



# GRASS LAKE COMMUNITY SCHOOLS

## AUGUST 04 – AUGUST 10, 2020 “GRAB AND GO” MENU

Tuesday meals: include Tuesday-Thursday and Friday meals: include Friday-Monday

TUESDAY AUG 4	WEDNESDAY AUG 5	THURSDAY AUG 6	FRIDAY AUG 7	SATURDAY AUG 8	SUNDAY AUG 9	MONDAY AUG 10
<p><b><u>BREAKFAST:</u></b> WG cereal w/100% juice and WG crackers Banana Milk</p> <p><b><u>LUNCH:</u></b> Hot pocket-pizza and cheese or beef and cheese Banana Apple Milk</p>	<p><b><u>BREAKFAST:</u></b> WG pancakes Apple Milk</p> <p><b><u>LUNCH:</u></b> WG pasta w/marinara sauce and/or uncrustable sandwich Banana Orange Milk</p>	<p><b><u>BREAKFAST:</u></b> Biscuit/or English muffin w/sausage, egg and cheese Orange Milk</p> <p><b><u>LUNCH:</u></b> WG Lunchable Kit (pizza and/or ham or turkey w/cheese and crackers Grape tomatoes Applesauce milk</p>	<p><b><u>BREAKFAST:</u></b> WG bagel 100% juice Milk</p> <p><b><u>LUNCH:</u></b> Mini Cheeseburgers and/or bosco stick Veggie Pear Milk</p>	<p><b><u>BREAKFAST:</u></b> Breakfast kit includes WG cereal w/100% juice and WG crackers Orange Milk</p> <p><b><u>LUNCH:</u></b> Uncrustable PB&amp;J Sting Cheese Veggies Apple</p>	<p><b><u>BREAKFAST:</u></b> WG Eggo Waffles Apple Milk</p> <p><b><u>LUNCH:</u></b> Fresh made ham/turkey And cheese wrap/sandwich Carrots Fruit cup milk</p>	<p><b><u>BREAKFAST:</u></b> Breakfast kit includes WG cereal w/100% juice and WG crackers Banana Milk</p> <p><b><u>LUNCH:</u></b> Taco stick/hot pocket Veggie Apple Milk</p>

**\*Make sure to REFRIDGERATE THE FOLLOWING ITEMS:**

- Wraps, subs, or sandwiches (also make sure to eat these items on the designated days)
- String cheese
- Milk & juice
- Veggies
- Pancakes
- Egg & cheese breakfast sandwich
- Mini cheese burgers
- Grilled cheese
- Taco stick



**Egg & cheese English muffin sandwich instructions:** Thaw in fridge prior to cooking for best results. Do not remove wrap on wrapped product before heating. Microwave: for 30-40 seconds on full power. Times may vary depending on microwave.

**Mini cheese burgers/taco stick heating instructions:** Thaw in the fridge prior to cooking for best results. Do not remove wrap on wrapped product before heating. Microwave: for 1 minute on full power. Times may vary depending on microwave. Convection oven: From thawed state, heat in a preheated 275 degree F convection oven for 20-25 minutes (**Do not heat above 275 F**).

**Grilled cheese instructions:** Thaw in fridge prior to cooking for best results. Do not remove wrap on wrapped product before heating. Microwave: for 30-40 seconds on full power. Times may vary depending on microwave. Convection & Convention oven: Thawed, heat sealed wrapped sandwiches in a preheated 350 degree F convection oven for 12 minutes. Conventions oven: Frozen, heat sealed wrapped sandwiches in a preheated 325 degree F convection oven for 18 minutes. Convection oven: Frozen, heat sealed wrapped sandwiches in a preheated 350 degree F convection oven for 18 minutes.

**Bosco Stick:** For best results, thaw first. Coat pan with non-stick cooking spray or cover with wax paper. Heat in preheated 350 degree F convection oven for 10-12 minutes. Convection oven: Heat from a thawed state for 8-12 minutes at 350 degree F. Ovens may vary. Add butter or margarine and parmesan cheese before heating for additional flavor.