FF Chocolate Milk or Lactaid Milk)				½ Gallon (1% White, FF Chocolate Milk or Lactaid Milk)		



This institution is an equal opportunity provider

ALLERGENS, FOOD PREPARATION, & STORAGE

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	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
Small PB & J Uncrustable	Gluten, Peanuts , Soy, Wheat, Tree Nuts	F	See Expiration Date	N/A	N/A	N/A
Snack N Waffle	Egg, Gluten, Milk, Wheat	F	14 months (Frozen)	Thaw to room temperature and Serve	N/A	N/A
Mini Breakfast Bites	Egg, Gluten, Milk, Soy, Wheat	F	12 days (Frozen) 3 days (Ambient)	N/A	Thaw and Serve Remove all packaging if you wish to warm in oven	N/A
Honey Bun	Egg, Gluten, Milk, Soy, Wheat	F	12 months	Thaw and Serve	N/A	N/A

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French Toast Sticks	Egg, Gluten, Milk, Soy, Wheat	F	12 months	Microwave	Place 1 package on a microwave safe plate. Heat for 60 seconds	165°F
Cereal Bowl	Gluten, Soy, Wheat	D	See expiration date	N/A	N/A	N/A
Pancake & Pork Sausage on a Stick <i>*includes Pork*</i>	Egg, Gluten, Milk, Soy, Wheat	F	Up to 12 months (Freezer)	Microwave	Thaw overnight in refrigerator. Open one end of wrapper and heat on High 70-90 seconds.	165°F
Cinnamon Roll	Egg, Gluten, Milk, Soy, Wheat	F	12 months	Thaw and Serve	For best results, thaw overnight and keep at room temperature until serving	N/A
Beef Sausage & Cheese Biscuit	Gluten, Milk, Soy, Wheat	C	Up to 2 days	Warm and Enjoy	N/A	165°F
Egg & Beef Chorizo Burrito	Egg, Gluten, Milk, Soy, Wheat	F	12 months	Oven	350°F Thawed-10-15 mins Frozen-16-18 mins	165°F

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Egg Breakfast Burrito	Egg, Gluten, Milk, Soy, Wheat	C	Up to 2 days	Warm and Enjoy	N/A	165°F
Colby Cheese Omelet	Egg, Milk	F	12 months	Microwave Frozen: 65-75 seconds Thawed: 30-40 seconds	Place 1 Omelet on microwave safe dish, cover with plastic wrap and vent.	165°F
Pan Dulce	Egg, Gluten, Milk, Soy, Wheat	F	12 months	Thaw and Serve	N/A	N/A
Teriyaki Chicken Rice Bowl	Gluten, Soy, Wheat	F	12 months	Microwave	Puncture film 3-4 times. Cook on high 5-6 minutes or until hot. Stand for 3 minutes	165°F
French Bread Pepperoni Pizza	Gluten, Milk, Wheat	F	12 months	Oven	350°F 11-12 minutes on lined baking sheet	165°F
Mini Turkey Corn Dogs	Egg, Gluten, Milk, Soy, Wheat	F	12 months	Oven	375°F 15-17 minutes on baking sheet	165°F

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Pepperoni Pizza Sliders	Gluten, Milk, Soy, Wheat	F	12 months	Oven	350°F Bake 12-15 minutes	165°F
Italian Combo Hoagie	Gluten, Milk, Soy, Wheat	C	Up to 2 days	N/A	N/A	<40°F
Potato Smiles	None	F	12 months	Oven	425°F 9-13 minutes	165°F
Sugar Cookie	Egg, 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
Mac n Cheese	Egg, Gluten, Milk, Wheat	F	Up to 2 weeks	Microwave	4-6 minutes	165°F
Grilled Cheese Sandwich	Gluten, Milk, Soy, Wheat	F	12 months (Frozen)	Oven	350°F 8-12 minutes	165°F
Bean & Cheese Burrito	Gluten, Milk, Wheat	F	12 months (Frozen)	Oven Or Microwave	Oven: Cook @ 350°F 10-12 mins Microwave:	165°F

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					Take out of foil, cook on High 3 mins or until 165°F	
Turkey Taco Nada	Gluten, Milk, Soy, Wheat	F	12 months (Frozen)	Oven	350°F 30-32 minutes	165°F
Nacho Cheese Cup	Milk	D	90 Days	N/A	N/A	
Yogurt Parfait w/Granola	Gluten, Milk, Soy, Wheat, Tree Nuts	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	12 months (Frozen)	Microwave	4 minutes or until it reaches 165°F	165°F
Turkey Cheese Bistro Box		C	Up to 2 days	N/A	N/A	<40°F
Penne Alfredo Pasta	Egg, Milk, Wheat	F	12 months (Frozen)	Stovetop	Place bag in boiling water. Heat 45 minutes	165°F

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Turkey & Cheese Hoagie	Gluten, Milk, Soy, Wheat	C	Up to 2 days	N/A	N/A	<40°F
Beef Nacho Bowl	Milk, Soy	C	Up to 2 days	Microwave	Heat for 3-5 minutes until hot	165°F
Orange Chicken & Rice Bowl	Egg, Gluten, Soy, Wheat	F	12 months (Frozen)	Oven	350°F 13-15 min (Puncture film 3-4 times) Stir & Serve	165°F
Pretzel Bites	Gluten, Wheat	F	12 months (Frozen)	Oven	Thaw and serve at room temperature	N/A
Italian Combo Pasta Salad	Gluten, Milk, Soy, Wheat	C	Up to 2 days	N/A	N/A	<40°F
Applesauce	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

PARMESAN ROASTED BROCCOLI

6 servings



Ingredients:

4 to 5 pounds broccoli

4 garlic cloves

Olive oil

1 ½ teaspoons salt ½ teaspoon black pepper

2 tablespoons fresh squeezed lemon juice

1/3 cup grated parmesan cheese

Directions:

1. Pre-heat oven to 425 degrees.
2. Place broccoli florets on a sheet pan in a single layer.
3. Toss garlic on the broccoli and drizzle with 5 tablespoons olive oil.
4. Sprinkle with salt and pepper.
5. Roast for 20-25 minutes, until crisp & tender.
6. Remove broccoli from oven and toss with 1 ½ tablespoons olive oil, lemon juice, and parmesan.
7. Serve immediately.

Broccoli Salad

Serves 4

Ingredients:

5-6 cups Broccoli, chopped

1 ¼ cup Blueberries

1 cup Carrots, Shredded

1/3 cup Red onion-diced

½ cup finely chopped Fresh cilantro

¼ cup finely chopped parsley

½ cup Dried apricots, chopped

½ cup toasted sliced almonds

¼ cup roasted sunflower seeds

Dressing:

3 tablespoons tahini

½ lemon, juiced

2-3 tablespoons warm water to thin dressing

½ tablespoon maple syrup

1 garlic clove, minced

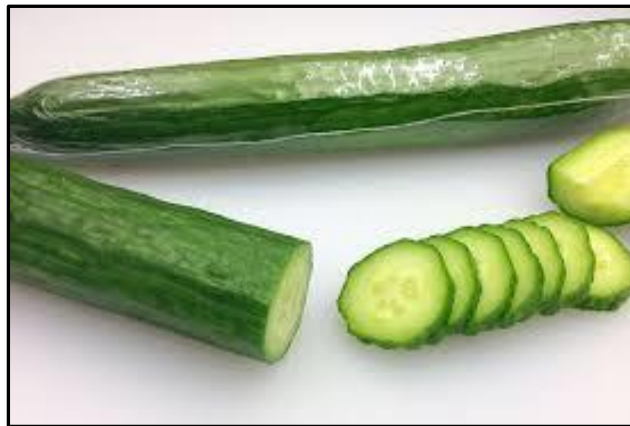
Salt and Pepper to taste



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 7 breakfast and 7 lunch meals.
4. To limit food waste, if special meals were reserved and not picked up, they will no longer be prepared for your child.