



Kenowa Hills Summer Food Service June – August 2021 Meal Kit Menu

Pick Up On: June 17 th July 1 st July 22 nd Aug 5 th	Breakfast: Breakfast Bread Apple Slices Lunch: Mini Burgers Baby Carrots Applesauce Cup	Breakfast: Breakfast Kit Juice (in Kit) Lunch: Cheesy Pull Apart Bread Broccoli Grapes	Breakfast: Pancakes Craisins Lunch: Uncrustable Baby Carrots Raisins	Breakfast: Yogurt & Goldfish Fruit Cup Lunch: Turkey Ham and Cheese Lunch Kit Grape Tomatoes Apple Slices	Breakfast: Muffin Applesauce Cup Lunch: Yogurt, Granola, Cheese Stick Baby Carrots Grapes	Breakfast: Cereal Bowl Grapes Lunch: Taco Stick Salsa Cup Apple	Breakfast: Pop Tart Craisins Lunch: Cheese Pizza Celery Apple Slices
Pick Up On: June 24 th July 15 th July 29 th August 12 th	Breakfast: Nature Valley Round Apple Slices Lunch: Mac & Cheese Baby Carrots Applesauce Cup	Breakfast: Breakfast Kit Juice (in Kit) Lunch: Yogurt, Granola, Cheese Stick Grapes Broccoli	Breakfast: Mini Bagel Craisins Lunch: Uncrustable Baby Carrots Raisins	Breakfast: CrunchMania Fruit Cup Lunch: Breakfast Taco Cheese Stick Salsa Cup Apple Slices	Breakfast: Banana Loaf Applesauce Cup Lunch: Calzone Marinara Grapes	Breakfast: Cereal Bowl Grapes Lunch: Grilled Cheese Baby Carrots Apple	Breakfast: Waffles Craisins Lunch: Pizza Lunch Kit Cauliflower Apple Slices

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

A GALLON OF MILK IS INCLUDED WITH EACH MEAL KIT

ALL OFFERED MENU ITEMS MUST BE TAKEN



Breakfast Taco:

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.

Cheesy Pull Apart Bread:

See package for cooking directions

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)

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.

Pancakes:

See package for cooking directions

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.

Taco Stick:

Conventional Oven: Thaw in refrigerator before heating. Place thawed, wrapped taco stick on a baking sheet and bake at 325°F for 18 minutes. Ensure internal temperature of 165°F is reached. Times may vary based on equipment. Allow to cool for 5 minutes before serving.

Waffles:

See package for cooking directions

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