



Food and Child  
Nutrition Services

### 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.

Keep Refrigerated below 41°F or in Freezer below 0°F

\*Menus are subject to change.

### Breakfast -1

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**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.

### Breakfast-2

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**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.

### Breakfast-3

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**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

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### Water Bottle, shelf stable 8 oz

Preparation Instructions:      **Shelf Stable**

1. Ready to use.

### 2-Bean & Cheese Tamales, wrapped (44 g 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 (5 g CHO). *(Allergen's: Citric Acid, Garlic, Onion, Peppers, Tomatoes)*

Preparation Instructions:      **Shelf Stable**

1. Ready to eat.

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

Preparation Instructions:      **Keep Refrigerated until use**

1. Refrigerate until use.
2. Ready to eat.

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

Preparation Instructions:      **Shelf Stable**

1. Ready to eat.

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

Preparation Instructions:      **Shelf Stable**

1. Ready to eat.

## Lunch -2

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### Water Bottle, shelf stable 8 oz

Preparation Instructions:      **Shelf Stable**

1. Ready to use.

### Cheese Quesadilla, wrapped (31 g 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 (5 g CHO). *(Allergen's: Citric Acid, Garlic, Onion, Peppers, Tomatoes)*

Preparation Instructions:      **Shelf Stable**

1. Ready to eat.

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

Preparation Instructions:      **Keep Refrigerated until use**

1. Refrigerate until use.
2. Ready to eat.

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

Preparation Instructions:      **Shelf Stable**

1. Freeze before use.
2. Remove 5 minutes before use.

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

Preparation Instructions:      **Shelf Stable**

1. Ready to eat.

## Lunch -3

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### 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 (12 g CHO)

*(Allergen's: Beans, Sunflower oil)*

Preparation Instructions:      **Shelf Stable**

1. Ready to eat.

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

Preparation Instructions:      **Keep Refrigerated until use**

1. Refrigerate until use.
2. Ready to eat.

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

Preparation Instructions:      **Shelf Stable**

1. Ready to eat.

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

Preparation Instructions:      **Shelf Stable**

1. Ready to eat.