

The following chart identifies the:

Food Allergies, Carbohydrates, Special Handling & Cooking Instructions – that are associated with various foods that may be included in the **Backpack N' Go** meal packages.

FOOD ITEMS HIGHLIGHTED IN GREEN REFLECT THE WEEK OF JUNE 22-26th, 2020 & June 29-30th in BLUE

Cereals	Food Allergies	Carbohydrates(g)	Special Handling	Cooking Instructions
Cinnamon Toast Crunch	Wheat/Gluten, Soy	22	Shelf Stable	None
Lucky Charms	Gluten Free, Corn, Dye – Yellow, Red & Blue	23	Shelf Stable	None
Mini Wheats	Wheat/Gluten	24	Shelf Stable	None
Oatmeal	Milk	51	Shelf Stable	OVEN at 350 degrees. Puncture plastic top seal. Place on cookie sheet for 20-25 minutes. Remove plastic seal, serve. MICROWAVE – Puncture plastic top. Microwave on high for 3-4 minutes. Remove plastics seal – stir.
Rockin' Granola Cereal	Corn	21	Shelf Stable	None
Rice Chex	Gluten-Free	22	Shelf Stable	None
Trix	Corn, No Dyes	24	Shelf Stable	None
Juices				
Apple Juice	None	14	Refrigerated	None
Cherry Star Juice	None	13	Refrigerated	None
Dragon Punch	None	13	Refrigerated	None
Grape Juice	None	19	Refrigerated	None
Orange Juice	None	14	Refrigerated	None
Fruits				
Apple	None	19	Shelf Stable	None
Applesauce Cup	None	14	Shelf Stable	None
Assorted Fruit Cup	Corn	15	Refrigerated	None
Banana	None	23	Shelf Stable	None
Grapes	None	10-12	Shelf Stable	None
Mandarin Oranges	None	14	Keep Refrigerated	None
Peach Cup	None	19	Frozen	None
Pear Cup	None	14	Refrigerated	None
Smoothie (Cherry)	FREE OF MILK	39 (6oz.)	Refrigerated	(Open & Serve) Enjoy Cold
Strawberry Cup	None	21	Refrigerated/Frozen	None
Mixed Berry Cup	None	20	Refrigerated/Frozen	None
Vegetables				
Broccoli	None	5	Frozen	Heat in microwave until cooked; Or steam
Baby Carrots	None	14	Refrigerated	None
Broccoli, Frozen	None	5	Frozen	Heat until warm
Carrots Canned	None	11 (3/4 Cup)	Refrigerated	Heat until warm
Carrots Frozen	None	11 (3/4 Cup)	Frozen	Heat until warm
Corn, Canned	Corn	16 (1/2 Cup)	Shelf Stable	Heat until warm
Corn, Frozen	Corn	16 (1/2 Cup)	Frozen	Heat until warm
Emoji Fries	Soy, Corn	(5 Pieces) 23	Frozen	Oven at 425 degrees for 9-13 minutes

Green Beans, Frozen	None	6	Frozen	Warm to eat
Green Beans, Canned	None	6	Refrigerated	Warm to eat
Hashbrown Round Patties	Soy, Corn	15 (2 Rounds)	Frozen	Oven at 425 degrees for 10-15 minutes
Mixed Vegetables	None	12	Frozen	Warm to eat
Salad Mix	None (No Dressing); (Italian Dressing) Soy, Corn, Dye - Yellow	3 (No Dressing); 3 (2TB Italian Salad Dressing)	Refrigerated	None
Smile Fries	Soy, Corn	(4 Pieces) 20	Frozen	Oven at 425 degrees for 9-13 minutes
Snowflake Fries	Soy, Corn	20 (1/2 Cup)	Frozen	Oven at 425 degrees for 10-12 minutes
Sweet Potato Fries	Soy, Corn	(9-12 Pieces) 33	Frozen	Oven at 425 degrees for 10-12 minutes
Tater Tots	Soy, Corn	(About 8 Pieces) 16	Frozen	Oven at 425 degrees for 12-17 minutes
Breads				
Apple Frudel	Gluten/Wheat, Milk, Corn, Soy	36	Frozen	Oven in frozen pouch at 350 degrees, 11-13 minutes
Bagel (3oz.) Bagel Lovers	Gluten/Wheat, Corn, Soy	46	Frozen	Thaw & Serve
Bagel (2oz.) Lenders	Gluten/Wheat, Corn, Soy	30	Frozen	Thaw & Serve
Blueberry Muffin	Gluten/Wheat, Soy, Egg, Milk, Corn	26	Shelf Stable	Thaw & Serve
Breakfast Pancake on a Stick	Gluten/Wheat, Soy, Egg, Milk	20	Frozen	Oven at 375 degrees; 8-10 minutes if thawed; and 15-18 if frozen
Breakfast Sandwich Egg & Cheese on Biscuit	(Biscuit) Gluten/Wheat, Milk; (Egg Patty) Egg, Milk, Soy; (Cheese) Milk, Soy	31 (TOTAL) (Biscuit) 27 (Egg Patty) 3 (Cheese) 1	Frozen	Oven in Foil at 350 degrees for 10-12 minutes, until heated through.
Breakfast Sandwich Egg, Cheese & Sausage on Biscuit	(Biscuit) Gluten/Wheat, Milk; (Egg Patty) Egg, Milk, Soy; (Sausage) None; (Cheese) Milk, Soy	31 (TOTAL) (Biscuit) 27 (Egg Patty) 3 (Sausage) 0 (Cheese) 1	Frozen	Oven in Foil at 350 degrees for 10-12 minutes, until heated through.
Breakfast Sandwich on English Muffin	(English Muffin) Gluten/Wheat, Soy; (Egg Patty) Egg, Milk, Soy; (Sausage) None; (Cheese) Milk, Soy	28 (TOTAL) (English Muffin) 24 (Egg Patty) 3 (Sausage) 0 (Cheese) 1	Frozen	Oven at 350 degrees for 10-12 minutes, until heated through.
Chocolate Chip Muffin	Gluten/Wheat, Milk, Soy, Egg	44	Shelf Stable	Thaw & Serve
Cinni-Mini	Wheat/Gluten, Milk, Soy, Corn, Tree Nuts	40	Frozen	Oven at 350 degrees, 10-12 minutes
Cinnamon Toast Crunch Bar	Gluten/Wheat, Milk, Soy, Corn	40	Frozen	IN POUCH - Oven at 350 degrees for 10-13 minutes
Dinner Roll	Gluten/Wheat, Soy, Milk, Egg	16	Frozen	Oven at 350 degrees, Bake at 4-8 minutes
Dutch Waffle	Gluten/Wheat, Soy, Corn	43	Frozen	Remove frozen waffle from packaging. Oven at 450 degrees on tray for 3 to 4 minutes. If desired, sprinkle with sugar or topping of choice.

French Toast Sticks	Gluten/Wheat, Soy, Corn, Egg, Milk	42 (3 Sticks)	Frozen	Oven at 350 degrees, 10-12 minutes
Garlic Breadstick	Gluten/Wheat, Egg, Milk, Soy	15 (Breadstick)	Frozen	Oven at 400 degrees for 5-6 minutes
Hamburger Roll	Gluten/Wheat, Soy	26	Shelf Stable	None
Kaiser Roll	Gluten/Wheat, Soy	26	Shelf Stable	None
Pancake Sausage & Cheese Sliders	Gluten/Wheat, Milk, Soy, Egg	18	Frozen	Oven in plastic wrap (ovenable film) at 350 for 20-22 minutes.
Pesto Garlic Wrap	Gluten/Wheat, Milk, Corn	32	Shelf Stable	Warm to eat
Pillsbury Chocolate Chip Pancakes	Gluten/Wheat, Milk, Corn, Egg	43	Frozen	Thaw & Serve OR Oven 350 degrees for 13-15 minutes if frozen or 7-8 minutes if thawed DO NOT MICROWAVE
Pillsbury Chocolate Crescent	Gluten/Wheat, Soy, Milk, Corn	37	Frozen	Thaw & Serve 2 hours 15 minutes; OR Oven @ 350 degrees for 10-12 minutes DO NOT MICROWAVE
Pillsbury Mini Maple Burstin' Pancakes	Wheat/Gluten, Milk, Eggs, Corn, Tree Nuts	37	Frozen	Thaw & Serve OR Oven 350 degrees, 10-12 minutes DO NOT MICROWAVE
Pop Tart, Chocolate	Gluten/Wheat, Corn, Soy	36	Shelf Stable	If desired, heat in toaster/similar
Soft Pretzel	Gluten/Wheat	29	Frozen	Oven 325-350 degrees for 3-5 minutes; Microwave (thawed) 20-30 seconds; (frozen) 1 minute
Pullman Bread	Gluten/Wheat, Soy, Corn	(Per Slice) 14	Refrigerated	Thaw & Serve
Rockin' Granola Cereal	Corn	21	Shelf Stable	None
Scooby Doo! Baked Graham Cracker Sticks	Gluten/Wheat, Soy	21	Shelf Stable	None
Zee Zee's Soft Smore's Baked Bar	Gluten/Wheat, Corn, Soy	24	Shelf Stable	None
Dairy				
Cheese Stick	Milk	1	Refrigerated	None
Cream Cheese	Milk	1	Refrigerated	None
Yogurt	Milk	(Vanilla) 15 (Raspberry) 16 (Strawberry-Banana) 15	Refrigerated	None
White Milk	Milk	12	Refrigerated	None
Chocolate Milk	Milk, Corn	24	Refrigerated	None
Meat/Entrees				
BBQ Rib Patty on Bun	(Patty) Gluten/Wheat, Milk, Soy, Corn; (Bun) Gluten/Wheat, Soy	(Patty) 10 (Bun) 26	Frozen	Oven at 350 degrees, 16-18 minutes
BBQ Rib Patty on Hawaiian Slider Bun	(Patty) Gluten/Wheat, Milk, Soy, Corn; (Hawaiian Slider Bun) Gluten/Wheat, Soy, Corn	(Patty) 10 (Bun) 16	Frozen	Oven at 350 degrees, 16-18 minutes
Breakfast Pizza (Wild Mikes Country White Gravy)	Gluten/Wheat, Milk, Soy, Corn	18	Frozen	Oven at 325 degrees, 13-15 minutes

Calzone (Wild Mikes) Marinara Sauce	(Calzone) Gluten/Wheat, Milk, Soy (Marinara) Soy	(Calzone) 30 (Marinara) 5	(Calzone) Frozen (Marinara) Refrigerated	Oven at 350 degrees, 14-16 minutes (Marinara) Thaw at Room Temperature
Cheese Sandwich with Margarine Pats for Grilling	(Bread) Gluten/Wheat, Soy; (Cheese) Milk, Soy; (Margarine) Soy	(Bread)- 2 Slice 28 (Cheese) 2 (Margarine) 0	Refrigerated	Add Margarine to Bread & Grill in Pan on Both sides until golden brown and cheese is melted
Chicken Patty on Bun	(Patty) Wheat/Gluten, Soy; (Bun) Wheat/Gluten, Soy	(Patty) 13; (Bun) 26	Frozen	Oven at 350 degrees, 12-15 minutes
Chicken Wrap with Turkey Bacon	(Jalapeno Cheddar Wrap) Gluten/Wheat, Milk, Corn; (White Wheat Wrap) Gluten/Wheat, Soy, Corn; (Pesto Garlic Wrap) Gluten/Wheat, Milk, Corn; (Diced Chicken) None; (Turkey Bacon) Corn; (Shredded Cheddar Cheese) Milk, Corn	38 (TOTAL) (Jalapeno Cheddar Wrap) 32; (White Wheat Wrap) 32; (Pesto Garlic Wrap) 32; (Diced Chicken) 0; (Turkey Bacon) 0; (Shredded Cheddar Cheese) 1	Frozen	Oven in Foil at 350 degrees for 15 minutes until heated through.
Fajita Chicken Wrap	(Jalapeno Cheddar Wrap) Gluten/Wheat, Milk, Corn; (White Wheat Wrap) Gluten/Wheat, Soy, Corn; (Pesto Garlic Wrap) Gluten/Wheat, Milk, Corn; (Diced Chicken) None; (Fire Roasted Peppers) GLUTENWHEAT, Soy, Corn; (Shredded Cheddar Cheese) Milk, Corn	38 (TOTAL) (Jalapeno Cheddar Wrap) 32; (White Wheat Wrap) 32; (Pesto Garlic Wrap) 32; (Diced Chicken) 0; (Fire Roasted Peppers) 5; (Shredded Cheddar Cheese) 1	Frozen	Oven in Foil at 350 degrees for 15 minutes until heated through.
Fish (Pollack) Sandwich on Roll	(Fish Patty) Gluten/Wheat, FISH, Milk, Corn, Soy (Bun) Gluten/Wheat, Soy	(Patty) 16 (Bun) 26	Frozen	Oven at 425 degrees, for 20-22 minutes
Goldkist Chicken Nuggets	Gluten/Wheat, Soy, Corn	(5 Nuggets) 14	Frozen	Oven at 350 degrees, 10-14 minutes
Goldkist Chicken Tenders	Gluten/Wheat, Soy, Corn & TREE NUT	(3 Tenders) 15	Frozen	Oven at 350 degrees, 10-14 minutes
Golden Chicken Nuggets or Tenders on a Pesto Wrap	(Nuggets) Gluten/Wheat, Soy, Corn; (Tenders)Gluten/Wheat, Soy, Corn & TREE NUT; (Pesto Garlic Wrap) Gluten/Wheat, Milk, Corn;	(5 Nuggets) 14; (3 Tenders) 15; (Pesto Garlic Wrap) 32;	Frozen	Oven in Foil at 350 degrees for 15 minutes until heated through.
Hamburger on Bun	(Patty) Corn, Soy; (Bun) Wheat/Gluten, Soy	(Patty) 0; (Bun) 26	Frozen	Oven at 350 degrees, 8-12 minutes
Hamburger on Hoagie Roll	(Patty) Corn, Soy; (Bun) Wheat/Gluten, Soy	(Patty) 0; (Bun) 29	Frozen	Oven at 350 degrees, 8-12 minutes
Hamburger on Kaiser Roll	(Patty) Corn, Soy; (Bun) Wheat/Gluten, Soy	(Patty) 0; (Bun) 26	Frozen	Oven at 350 degrees, 8-12 minutes

Ham & Cheese on Pullman Bread	(Ham) None; (Cheese) Milk, Soy; (Bread) Gluten/Wheat, Soy	(Ham) 0 (Cheese) 1 (2 Slices) 28	Refrigerated	Refrigerate until Ready to Eat
Ham & Cheese on Sub Roll	(Ham) None; (Cheese) Milk, Soy; (Roll) Gluten/Wheat, Soy, Corn	(Ham) 0 (Cheese) 1 (5.5" Sub Roll) 26	Refrigerated	Refrigerate until Ready to Eat
Hot Dog on Roll	(Hot Dog) None (Hot Dog Bun) Gluten/Wheat, Soy	(Hot Dog) 1 (Hot Dog Bun) 26	Refrigerated	Cook until internal temperature approximately 160 degrees F.
Individual Cheese Pizza (Wild Mikes 5" Round) (Spaghetti Sauce for Dipping)	(Cheese) Wheat/Gluten, Milk (Spaghetti Dipping Sauce) Soy, Corn	(Cheese) 34 (Spaghetti Dipping Sauce) 5	Frozen Frozen	<u>REMOVE FROM BAG</u> Oven at 325 degrees, 12-15 minutes Thaw at room temperature
Individual Pepperoni Pizza (Wild Mikes 5" Round) (Spaghetti Sauce for Dipping)	(Pepperoni) Wheat/Gluten, Milk (Spaghetti Dipping Sauce) Soy, Corn	(Pepperoni) 34 (Spaghetti Dipping Sauce) 5	Frozen Frozen	Oven at 325 degrees, 12-15 minutes Thaw at room temperature
Meatballs with Marinara Sauce & Breadstick	(Meatballs) Gluten/Wheat, Soy; (Marinara Sauce) None; (Breadstick) Gluten/Wheat, Egg, Milk, Soy	(5 Small Meatballs) 5 (Marinara Sauce) 5 (Breadstick) 15	(Meatballs) Frozen (Marinara Sauce) Thaw room temperature (Breadstick) Frozen	Oven at 350 degrees for 12-14 minutes until heated through (Breadstick) Oven 400 degrees for 5-6 minutes;
Meatballs with Marinara Sauce & Soft Pretzel	(Meatballs) Gluten/Wheat, Soy; (Marinara Sauce) None; (Pretzel) Gluten/Wheat	(5 Small Meatballs) 5 (Marinara Sauce) 5 (Pretzel) 29	(Meatballs) Frozen (Marinara Sauce) Thaw room temperature (Pretzel) Frozen	Oven at 350 degrees for 12-14 minutes until heated through (Pretzel) Oven 325-350 degrees for 3-5 minutes; Microwave (thawed) 20-30 seconds; (frozen) 1 minute
Meat & Cheese Burrito	(Taco Meat) None (Cheese) Milk, Corn (Wrap) Gluten/Wheat, Soy, Corn (SALSA) Soy, Corn	(Taco Meat) 3 (Cheese) 1 (Wrap) 22 (Salsa) 5	Frozen Salsa – Keep Refrigerated	Oven in FOIL at 350 degrees 10-12 minutes OR Microwave (Remove FOIL) 1-2 minutes until heated through
Orange Glazed Popcorn Chicken	(Popcorn Chicken) Gluten/Wheat, Milk, Soy, Corn; (Orange Glaze Sauce) Gluten/Wheat, Corn, Soy, SESAME	(10 Popcorn Chicken Pieces) 17; (2 Tablespoons Orange Glaze Sauce) 21	Frozen	Oven at 350 degrees, 20 minutes
Personal Pizza Pepperoni	Gluten/Wheat, Milk, Corn	34	Frozen	Oven at 325 degrees, 13-15 minutes
Pizza Crunchers With Marinara Cup	(Crunchers) Gluten/Wheat, Milk, Corn, Soy (Marinara Cup) Soy, Corn	(4 Crunchers) 41 (Marinara Dipping Sauce) 5	Frozen Frozen	Oven at 350 degrees for 15-20 minutes Thaw at Room Temperature
Pizza, Homemade Cheese	Gluten/Wheat, Soy, Milk, Corn	31	Frozen	<u>REMOVE FROM BAG</u>

				Oven at 350 degrees, 10-12 minutes
Pizza, Homemade Garlic	Gluten/Wheat, Soy, Milk, Corn	33	Frozen	<u>REMOVE FROM BAG</u> Oven at 350 degrees, 10-12 minutes
Popcorn Chicken	Gluten/Wheat, Milk, Soy, Corn	(10 Pieces) 17	Frozen	Oven at 350 degrees, 20 minutes
Popcorn Chicken Wrap	(Popcorn Chicken) Gluten/Wheat, Milk, Soy, Corn <u>(Jalapeno Cheddar Wrap)</u> Gluten/Wheat, Milk, Corn; <u>(White Wheat Wrap)</u> Gluten/Wheat, Soy, Corn; <u>(Spinach Wrap)</u> Gluten/Wheat, Milk, Corn & Food Dye – Yellow & Blue;	(Popcorn Chicken 10 Pieces) 17 (Jalapeno Cheddar Wrap) 32; (White Wheat Wrap) 32; (Spinach Wrap) 32;	Frozen	Oven at 350 degrees, 20 minutes OR Microwave until heated through
Pork Sausage Patty	None	(3 Patties) 3	Frozen	Grill – Heat patty 10-15 minutes, turning frequently until 165 degrees; Microwave – on High 1- 1 ½ minutes, until heated through.
Tornado – El Monterey Sausage, Egg & Cheese	Gluten/Wheat, Milk, Egg, Corn, Soy	22	Frozen	Oven at 350 for 25 minutes on cookie sheet
Turkey & Cheese Sandwich on Pullman Bread	(Bread) Gluten/Wheat, Soy, Corn; (Cheese) Milk, Soy; (Turkey) None	Sandwich Total - 29 (Bread) 14 per Slice (Cheese) 1 (Turkey) 0	Refrigerated	Thaw and Serve
Walking Taco	(Meat & Cheese Mixture) Milk, Soy; (Shearer Taco Chips) Corn, Milk, Dye – Red & Yellow (SALSA) Soy, Corn	(Meat & Cheese) 4 (Shearer Taco Chips) 62 (Salsa) 5	Keep Meat & Cheese Mixture Frozen Taco Chips – Shelf Stable Salsa – Keep Refrigerated	Microwave Meat & Cheese Mixture until heated through. Place in Shearer Taco Bag for Walking Taco
Wild Mike Cheese Bites with Marinara Cup	(Cheese Bites) Gluten/Wheat, Milk, Soy; (Marinara Cup) Soy, Corn	(4 Cheese Bites Pieces) 7 (Spaghetti Dipping Sauce) 5	Frozen Frozen	Oven at 325 degrees, 10-12 minutes Thaw at room temperature
Wild Mike Cheese Bread Stick with Marinara Cup	(Bread Stick) Gluten; (Marinara Cup) Soy, Corn /Wheat, Milk;	(Bread Stick) 30 (Spaghetti Dipping Sauce) 5	Frozen	Oven at 350 degrees, 6-8 minutes
Wild Mike's Pizza Wedge Slice (Spaghetti Sauce for Dipping)	Gluten/Wheat, Milk (Spaghetti Dipping Sauce) Soy, Corn	34 (Spaghetti Dipping Sauce) 5	Frozen Frozen	Oven at 325 degrees, 13-15 minutes Thaw at room temperature
SNACKS				
Baked Plain Potato Chips (Lay's)	Soy, Corn	20	Shelf Stable	None
Baked BBQ Chips (Lay's)	Gluten/Wheat, Soy, Milk, Corn	19	Shelf Stable	None
Baked Sour Cream & Onion (Lay's)	Milk, Soy, Corn	18	Shelf Stable	None
Cool Ranch Doritos	Corn, Milk,	19	Shelf Stable	None

	Dye – Red, Blue & Yellow			
Goldfish	Gluten/Wheat, Milk, Corn	14	Shelf Stable	None
Goldfish Mickey Crackers	Gluten/Wheat, Milk, Soy	14	Shelf Stable	None
Nacho Doritos	Corn, Milk, Dye – Yellow & Red	20	Shelf Stable	None
Spicy Sweet Chili Doritos	Gluten/Wheat, Soy, Corn	20	Shelf Stable	None
Tortilla Chips (Bulk) w/Salsa	(Chips) Corn, Soy; (Salsa) None	(About 15 Chips) 21 (Salsa) 5	(Chips) Shelf Stable; (Salsa) Shelf Stable/Refrigerate	None None
White Cheddar Popcorn	Milk, Corn	9	Shelf Stable	None
CONDIMENTS				
BBQ Sauce	Corn	16	Shelf Stable	None
Dynamite Dipping Sauce	Soy, Corn, Egg	3	Shelf Stable	None
Honey Mustard	Soy, Corn, Egg	7	Shelf Stable	None
Peanut Butter Cup	Peanuts	(4 Tablespoons) 16	Shelf Stable	None
Ranch	Milk, Egg, Soy, Corn	5	Shelf Stable	None
Salsa	None	4	Shelf Stable/Refrigerate	None