

# **VESD WEEKLY MENU**

**11am - 1pm on Friday, October 23**  
**2pm - 4pm on Tuesday, October 27**  
**at all 18 Schools**

## **BREAKFAST**

Benefit Bar, Blueberry Crumble, Cereal,  
Yogurt and Granola, and Cinnamon Roll

## **LUNCH**

Cheeseburger, Bean & Cheese Burrito, Corndog,  
Cheese Pizza Wedge, and Grilled Cheese

## **FRUITS & VEGGIES**

Red Apples, Juices, Strawberry Cup, Pear, Grapes  
Apple Slices, and Baby Carrots

**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**

# HEATING INSTRUCTION

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

Pizza	Keep Frozen	12- 15 mins (frozen)
Burrito	Keep Frozen	19-21 mins (frozen)
Grilled Cheese	12 mins (thawed)	18 mins (frozen)
Cheeseburger	18-20 mins (thawed)	30-35 mins (frozen)
Corndog	24-26 mins (thawed)	34-36 mins (frozen)

## ALLERGEN INFO

Pizza	Wheat, Soy, and Milk
Burrito	Wheat, Soy, and Milk
Grilled Cheese	Wheat, Soy, Milk, and Gluten
Cheeseburger	Wheat, Soy, Milk, and Gluten
Corndog	Wheat, Egg, Soy, and Gluten
Blueberry Crumble	Wheat, Egg, Soy, and Milk
Cinnamon Roll	Wheat, Egg, Soy, and Milk

