

***Thank you for dining with us!***

**Instructions for “To Go” Meals**

* Wash your hands before eating this meal or handling the food.
* Cold items should be refrigerated at a temperature of 41° F or lower. Items left at room temperature for more than 2 hours should be discarded.
* Any meal leftovers should be thrown out within 7 days after receiving it.
* Allergens and Carbohydrate Count information can be found on the back side of this sheet.

**Breakfast—Cooking Instructions**

**Blueberry Waffle Cocoa Filled Bar Turkey Ham and Cheese Croissant**

**Cherry Frudel Beef Chorizo & Cheese Wrap Chicken & Waffle Sammie Confetti Pancakes**

**Cinni Mini** **Maple Griddler Chocolate Chip French Toast Egg and Cheese Wrap**

Bake in the package on an oven-safe pan at 350°F for 10-22 minutes; with an internal temp of 165°F.

OR

Microwave out of the package for 30 seconds. Microwave an additional 30 seconds if needed.

**Keep items refrigerated; served at room temperature**

**Orange Glazed Cinnamon Roll**

**Chocolate Chip Breakfast Round**

**Lunch- Cooking Instructions**

**Chicken nuggets Mini Corn Dogs Breaded Chicken Patty**

**Cheese Pizza Crispitos Hot Dog Beef Patty**

Remove item from packaging. Bake on an oven-safe pan at 350° for 8-12 minutes; with an internal temp of 165° F.

 OR

Remove item from packaging. Microwave for 30 seconds. Microwave for an additional 30 seconds if needed.

**Burrito**

Remove item from packaging. Bake on oven-safe pan at 350° F. If thawed, bake 8-12 minutes. If frozen, bake 15-22 minutes.; with an internal temp of 165°F.

OR

 Remove items from packaging. Microwave for 1 minute and 30 seconds. Microwave for an additional 30 seconds if needed.

**Lunch- Cooking Instructions**

**Pot Stickers**

Remove items from packaging. Bake on oven-safe pan at 375° F. If thawed, bake for 8-12 minutes. If frozen, bake 12-18 minutes; with an internal temp of 165°F.

OR

 Remove items from packaging. Microwave for 1 minute and 30 seconds. Microwave for an additional 30 seconds if needed.

**Corn, Refried Beans and Baked Beans**

Remove item from packaging. Heat in a covered, microwave-safe dish for 1 minute; stir. Microwave for an additional 30 seconds if needed. Heat to an internal temp of 140° F.

**Keep items refrigerated; served at room temperature**

**Dinner Roll**

**Breakfast: (allergens) and carbohydrate counts g cho**

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| Entrée and Grain | Fruits |
| Apple Jacks Cereal Kit: (*wheat, soy*) 56 g cho | **Apple Juice: 4 oz- 14 g cho** |
| Beef Chorizo & Cheese Wrap: (*milk, wheat, soy*) 17 g cho | **Apple Slices: 10 g cho** |
| Blueberry Waffle: (*wheat, milk, egg, soy*) 35 g cho | **Applesauce Cup, Cinnamon: 14 g cho** |
| Cherry Frudel: (*wheat, milk*) 37 g cho | **Applesauce Cup, Strawberry: 14 g cho** |
| Chicken & Waffle Sammie: (*wheat, milk, eggs, soy)* 20 g cho | **Berry Juice: 4 oz- 15 g cho** |
| Chocolate Chip Breakfast Round: (*wheat, milk, egg, soy*) 43 g cho | **Craisins, Watermelon: 1 pkg- 28 g cho** |
| Chocolate Chip French Toast: (*wheat, milk, egg, soy*) 35 g cho | **Orange Juice: 4 oz- 15 g cho** |
| Cinnamon Toast Crunch Cereal: (*wheat, soy*) 44 g cho | **Dried Pineapple: 1 pkg- 35 g cho** |
| Cinni Mini: (*milk, wheat*) 39 g cho | **Pear Cup: 15 g cho** |
| Cocoa Filled Bar: (wheat, *milk*) 43 g cho |  |
| Confetti Pancakes: (*wheat, milk, egg, soy*) 36 g cho |  |
| Egg and Cheese Breakfast Sandwich: (*wheat, milk, egg, soy*) 21 g cho |  |
| Egg & Cheese Wrap: (*wheat, milk, egg*) 14 g cho |  |
| Maple Griddler: chicken sausage (*wheat, milk, egg, soy*) 19 g cho  |  |
| Orange Glazed Cinnamon Roll: (*wheat, milk, egg, soy*) 60 g cho  |  |
| Strawberry Cereal Bar: (*milk, wheat, soy*) 30 g cho |  |
| String Cheese: (*milk*) 2 g cho |  |
| Turkey Ham & Cheese Croissant: (*wheat, milk, egg, soy*) 17 g cho |  |





**Lunch: (allergens) and carbohydrate counts g cho**

|  |  |
| --- | --- |
| Entrée and Grain | Fruits and Vegetables (per 1/2 cup serving) |
| Beef & Bean Burrito: (*wheat, soy*) 39 g cho | **Banana: 27 g cho** |
| Blueberry Muffin: (*wheat, milk, egg, soy*) 36 g cho | **Broccoli: 5 g cho** |
| Breaded Chicken Sandwich: (*wheat, milk, soy)* 43 g cho | **Carrots: ¾ cup- 8 g cho** |
| Cheese (milk) Burger (soy) on a Bun: (*wheat, soy*) 34 g cho | **Celery: 2 g cho** |
| Cheese Pizza: (*wheat, milk, soy*) 32 g cho | **Corn: 15 g cho** |
| Cheez Its: (*wheat, milk, soy*) 14 g cho | **Craisins: 1 pkg- 28 g cho** |
| Cheddar Chex Mix: (*wheat, milk, soy*) 20 g cho | **Cucumbers: 2 g cho** |
| Chicken Nuggets: (*wheat, milk, soy,*) 13 g cho  | **Green Beans: 4 g cho** |
| Chocolate Chex Mix: (*wheat*) 22 g cho | **Kiwi: (2) 20 g cho** |
| Corn Dogs: Chicken (*wheat, soy, egg*) 30 g cho | **Orange: 15 g cho** |
| Crispitos: Chicken (*wheat*) 46 g cho for 2 | **Raisels: 37 g cho** |
| Elfin Grahams: (*wheat, soy*) 21 g cho | **Refried Beans: 20 g cho** |
| Frosted Flakes: (*wheat*, *soy*) 24 g cho | **Tropical Twist Juice: 6 oz- 22 g cho** |
| Granola: 15 g cho/pkg | **Salsa Cup: 5 g cho** |
| Hamburger (*soy*) on a Bun: (*wheat, soy*) 32 g cho | **Zucchini: 2 g cho** |
| Hot Dog, Turkey on a Bun: (wheat, soy) 32 g cho |  |
| Oatmeal Chocolate Chip Cookie: (*wheat, milk, egg, soy*) 15 g cho |  |
| Oat Topped Roll: *(wheat, milk, soy)* 35 g cho  |  |
| Pilgrim Roll: *(wheat, milk, egg, soy)* 28 g cho |  |
| Pot Stickers: Chicken (*wheat, soy*) 31 g cho for 6 |  |
| String Cheese: (*milk*) 2 g cho |  |
| Turkey Sandwich: (*wheat, soy*) 30 g cho |  |
| Yogurt Chobani: (*milk*) 4 oz -16 g cho or 6 oz - 29 g cho |  |

 For further nutritional information see: https://dmschools.nutrislice.com/

**Special Diets:** If you child has a special diet, please contact Anita Turczynski, Food Service Dietitian for more information.

515-242-7636 or anita.turczynski@dmschools.org

**Community Eligibility Schools (CEP):** Students who attend these schools will still be able to receive meals at no cost. Please plan to utilize this no cost meal option for your students.

**Free and Reduced Meal Benefits:** Students will be charged at their individual free and reduced rate starting the first day of school at non-CEP schools. Families who earn less than 130 percent of the poverty level are eligible for free meals and those with incomes between 130 and 185 percent of poverty level qualify for reduced- priced meals. If you feel your family qualifies for free or reduced price meals, please fill out an application at any time at <https://www.dmschools.org/departments/operations/food-nutrition/freereduced-lunch-application/>.

**Other Questions or Concerns:** Please feel free to reach out to Amanda Miller, Director of Food & Nutrition Management for other questions or concerns.

515-242-7636 or Amanda.miller@dmschools.org