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 prior to serving.

The meals may consist of a combination of the following items: *Please note items are subject to change.*

### Breakfast

<table>
<thead>
<tr>
<th>Entrée</th>
<th>Fruit</th>
<th>Milk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cereal (Corn Chex, Rice Chex, Cheerios or Rice Krispies)</td>
<td>Orange</td>
<td>1%</td>
</tr>
<tr>
<td>French Toast Bar</td>
<td>Apple/Apple Slices</td>
<td>Nonfat</td>
</tr>
<tr>
<td>Apple Cherry Bar</td>
<td>Craisins</td>
<td></td>
</tr>
<tr>
<td>Oatmeal Raisin Bar</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Maple Brown Sugar Bar</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Honey Oats Granola Bar</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Lunch

<table>
<thead>
<tr>
<th>Entrée</th>
<th>Vegetable</th>
<th>Fruit</th>
<th>Milk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunbutter and Jelly Dippers</td>
<td>Baby Carrots</td>
<td>Craisins</td>
<td>Chocolate</td>
</tr>
<tr>
<td>Hamburger with Bun</td>
<td>Celery Sticks</td>
<td>Orange</td>
<td></td>
</tr>
<tr>
<td>Chicken Ham &amp; Cheese Sandwich</td>
<td>Broccoli</td>
<td>Apple/Apple Slices</td>
<td></td>
</tr>
<tr>
<td>Chicken Ham, Turkey &amp; Cheese Sandwich</td>
<td>Cucumbers</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hot Dog with Bun</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein Kit: Egg, String Cheese &amp; Pretzels</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sun Butter &amp; Jelly Sandwich Kit</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Serving Instructions

Meals must be served on weekdays only and 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, Fruit and Vegetables and provide 1 Chocolate Milk.

Any food remaining after 5 days should be thrown out.

**Prepping instruction**

Some items require you to put them together (Sunbutter & Jelly Sandwich Kit, buns for burger and hot dog.) Other items are provided already made.

Hamburger, hot dog and chicken nuggets require heating prior to serving.

**Heating instructions are located on the back of this form.**

Thank you and remember to wash your hands for 20 seconds.
Heating instructions for Hot Dog, Hamburger and Chicken Nuggets

Hot Dog
- Remove hot dog from bag/wrapping
- Hot Dog can be heated in following ways
  - Microwave
    - Place hot dog on microwave safe plate
    - Cover with a paper towel
    - Microwave for 40 seconds
    - Check temperature ensuring it reaches 165 degrees
  - Boil
    - Bring a pot of water to a boil
    - Boil hot dog for 5 minutes
    - Check temperature ensuring it reaches 165 degrees
  - Oven
    - Preheat oven to 350 degrees
    - Place hot dog in oven safe pan
    - Cut three to four small slits in hot dog
    - Cook for 15 minutes
    - Check temperature ensuring it reaches 165 degrees

Hamburger
- Remove hamburger from bag/wrapping
- Hamburger can be heated in the following ways
  - Microwave
    - Place hamburger on microwave safe plate
    - Cover with a paper towel
    - Microwave for 90 seconds
    - Check temperature ensuring it reaches 165 degrees
  - Oven
    - Preheat oven to 350 degrees
    - Place hamburger in oven safe pan
    - Cook uncovered for 15 minutes
    - Check temperature ensuring it reaches 165 degrees

Chicken Nuggets
- Remove chicken nuggets from bag/wrapping
- Chicken nuggets can be heated in the following ways
  - Microwave
    - Place nuggets on microwave safe plate
    - Cover with a paper towel
    - Microwave for 90 seconds
    - Check temperature ensuring it reaches 165 degrees
  - Oven
    - Preheat oven to 350 degrees
    - Place nuggets in oven safe pan
    - Cook uncovered for 15 minutes
    - Check temperature ensuring it reaches 165 degrees