**Pop Up Meal Service -- How to Store**

Follow instructions below and adjust cooking times as needed. Discard any product that is not consumed within 4 hours after heating.

*Menus are subject to change.*

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**Breakfast -1**

**Fruit Punch, shelf stable (15 g CHO for 4oz)** *(Allergen’s: Apple, Grape, Orange, Pear, Pineapple)*

Preparation Instructions: **Shelf Stable**
1. Refrigerate before use.
2. Pour 1 (4oz) cup of Beverage into glass.

**Pear Fruit Cup, package (19 g CHO)** *(Allergen’s: Citric Acid, Fruit Juice, Grape, Pear)*

Preparation Instructions: **Shelf Stable**
1. Ready to use, may chill before using.

**Blueberry Rice Chex Cereal, package (46 g CHO)** *(Allergen’s: Blueberries, Rice)*

Preparation Instructions: **Shelf Stable**
1. Ready to use.

**1% White Milk, shelf stable (10 g CHO)** *(Allergen’s: Milk)*

Preparation Instructions: **Shelf Stable**
1. Refrigerate before use.
2. Pour 1 (8oz) cup of Beverage into glass.

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**Breakfast -2**

**Grape Juice, shelf stable (16 g CHO for 4oz)** *(Allergen’s: Apple, Grape, Fruit Juice)*

Preparation Instructions: **Shelf Stable**
1. Refrigerate before use.
2. Pour 1 (4oz) cup of Beverage into glass.

**Cherries, Dried, package (32 g CHO)** *(Allergen’s: Cherries, Sunflower Oil)*

Preparation Instructions: **Shelf Stable**
1. Ready to use.

**French Toast Sticks, package (27 g CHO)** *(Allergen’s: Barley, Cinnamon, Egg, Milk, Soy, Wheat, Yeast)*

Preparation Instructions: **Keep Frozen until use.**
1. Preheat oven to 350°F.
2. Product may be left in package.
3. Heat 10 minutes if frozen or 6 minutes thawed.

**Pancake Syrup, cup (30 g CHO)** *(Allergen’s: None)*

Preparation Instructions: **Shelf Stable**
1. Ready to use.

**1% White Milk, shelf stable (10 g CHO)** *(Allergen’s: Milk)*

Preparation Instructions: **Shelf Stable**
1. Refrigerate before use.
2. Pour 1 (8oz) cup of Beverage into glass.

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**Breakfast -3**

**Fruit Punch, shelf stable (15 g CHO for 4oz)** *(Allergen’s: Apple, Grape, Orange, Pear, Pineapple)*

Preparation Instructions: **Shelf Stable**
1. Refrigerate before use.
2. Pour 1 (4oz) cup of Beverage into glass.

**Applesauce Cup, package (14 g CHO)** *(Allergen’s: Apple)*

Preparation Instructions: **Shelf Stable**
Ready to use, may chill before using

**Maple Waffle, package (37 g CHO)** *(Allergen’s: Egg, Milk, Wheat, Yeast)*

Preparation Instructions: **Keep Frozen until use.**
1. Preheat oven to 350°F.
2. Product may be left in package.
3. Heat 10 minutes if frozen or 6 minutes thawed.

**Pancake Syrup, cup (30 g CHO)** *(Allergen’s: none)*

Preparation Instructions: **Shelf Stable**
1. Ready to use.

**1% White Milk, shelf stable (10 g CHO)** *(Allergen’s: Milk)*

Preparation Instructions: **Shelf Stable**
1. Refrigerate before use.
2. Pour 1 (8oz) cup of Beverage into glass.
### Lunch -1

**Water Bottle, shelf stable 8 oz**

Preparation Instructions: Shelf Stable
1. Ready to use.

**2-Bean & Cheese Tamales, wrapped (44g CHO for 2)**
*(Allergen’s: Beans, Corn, Lime, Milk, Onion, Soy)*

Preparation Instructions: Keep Frozen until use
STEAM: in wrapper for 25 minutes
- OR-
MICROWAVE: microwave in wrapper for 30 – 60 seconds

**Salsa, cup (5g CHO)**
*(Allergen’s: Citric Acid, Garlic, Onion, Peppers, Tomatoes)*

Preparation Instructions: Shelf Stable
1. Ready to eat.

**Carrots, Baby, package (8g CHO)**

Preparation Instructions: Keep Refrigerated until use
1. Refrigerate until use.
2. Ready to eat.

**Fresh Orange, (16g CHO).**

Preparation Instructions: Shelf Stable
1. Ready to eat.

**Educational Snack, package (22g CHO).** *(Allergen’s: Egg, Honey, Milk, Soy, Sunflower Oil, Wheat)*

Preparation Instructions: Shelf Stable
1. Ready to eat.

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### Lunch -2

**Water Bottle, shelf stable 8 oz**

Preparation Instructions: Shelf Stable
1. Ready to use.

**Cheese Quesadilla, wrapped (31g CHO)** *(Allergen’s: Milk, Wheat)*

Preparation Instructions: Keep Frozen until use
1. Preheat oven to 225°F.
2. Product may be left in package.
3. Bake for 30-35 minutes.
   Microwave not recommended.

**Salsa, cup (5g CHO)**
*(Allergen’s: Citric Acid, Garlic, Onion, Peppers, Tomatoes)*

Preparation Instructions: Shelf Stable
1. Ready to eat.

**Carrots, Baby, package (8g CHO).**

Preparation Instructions: Keep Refrigerated until use
1. Refrigerate until use.
2. Ready to eat.

**Texas Slush, package (16g CHO).** *(Allergen’s: Apple, Grape, Orange)*

Preparation Instructions: Shelf Stable
1. Freeze before use.
2. Remove 5 minutes before use.

**Educational Snack, package (22g CHO).** *(Allergen’s: Egg, Honey, Milk, Soy, Sunflower Oil, Wheat)*

Preparation Instructions: Shelf Stable
1. Ready to eat.

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### Lunch -3

**Water Bottle, shelf stable 8 oz**

Preparation Instructions: Shelf Stable
1. Ready to use.

**Chili Cheese Dog, wrapped (32g CHO)** *(Allergen’s: Barley, Beef, Chicken, Corn, Garlic, Milk, Onion, Peppers, Rice, Soy, Tomato, Wheat, Yeast)*

Preparation Instructions: Keep Frozen until use
1. Refrigerate before use.
2. Pour 1 (4oz) cup of Beverage into glass.

**Roasted Chickpeas, Dried, package (12g CHO)**
*(Allergen’s: Beans, Sunflower oil)*

Preparation Instructions: Shelf Stable
1. Ready to eat.

**Carrots, Baby, package (8g CHO).**

Preparation Instructions: Keep Refrigerated until use
1. Refrigerate until use.
2. Ready to eat.

**Fresh Apple, (19g CHO).**

Preparation Instructions: Shelf Stable
1. Ready to eat.

**Educational Snack, package (22g CHO).** *(Allergen’s: Egg, Honey, Milk, Soy, Sunflower Oil, Wheat)*

Preparation Instructions: Shelf Stable
1. Ready to eat.