

# **VESD WEEKLY MENU**

**FRI, SEP 18 OR TUE, SEP 22 11AM-1PM  
AT ALL 18 SCHOOLS**

## **BREAKFAST**

**Cereal, Cinnamon Pancakes, Powdered Donut,  
Cinnamon Crumble, Yogurt, and Crackers**

## **LUNCH**

**Chicken and Rice Bowl, Cheeseburger, Chicken  
Sliders, Corn Dog, and Deli Sandwich**

## **PRODUCE & VEGGIES**

**Apples, Juice Boxes, Orange, Plum, Applesauce Cup,  
Frozen Peach Cups, Baby Carrots, and Raisins**

**ALL CHILDREN AGES 3-18 MUST PRESENT MEAL CARD  
- ONE MEAL BAG PER WEEK, PER CHILD**

**FOR EVERYONE'S SAFETY, PLEASE WEAR MASK &  
PRACTICE SOCIAL DISTANCING**

**MENU SUBJECT TO CHANGE**

# VESD WEEKLY MENU

## HEATING INSTRUCTIONS

### COOK ALL MENU ITEMS AT 350° IN CONVENTIONAL OVEN

Chicken Sliders	18-20 mins (thawed)	30-35 mins (frozen)
Cheeseburger	18-20 mins (thawed)	30-35 mins (frozen)
Corn Dog	24-26 mins (thawed)	34-36 mins (frozen)
Pancake	keep frozen	18-23 mins (frozen)
Deli Sandwich	keep frozen	18-20 mins (frozen)
Orange Chicken	keep frozen	13-15 mins (frozen)
Teriyaki Chicken	keep frozen	45-50 mins (frozen)

## ALLERGEN INFO

Chicken Sliders

Wheat, Egg, Soy and Gluten

Cheeseburger

Wheat, Soy, Milk, and Gluten

Corn Dog

Wheat, Egg, Soy, and Gluten

Pancake

Wheat, Egg, Soy, and Milk

Deli Sandwich

Wheat, Soy, and Milk

Orange Chicken

Wheat, Egg, Soy, and Citrus

Teriyaki Chicken

Wheat, Soy, and Citrus

Powdered Donut

Wheat, Egg, Soy, and Milk

Cinnamon Crumble

Wheat, Egg, and Milk