

Hybrid and Virtual Breakfast and Lunch Daily Ingredients and Instructions

Monday

Breakfast:

<u>In Bag:</u>	French Toast Mini	<p><u>Ingredients:</u> Whole Wheat Flour, Water, Sugar, Egg Whites, Semisweet Chocolate (Sugar, Chocolate, Cocoa Butter, Dextrose, Chocolate Processed with Alkali, Soy Lecithin, Artificial Flavor), Vegetable Oil (Soybean, Palm and/or Canola Oil), Contains 2% or less of leavening (Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate), Fructose, Molasses, Soy Lecithin, Natural and Artificial Flavors, Dextrose, Salt, Whey, Caramel Color</p> <p>Vitamins and Minerals: Calcium Carbonate, Vitamin A Palmitate, Reduced Iron, Niacinamide, Vitamin B12, Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B1 (Thiamin Hydrochloride), Vitamin B2 (Riboflavin).</p> <p><u>Allergens:</u> Wheat, Egg, Soy and Milk Ingredients</p> <p><u>Heating Instructions:</u> Microwave in sealed wrap for 30 seconds on high</p>
	Confetti Pancakes	<p><u>Ingredients:</u> Whole wheat flour, water, sugar, vegetable oil (soybean and/or canola), buttermilk, eggs, contains 2% or less of leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), dextrose, wheat starch, fructose, salt, natural flavor, modified corn starch, cornstarch, paprika extract (color), spirulina extract (color), beet powder (color), sweet potato (color), soy lecithin. Vitamins and Minerals: Vitamin A palmitate, reduced iron, vitamin B6 (pyridoxine hydrochloride), vitamin B12.</p> <p><u>Allergens:</u> Wheat, Egg, Soy and Milk Ingredients</p> <p><u>Heating Instructions:</u> Microwave in sealed wrap for 30 seconds on high</p>
	Apple Juice	Information on Container

Offer on Side:

Whole Fresh Apple (1)

Milk

Information on Container

Lunch:

In Hinged Tray:

Chicken Strips

Ingredients: Chicken breast meat with rib meat, water, salt, sodium phosphate, onion powder, garlic powder, modified corn starch. Breaded with: Whole wheat flour, enriched wheat flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), salt spices, sucrose, dried yeast, garlic powder.

Allergens: Wheat, Milk

Heating Instructions: Reheat at 350 degrees until product reaches an internal temperature of 160 degrees

Hamburger Bun

Ingredients: Whole Wheat Flour, Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Yeast, Wheat Gluten, Soybean Oil. Contains 2% or Less of the following: Salt, Calcium Sulfate, Dough Conditioners (Sodium Stearoyl Lactylate, Enzymes, Calcium Propionate (to Preserve Freshness), Ascorbic Acid)

Allergens: Wheat

French Fries

Ingredients: Potatoes, Vegetable Oil (Contains one or more of the following oils: Canola, Soybean, Cottonseed, Sunflower, Corn). Contains 2% or less of Dextrose, Sodium Acid Pyrophosphate added to maintain color.

Allergens: Soybean Oil

Offer on Side:

Whole Fresh Apple

Baby Carrots

Milk

Information on Container

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Tuesday

Breakfast

In Bag:

Cereal, Self Serve Bowl

INGREDIENTS: LISTED ON PACKAGE

ALLERGENS: LISTED ON PACKAGE

Graham Cracker

INGREDIENTS: WHOLE WHEAT FLOUR, SUGAR, VEGETABLE OIL (SOYBEAN AND PALM OIL WITH TBHQ FOR FRESHNESS). CONTAINS 2% OR LESS OF CALCIUM CARBONATE, SALT, BAKING SODA, NATURAL FLAVOR, OY LECITHIN, WHEAT STARCH, NIACIN, REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID

ALLERGENS: WHEAT AND SOY

Apple Juice

Information on Container

Offer on

Side:

Whole Fresh Apple

Milk

Information on Container

Lunch:

In Bag:

Pizza, Cheese

INGREDIENTS: CRUST: WATER, WHITE, WHOLE WHEAT, ENRICHED WHEAT FLOUR (NIACIN, IRON, THIAMINE, RIBOFLAVIN, FOLIC ACID), CANOLA OIL, CONTAINS 2% OR LESS OF THE FOLLOWING: SHORTENING, SALT, YEAST, GARLIC POWDER, MALT. CHEESE BLEND: MOZZARELLA CHEESE (PASTEURIZED PART SKIM MILK, CULTURES, SALT, ENZYMES), PROVOLONE CHEESE (CULTURED PART SKIM MILK, SALT, ENZYMES, MAY CONTAIN SMOKE FLAVOR), ROMANO CHEESE MADE FROM COW'S

MILK (PASTEURIZED PART SKIM MILK, CHEESE CULTURES, SALT ENZYMES).

PARMESAN CHEESE (PASTEURIZED PART SKIM MILK, CHEESE CULTURES, SALT, ENZYMES.

SAUCE: WATER, TOMATO PASTE, SUGAR, SALT, SOYBEAN OIL, MODIFIED FOOD STARCH, SPICES, GARLIC POWDER, CULTURED SKIM MILK, CITRIC ACID.

ALLERGENS: MILK, WHEAT AND SOY

HEATING INSTRUCTIONS: REHEAT AT 350 DEGREES, HEAT UNTIL PRODUCT REACHES AN INTERNAL TEMPERATURE OF 160 DEGRESS.

Hamburger, (Pattie)

INGREDIENTS: GROUND BEEF (NOT MORE THAN 20% FAT)WATER, TEXTURED VEGETABLE PROTEIN PRODUCT (SOY FLOUR, CARAMEL COLOR, ZINC OXIDE, NIACINAMIDE, FERROUS SULFATE, COPPER GLUCONATE, VITAMIN A PALMITATE, CALCIUM PANTOTHENATE, THIAMINE MONONITRATE (B), PYRIDOXINE HYDROCHLORIDE (B6), RIBOFLAVIN (B2), CYANOCOBALAMIN (B12), SEASONED WITH 2% OR LESS OF EACH: HYDROLYZED SOY PROTEIN (CARAMEL COLOR), DEHYDRATED ONION AND GARLIC, SALT, POTASSIUM CHLORIDE, MALTODEXTRIN, SPICE SUGAR, AUTOLYZED YEAST, TORULA YEAST, YEAST EXTRACT, DISODIUM INOSINATED, NATURAL FLAVORING, GUM ARABIC.

ALLERGENS: SOY

HEATING INSTRUCTIONS: REHEAT AT 350 DEGREES , HEAT 12-15 MINUTES OR UNTIL PRODUCT REACHES AN INTERNAL TEMPERATURE OF 160 DEGRESS.

Hamburger Bun

Ingredients: Whole Wheat Flour, Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Yeast, Wheat Gluten, Soybean Oil. Contains 2% or Less of the following: Salt, Calcium Sulfate, Dough Conditioners (Sodium Stearoyl Lactylate, Enzymes, Calcium Propionate(to Preserve Freshness). Ascorbic Acid)

Allergens: Wheat

Ranchero Beans

INGREDIENTS: PREPARED PINTO BEANS, WATER, TOMATO PUREE (TOMATO PASTE, WATER).contains 1% OR LESS OF: MEXICAN OREGANO, TOMATO POWDER, SPICE, ONION POWDER, GARLIC POWDER, NATURAL FLAVOR, MODIFIED CORN STARCH, JALAPENO POWDER, SALT, EXTRACTIVE OF PAPRIKA

ALLERGENS: MODIFIED CORN STARCH (CORN)

HEATING INSTRUCTIONS: REHEAT AT 350 DEGREES UNTIL PRODUCT REACHES AN INTERNAL TEMPERATURE OF 160 DEGRESS.

Offer on

Side:

Whole Fresh Apple

Baby Carrots

Milk

Information on Container

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Wednesday

Breakfast

<u>In Bag:</u>	Egg and Cheese Fiesta	<p><u>INGREDIENTS:</u> FULLY BAKED WHOLE GRAIN BUN: WATER, WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, ENZYME, FOLIC ACID), SUGAR. CONTAINS 2% OR LESS OF: YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID), SOYBEAN OIL, SALT, MONOGLYCERIDES WITH ASCORBIC ACID AND CITRIC ACID (ANTIOXIDANTS), FUMARIC ACID, CALCIUM PROPIONATE (PRESERVATIVE), CALCIUM SULFATE, ENZYMES, WHEAT STARCH, ASCORBIC ACID. FULLY COOKED EGG PATTY: WHOLE EGGS, WATER, SOYBEAN OIL, MODIFIED FOOD STARCH, WHEY SOLIDS, SALT, NONFAT DRIED MILK, CITRIC ACID. PASTEURIZED PROCESS AMERICAN PEPPER JACK CHEESE: MILK, SKIM MILK, CHEESE CULTURE, WATER, JALAPENO PEPPERS, CREAM, SODIUM CITRATE, SALT, RED BELL PEPPERS, NATURAL FLAVOR, SORBIC ACID (PRESERVATIVE), LACTIC ACID, SOY LECITHIN (NON-STICKING AGENT), ENZYMES. CONTAINS: EGG, MILK, SOY, WHEAT</p> <p><u>ALLERGENS:</u> EGG, MILK, SOY AND WHEAT</p> <p><u>HEATING INSTRUCTIONS:</u> MICROWAVE IN SEALED WRAP 30 SECONDS ON HIGH; MAY STORE IN REFRIGERATOR UP TO 7 DAYS AT THAWED STATE BEFORE HEATING</p>
<u>In Bag:</u>	Pancake On A Stick	<p><u>INGREDIENTS:</u> WATER, WHOLE WHEAT FLOUR, BLEACHED WHEAT FLOUR (ENRICHED WITH NAIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, 2% OR LESS OF SOYBEAN OIL, DEXTROSE, SOY FLOUR, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), SALT, ASCORBIC ACID, DRY WHOLE EGG, ARTIFICIAL FLAVOR, NON-FAT MILK, SUCRALOSE.</p> <p><u>PORK LINK SAUSAGE INGREDIENTS:</u> GROUND PORK (FAT NOT TO EXCEED 30%), SEASONING (SUGAR, SPICES, SALT, CELLULOSE, CALCIUM CHLORIDE). SEAWEED EXTRACT CASINGS. FRIED IN SOYBEAN OIL</p> <p><u>ALLERGENS:</u> EGG, MILK, SOY AND WHEAT</p> <p><u>HEATING INSTRUCTIONS:</u> PREHEAT OVEN TO 350 DEGREES, HEAT 15-20 MINUTES OR UNTIL INTERNAL TEMPERTURE REACHS 160 DEGREES</p>

Apple Juice

Information on Container

Offer on Side:

Whole Fresh Orange

Milk

Information on Container

Lunch:

In Bag:

Sunbutter Sandwich

INGREDIENTS: LISTED ON PACKAGE
ALLERGENS: LISTED ON PACKAGE
HEATING INSTRUCTIONS: NO HEATING REQUIRED JUST THAW AND SERVE

Sunbutter Sandwich,

INGREDIENTS: LISTED ON PACKAGE
ALLERGENS: LISTED ON PACKAGE
HEATING INSTRUCTIONS: NO HEATING REQUIRED JUST THAW AND SERVE

Cheese Stick

INGREDIENTS: CULTURED PASTEURIZED MILK AND SKIM MILK, CREAM, CONTAINS LESS THAN 2% OF MILKFAT, SALT, SODIUM PHOSPHATE, ACETIC ACID, LACTIC ACID, APO-CAROTENAL (COLOR), ENZYMES
ALLERGENS: MILK
HEATING INSTRUCTIONS: NO HEATING REQUIRED

Apple Juice

Information on Container

Offer on Side:

Whole Fresh Orange

Baby Carrots

Celery Sticks

Milk

Information on Container

Hybrid and Virtual Breakfast and Lunch Daily Ingredients and Instructions

Thursday

Breakfast:

In Bag:

Cereal, Self Serve
Bowl

INGREDIENTS: LISTED ON PACKAGE

ALLERGENS: LISTED ON PACKAGE

Graham Cracker

INGREDIENTS: WHOLE WHEAT FLOUR, SUGAR, VEGETABLE OIL (SOYBEAN AND PALM OIL WITH TBHQ FOR FRESHNESS). CONTAINS 2% OR LESS OF CALCIUM CARBONATE, SALT, BAKING SODA, NATURAL FLAVOR, OY LECITHIN, WHEAT STARCH, NIACIN, REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID

ALLERGENS: WHEAT AND SOY

Apple Juice

Information on Container

Offer on

Side:

Whole Fresh Apple
Milk

Information on Container

Lunch:

In Bag:

Pizza, Pepperoni,

INGREDIENTS: CRUST: WATER, WHITE, WHOLE WHEAT, ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, (FERROUS SULFATE), THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CANOLA OIL, CONTAINS 2% OR LESS OF THE FOLLOWING: YEAST, MALT, GARLIC POWDER, SALT, MOZZARELLA CHEESE (PASTEURIZED PART SKIM MILK, CULTURES, SALT, ENZYMES), SPICES, DIETARY FIBER USED AS ANTICAKING AGENT. CHEESE BLEND: LOW MOISTURE MOZZARELLA CHEESE (PASTEURIZED PART SKIM MILK, SKIM MILK, CHEESE CULTURES, SALT, ENZYMES), PROVOLONE CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), MAY ALSO CONTAIN NATURAL SMOKE FLAVOR), ROMANO CHEESE FROM COW'S MILK (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES). PARMESAN CHEESE (MILK, SALT, RENNET).

SAUCE: WATER, TOMATO PASTE, SUGAR, SALT, SOYBEAN OIL, MODIFIED FOOD STARCH, SPICES, GARLIC POWDER, CITRIC ACID. ALL NATURAL, UNCURED BEEF PEPPERONI: (BEEF, SEA SALT, CONTAINS 2% OR LESS OF CANE SUGAR, NATURAL FLAVORS AND COLOR (INCLUDING CELERY POWDER, MUSTARD AND EXTRACTIVES OF PAPRIKA), WATER, LACYIC ACID STARTER CULTURES, NATURAL SMOKE FLAVOR.

ALLERGENS: MILK, WHEAT AND SOY

HEATING INSTRUCTIONS: REHEAT AT 350 DEGREES UNTIL PRODUCT REACHES AN INTERNAL TEMPERATURE OF 160 DEGRESS.

Corndog

INGREDIENTS: BATTER INGREDIENTS: WATER, WHOLE WHEAT FLOUR, WHOLE GRAIN CORN, SUGAR, CONTAINS LESS THAN 2% OF SOY FLOUR, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), SOYBEAN OIL, SALT, ASCORBIC ACID, DRIED HONEY, WHOLE EGG, NATURAL FLAVOR. FRIED IN VEGETABLE OIL. CHICKEN FRANK INGREDIENTS: MECHANICALLY SEPARATED CHICKEN, WATER, CORN SYRUP SOLIDS, CONTAINS LESS THAN 2% OF SPICES, SALT, POTASSIUM LACTATE, POTASSIUM ACETATE, SODIUM PHOSPHATE, POTASSIUM CHLORIDE, FLAVORINGS, SODIUM DIACETATE, SODIUM ERYTHORBATE, SODIUM NITRITE. CONTAINS: WHEAT, SOY AND EGG.

ALLERGENS: EGG, WHEAT, SOY AND GLUTEN

HEATING INSTRUCTIONS: MICROWAVE ON HIGH FOR 30 SECONDS OR UNTIL INTERNAL TEMPERATURE REACHES 160 DEGREES

Whole Apple

Offer on

Side:

Broccoli Florets
Baby Carrots
Milk

Information on Container

Hybrid and Virtual Breakfast and Lunch Daily Ingredients and Instructions

Friday

Breakfast:

In Bag: Pop Tart, Strawberry

INGREDIENTS: WHOLE WHEAT FLOUR, SUGAR, CORN SYRUP, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B1 (THIAMIN MONONITRATE), VITAMIN B2 (RIBOFLAVIN), FOLIC ACID), DEXTROSE, SOYBEAN AND PALM OIL (WITH TBHQ FOR FRESHNESS). CRACKER MEAL, POLYDEXTROSE, GLYCERIN, FRUCTOSE, CONTAINS 2 % OR LESS OF WHEAT STARCH, CALCIUM CARBONATE, SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA), DRIED STRAWBERRIES, DRIED PEARD, DRIED APPLES, SODIUM STEAROYL LACTYLATE, CITRIC ACID, MILLED CORN, DATEM, GELATIN, SOYBEAN OIL, MODIFIED CORN STARCH, MODIFIED WHEAT STARCH, SOY LECITHIN, CARAMEL COLOR, XANTHAN GUM, STRAWBERRY JUICE CONCENTRATE, NATURAL AND ARTIFICIAL FLAVOR, VITAMIN A PALMITATE, RED 40, NIACINAMIDE, REDUCED IRON, COLOR ADDED, TURMERIC EXTRACT FOR COLOR, YELLOW 6, VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE). VITAMIN B2 (RIBOFLAVIN), VITAMIN B1 (THIAMIN HYDROCHLORIDE), BLUE 1.

ALLERGENS: WHEAT AND SOY

Apple Juice

Information on Container

Offer on

Side:

Whole Fresh Orange

Milk

Information on Container

Lunch:

In Bag: Chicken Breast, (Pattie)

INGREDIENTS: CHICKEN BREAST W/RIB MEAT, WATER, VEGETABLE PROTEIN PRODUCT (SOY PROTEIN CONCENTRATE, ZINC OXIDE, NIACINAMIDE, FERROUS SULFATE, COPPER GLUCONATE, VITAMIN A PALMITATE, CALCIUM PANTOTHENATE, THIAMIN MONONITRATE (B1), PYRIDOXINE HYDROCHLORIDE (B6), RIBOFLAVIN (B2), AND CYANOCOBALAMIN (B12).), SEASONING: (SALT, SUGAR, SODIUM PHOSPHATES, MALTODEXTRIN, DEXTROSE, SPICES, YEAST EXTRACT, NATURAL FLAVORS, SUNFLOWER OIL, MODIFIED FOOD STARCH)SODIUM PHOSPHATE, TRICALCIUM PHOSPHATE. **BATTERED WITH:**WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SALT, NONFAT MILK, DISODIUM INOSINATE AND DISODIUM GUANYLATE, WHEAT GLUTEN, LEAVENING (SODIUM BICARBONATE, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHYOSPHATE), SPICE, MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SALT, DISODIUM INOSINATE AND DISODIUM GUANYLATE, NONFAT MILK, LEAVENING (SODIUM BICARBONATE, SODIUM ACID PYROPHOSPHATE MONOCALCIUM PHOSPHATE), SPICE, SOYBEAN OIL, YEAST, EXTRACTIVES OF PAPRIKA. BREADING IS SET IN VEGETABLE OIL.

ALLERGENS: WHEAT, SOY AND MILK

HEATING INSTRUCTIONS: REHEAT AT 350 DEGREES , HEAT 12-14 MINUTES OR UNTIL PRODUCT REACHES AN INTERNAL TEMPERATURE OF 160 DEGRESS.

Hamburger Bun

Ingredients: Whole Wheat Flour, Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Yeast, Wheat Gluten, Soybean Oil. Contains 2% or Less of the following: Salt, Calcium Sulfate, Dough Conditioners (Sodium Stearoyl Lactylate, Enzymes, Calcium Propionate(to Preserve Freshness). Ascorbic Acid)

Allergens: Wheat

Whole Apple

Offer on

Side:

Celery Sticks

Baby Carrots

Milk

Information on Container