



January 6th – March 3rd 2021

Meal Kit Menu

Kenowa Hills Online Learning Academy

<p>Pick Up On: January 6th January 27th February 17th</p>	<p>Breakfast: Muffin Juice Apple Slices</p> <p>Lunch: Anytimer – Pizza Kit Carrots Raisins</p>	<p>Breakfast: MiniCini Bar Craisins Applesauce Cup</p> <p>Lunch: Uncrustable Broccoli Apple Slices</p>	<p>Breakfast: Pancake Juice Grapes</p> <p>Lunch: Cheese Pizza Carrots Pear</p>	<p>Breakfast: Benefit Bar Raisins Fruit Cup</p> <p>Lunch: Mac & Cheese Cauliflower Grapes</p>	<p>Breakfast: Nutrigrain Bar & Cheese Applesauce Cup Craisins</p> <p>Lunch: Mini Burgers Grape Tomatoes Clementine</p>	<p>Breakfast: Breakfast Kit Fruit Cup</p> <p>Lunch: Tortilla Chips & Cheese Cup Salsa Cup Carrots Apple</p>
<p>Pick Up On: January 13th February 3rd February 24th</p>	<p>Breakfast: Triple Berry Crunch Bar Juice Apple Slices</p> <p>Lunch: Uncrustable Carrots Raisins</p>	<p>Breakfast: Cereal Bowl Craisins Applesauce Cup</p> <p>Lunch: Breakfast Burrito Broccoli Salsa Cup Apple Slices</p>	<p>Breakfast: Breakfast Strudel Juice Grapes</p> <p>Lunch: Calzone Carrots Pear</p>	<p>Breakfast: Oatmeal Raisins Fruit Cup</p> <p>Lunch: Beef Taco Stick Salsa Cup Grapes</p>	<p>Breakfast: Blueberry Loaf Applesauce Cup Craisins</p> <p>Lunch: Grilled Cheese Grape Tomatoes Clementine</p>	<p>Breakfast: Crunchmania Juice Fruit Cup</p> <p>Lunch: Yogurt & Granola Carrots Apple</p>
<p>Pick Up On: January 20th February 10th March 3rd</p>	<p>Breakfast: Cinnamon French Toast Juice Apple Slices</p> <p>Lunch: Pretzels, Cheese & Hummus Carrots Raisins</p>	<p>Breakfast: Cereal Bowl Craisins Applesauce Cup</p> <p>Lunch: Turkey Ham and Cheese Lunch Kit Broccoli Apple Slices</p>	<p>Breakfast: Pop Tart Juice Grapes</p> <p>Lunch: Beef & Bean Burrito Salsa Cup Carrots Pear</p>	<p>Breakfast: Cinnamon Bun Raisins Fruit Cup</p> <p>Lunch: Rotini & Meat Sauce Cauliflower Grapes</p>	<p>Breakfast: Breakfast Bread Applesauce Cup Craisins</p> <p>Lunch: Turkey, Ham and Cheese on Hawaiian Bun Grape Tomatoes Clementine</p>	<p>Breakfast: Yogurt and Graham Crackers Juice Fruit Cup</p> <p>Lunch: Supreme Pizza Carrots Apple</p>

*** MENU ITEMS ARE SUBJECT TO CHANGE WITHOUT NOTICE***

MILK IS INCLUDED WITH EACH MEAL

ALL OFFERED MENU ITEMS MUST BE TAKEN

Beef and Bean Burrito:

Conventional Oven: For best results, thaw in the refrigerator prior to cooking. Bake in wrap at 280°F for 25-30 minutes or until burrito reaches 160°F. Caution, burrito will be hot! Time and temperature of ovens may vary.

Enjoy with Salsa Dipping Cup!

Beef Taco Stick:

Conventional Oven: Place wrapped taco on a cooking sheet. Bake at 325 degrees for 18 minutes. Because of variation in oven equipment, ensure that an internal temperature of at least 160 degrees F is achieved.

Allow to cool for 5 minutes before serving.

Breakfast Burrito:

Conventional Oven: Place pizza in wrapper on baking sheet. Bake at 400 degrees for 18-20 minutes or internal temperature reaches a minimum of 165 degrees.

Breakfast Strudel:

Conventional oven: Preheat oven to 350 degrees. Place breakfast strudel on baking sheet in oven pouch. Bake for 11-12 minutes, or until heated through.

Calzone:

Conventional Oven: Cook in wrapper for 12-15 minutes at 350°F. Cook to an internal temperature of 165°F as measured by a food thermometer. **CAUTION: Product will be hot.**

Let stand for 2 minutes.

Grilled Cheese:

Conventional Oven: Thaw in refrigerator before heating. Place thawed, wrapped sandwich on a baking sheet at bake at 325°F for 10-12 minutes. Ensure internal temperature of 165°F is reached. Times may vary based on equipment. (Note: sandwiches can be heated from frozen, but it is recommended they are heated from thawed state)

Turkey Ham and Cheese on Hawaiian Bun:

Conventional Oven: Heat sandwich in wrapper at 350°F for 18-20 minutes. Product should reach an internal temperature of 160°F prior to serving.

Macaroni and Cheese:

Microwave: Place the frozen bag in the refrigerator for 24 hours, then pour the contents into a microwave safe bowl. Heat on high for approximately 60 seconds covered or until product reaches 165°F.

- Or-

To heat in bag: cut a 1/2 inch slit in the middle of the bag and place pouch, slit side up in microwave. Heat on high for 60 seconds or until product reaches 165°F. Allow bag to cool for 2 minutes.

* Microwave ovens / times may vary.

Mini Burgers:

Conventional Oven: If frozen, thaw in the refrigerator before heating. Bake thawed, sealed/wrapped sandwich(es) at 275°F for 20-25 minutes. (Do not heat above 275°F). Times may vary depending on equipment. Ensure that an internal temperature of 165°F is reached.

Oatmeal:

Add boiling water, let sit and serve. More water will yield a thinner oatmeal, while less water will provide a thicker consistency.

Pizza:

CONVENTIONAL OVEN: Remove frozen pizza from wrapper. Bake in a 425°F oven for 10-14 minutes. Pizza is done when edges are golden brown, cheese is melted, and an internal temperature of 165°F is reached.

MICROWAVE (1100W): Remove frozen pizza from wrapper and place on a microwave safe plate. Place in center of microwave and cook on HIGH for 2 minutes to 2 minutes 30 seconds. Pizza is done when all cheese is melted and pizza has reached an internal temperature of 165°F.

Waffles:

See package for cooking directions

Refried Beans:

Follow package directions