

San Isidro ISD Food Preparation Sheet

LUNCH	FOOD SAFETY: -WASH HANDS AND CLEAN SURFACES PRIOR TO PREPARING FOOD. -DO NOT LEAVE FOOD AT ROOM TEMPERATURE TO AVOID TEMPERATURE ABUSE.						-ALL FOODS WILL BE DELIVERED COLD. -ALL FOODS SHOULD BE STORED IN THE REFRIGERATOR UNTIL USE. -ANY UNSUED FOOD SHOULD BE RETURNED TO REFRIGERATOR TO PREVENT FOOD BORNE ILLNESS.		
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TUESDAY			WEDNESDAY				THURSDAY	
portion	food item	Prep Instructions	portion	food item	Prep Instructions	portion	food item	Prep Instructions
1 ea	hamburger bun	Allow bun to be a room temp or heat in microwave for 15 seconds.	1 sl	Pizza	Remove from packaging. Place pizza on a microwave safe dish, and microwave on high for 2-3 minutes. Make sure pizza is rotated half-way to ensure cheese melts and internal temperature hits 135F.	1 ea	Corn Dog	Remove from packaging and place on a paper towl and microwave on high for 30 seconds, from thawed state.
1 ea	beef patty	Remove from packaging. Wrap patty in paper towel, and place on microwave safe plate. Heat on high for 60-70 seconds.	1/2c	Green Beans	Open Container and place beans on plate and put plate in microwave. Cook for 30 seconds. Remove and mix beans and place back in microwave for 1 minute. Temperature should hit at least 150F.	5ea	Side Winders	Remove from packaging and place on paper towel on a microwave safe plate and heat at 30 second internals but not more than 2 minutes.
1c	Romaine Lettuce	Wash lettuce with running water, strain, and portion out 1 cup.	1c	Romaine Lettuce	Wash lettuce with running water, strain, and portion out 1 cup.	1 pkg	Baby Carrots	Open bag and enjoy.
1/2c	Beans	Open Container and place beans on plate and put plate in microwave. Cook for 30 seconds. Remove and mix beans and place back in microwave for 1 minute. Temperature should hit at least 150F.	1 ea	Fr. Fruit -Orange	Wash produce thoroughly, before eating.	1 ea	Fr. Fruit -apple	Wash produce thoroughly, before eating.
1 ea	Fr. Fruit -apple	Wash produce thoroughly, before eating.	1 ea	Milk	Refrigerate and open prior to use.	1 ea	Milk	Refrigerate and open prior to use.
1 ea	Milk	Refrigerate and open prior to use.						

BREAKFAST								
	TUESDAY		WEDNESDAY			THURSDAY		
portion	food item	Prep Instr.	portion	food item	Prep Instructions	portion	food item	Prep Instructions
1 ea	Redi Bake Bar	Ready to eat, no heating necessary.	1 ea	Cereal-2oz	Ready to eat. Open container and add milk.	1 ea	PB&J Uncrustable	Ready to eat, no heating necessary.
1 ea	Fr. Fruit -apple	Wash produce thoroughly, before eating.	1 ea	Fr. Fruit -Orange	Wash produce thoroughly, before eating.	1 ea	Fr. Fruit -apple	Wash produce thoroughly, before eating.
1 ea	Milk	Refrigerate and open prior to use.	1 ea	Milk	Refrigerate and open prior to use.	1 ea	Milk	Refrigerate and open prior to use.
1 ea	Juice	Refrigerate and open prior to use.	1 ea	Juice	Refrigerate and open prior to use.	1 ea	Juice	Refrigerate and open prior to use.

MONDAY DELIVERY:
Delivery Tuesday thru Thursday meals.
3 DAYS

THURSDAY DELIVERY:
Delivery Friday thru Monday meals.
4 DAYS

*PLEASE CHECK ALL MILK EXPIRATION DATES PRIOR TO CONSUMPTION.

San Isidro ISD Food Preparation Sheet

LUNCH

	FRIDAY		SATURDAY			SUNDAY				MONDAY	
portion	food item	Prep Instructions	portion	food item	Prep Instructions	portion	food item	Prep Instructions	portion	food item	Prep Instructions
1 ea	Grilled Cheese	Open one end of package and place in microwave and heat for 40-50 seonds, until heated thoroughly.	5ea	Nuggets	Remove from packaging. Arrange them in a circle on a microwave safe plate, leaving the center open. Heat on high for 2 minutes. Allow nuggets to stand for 1-2 minutes before serving.	4ea	Pizza Crunchers	Remove from packaging. Place crunchers in a single layer on a microwave safe plate. Microwave on high for 1 minute, rotate and cook for an additional minute. Allow crunchers to cool for 1 minutes before serving.	1 ea	Pull Aparts	Open one end of package and place in microwave and heat for 50-60 seonds, until heated thoroughly.
1/2c	Baby Carrots	Open bag and enjoy.	5ea	Side Winders	Remove from packaging and place on paper towel on a microwave safe plate and heat at 30 second internals but not more than 2 minutes.	1 ea	Marinara Cup	Open bag and enjoy.	1 ea	Marinara Cup	Open bag and enjoy.
1c	Romaine Lettuce	Wash lettuce with running water, strain, and portion out 1 cup.	1c	Romaine Lettuce	Wash lettuce with running water, strain, and portion out 1 cup.	1 ea	Corn on the Cob	Place corn cob on a microwave safe plate. Add 2 tablespoons of water and cover it with a damp towel. Microwave on high for 20 seconds. Carefully sflip the corn cob and microwave again for an additional 20 seconds.	1 ea	Corn on the Cob	Place corn cob on a microwave safe plate. Add 2 tablespoons of water and cover it with a damp towel. Microwave on high for 20 seconds. Carefully sflip the corn cob and microwave again for an additional 20 seconds.
1 ea	Fr. Fruit -Orange	Wash produce thoroughly, before eating.	1 ea	Fr. Fruit -apple	Wash produce thoroughly, before eating.	1 ea	Fr. Fruit -Orange	Wash produce thoroughly, before eating.	1 ea	Fr. Fruit -apple	Wash produce thoroughly, before eating.
1 ea	Milk	Refrigerate and open prior to use.	1 ea	Milk	Refrigerate and open prior to use.	1 ea	Milk	Refrigerate and open prior to use.	1 ea	Milk	Refrigerate and open prior to use.

BREAKFAS

	FRIDAY		SATURDAY			SUNDAY				MONDAY	
portion	food item	Prep Instructions	portion	food item	Prep Instructions	portion	food item	Prep Instructions	portion	food item	Prep Instructions
1 ea	UBR	Ready to eat, no heating necessary.	1 ea	Super Donut	Ready to eat, no heating necessary.	1 ea	Cinni Minis	Ready to eat, no heating necessary.	1 ea	Mini Pancakes	Place in microwave and heat for 30-45 seoncds, until warm.
1 ea	Fr. Fruit -Orange	Wash produce thoroughly, before eating.	1 ea	Fr. Fruit -apple	Wash produce thoroughly, before eating.	1 ea	Fr. Fruit -Orange	Wash produce thoroughly, before eating.	1 ea	Fr. Fruit -apple	Wash produce thoroughly, before eating.
1 ea	Milk	Refrigerate and open prior to use.	1 ea	Milk	Refrigerate and open prior to use.	1 ea	Milk	Refrigerate and open prior to use.	1 ea	Milk	Refrigerate and open prior to use.
1 ea	Juice	Refrigerate and open prior to use.	1 ea	Juice	Refrigerate and open prior to use.	1 ea	Juice	Refrigerate and open prior to use.	1 ea	Juice	Refrigerate and open prior to use.