

WEEKEND MEALS | REHEATING INSTRUCTIONS

Your meal kit includes a lunch for today and weekend meals for your child. All items in your bag should be refrigerated until ready to heat and/or serve. Please see the chart below for suggested meal servings and reheating instructions. For questions or concerns, please email us at cn@lisd.net.

Lunch (Friday)	Weekend Breakfast	Weekend Lunch
Chicken Sandwich <i>(Served hot and should be eaten immediately)</i>	Cereal, Pop-Tart or Muffin <i>(Does not need refrigeration)</i>	Corn Dog or Pizza Sticks <i>(See reheating instructions below)</i>
Vegetable	Fruit or Juice	Fruit or Vegetable
Milk	Milk	Milk

Reheating Instructions:

Corn Dog (serving size: 1 corn dog) <ul style="list-style-type: none">• Preheat oven to 400 F.• Line cookie sheet with foil or spray with nonstick spray.• Place corn dog on sheet pan.• Bake until internal temperature reaches 160 F, approximately 8-10 minutes.	Pizza Stick (serving size: 1 pizza stick) <ul style="list-style-type: none">• Preheat oven to 400 F.• Line cookie sheet with foil or spray with nonstick spray.• Place pizza stick on sheet pan.• Bake until golden brown and internal temperature reaches 165 F, approximately 8-10 minutes.
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This institution is an equal opportunity provider.