



Dear CPS Parent:

Today you received food and milk for three breakfast and three lunch meals. If you have more than one CPS student you received food for each of them. Please place all items in a refrigerator or freezer prior to serving.

Breakfast may include, but is not limited to the following-

Entrée	Fruit	Milk
Assorted Cereals	Orange	1%
Assorted Breakfast Bars	Apple/Apple Slices	Nonfat
Waffles or Pancakes	Craisins	
Assorted Muffins		
Assorted Bagels		
Assorted Breakfast Breads		

Lunch may include, but is not limited to the following-

Entrée	Vegetable	Fruit	Milk
Sunbutter and Jelly Dippers or Sandwich	Baby Carrots	Craisins	Chocolate
Hamburgers, Hot Dogs, Chicken Patties	Celery Sticks	Orange	
Assorted Deli Sandwiches	Broccoli	Apple/Apple Slices	
“Breakfast for Lunch” Sandwiches			
Chicken-Tenders, Popcorn or Nuggets			
Protein Snack Kits			
Assorted Breads, Bagels, Crackers and Pretzels			

Serving Instructions

- You should serve one meal for breakfast and one for lunch.
- When providing a complete meal to your student, please serve as follows:
 - **Breakfast** - Provide one labeled Breakfast Bag which will include the Entrée and Fruit, and provide 1 Milk.
 - **Lunch** - Provide one labeled Lunch Bag which will include the Entrée, Vegetable and Fruit, and provide 1 Milk.

Any food remaining after 5 days should be thrown out.

Prepping Instructions

- Some items require you to put them together (ex. Sunbutter & Jelly Sandwich Kit, buns for burger, hot dog, or chicken sandwich, etc).
- Other items provided are already made or are ready to eat items as packaged.
- Some items should be heated prior to serving. ***Please see the heating instructions included with your meals.***

Thank you and remember to wash your hands for 20 seconds



Heating Instructions

Heating Instructions for Breakfast Items in a Wrapper (Mini Pancakes, Mini Waffles, Mini French Toast)

Microwave Instructions-Times may vary

Keep frozen in pouch. Microwave on high until warm; about 45 seconds.

Oven Instructions-Times may vary

Keep frozen in pouch. Preheat convection oven to 350 F or standard (conventional) oven to 400 F. Place frozen item on parchment-lined sheet pan. Heat until internal temperature reaches 140 F, convection oven 7-10 minutes or standard (conventional oven) 11-15 minutes. Cinnamon waffles may take longer; convection oven 15-16 minutes or standard (conventional oven) 17-18 minutes.

Heating Instructions for other Breakfast Items needing to be heated (Pancake, Waffle, French Toast Sticks, Grape Crescent)

Microwave Instructions-Times may vary

Place frozen item on microwave safe plate. Microwave on high until warm; about 35 seconds for 2 items, 50 seconds for 3 items.

Oven Instructions-Times may vary

Preheat convection oven to 350 F or standard (conventional) oven to 400 F. Place frozen item on sheet pan. Bake until golden brown and internal temperature reaches 140 F, convection oven 3-4 minutes or standard (conventional) oven 4-5 minutes. French Toast Sticks may take longer; convection oven 5-7 minutes or standard (conventional) oven 9-11 minutes.

Heating Instructions for Hot Dogs, Hamburgers, Chicken Popcorn, Patties, Tenders or Nuggets and Bosco Stick

Microwave Instructions-Times may vary

Place item on microwave safe plate. Microwave on high until warm; about 40 to 90 seconds.

Oven Instructions-Times may vary

Preheat convection oven to 350 F or standard (conventional) oven to 400.

Place item on sheet pan. Bake for 12-18 minutes or until internal temperature reaches 140F. Times may be shorter or longer if item is thawed or frozen.