

January 2021 SFSP K-12 Distant Learning - Lunch & Breakfast - 7 Day Bundle Meals

Menu is subject to substitutions due to food shortages, due to the prevailing Pandemic situations

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lunch	First Grains in Food History				Wowbutter & Jelly Sandwich	Bean & cheese Burrito	Pizza Quesadilla
Veg Lunch Option	Einkorn, a very early ancestor of wheat is said to be in existence from 10000 years ago				Hard Cooked Eggs	Cheese Cup, Corn Chips	Cheese Bun
All Lunches Receive	Emmer, another wheat variety, which is botanically more closer to modern wheat, could have been prevalent, possibly from 7000 years ago				WG Mini French Toast Bag	String Cheese	
Breakfast	Rice, another dietary staple, is argued to be cultivated from 10000 years ago				1/2 Cup Fruit	1/2 Cup Fruit	1/2 Cup Fruit
Week II	Barley has been in existence for more than 8000 years				1/4 Cup Veggies & Milk (OVS)	1/4 Cup Veggies & Milk (OVS)	1/4 Cup Veggies & Milk (OVS)
	The last found trove of Barley, that dates back to 6000 years, possesses strikingly similar DNA sequence of modern Barley				2 oz Breakfast Bread (1 item)	Corn Muffin (1 item)	WG Apple Donut (1 item)
					100% 4oz Juice & Second Item * (1 Item Each)	100% 4oz Juice & Second Item * (1 Item Each)	100% 4oz Juice & Second Item * (1 Item Each)
					Milk (OVS)	Milk (OVS)	Milk (OVS)
Lunch	Cheese Bun	Chicken Corn Dog	Italian Calzone Pocket	Bean & Cheese Burrito	All Beef Hot Dog Kit	Turkey Bun	Grilled Cheese Sandwich
Veg Lunch Option	Cheese Bun	Yogurt Cup, Cheese Stick	Wow Butter Cup, Chz Stick	Cheese Sandwich on Wheat Bread	Yogurt Cup, Cheese Stick	Yogurt Cup, Cheese Stick	Wow Butter Cup, Chz Stick
All Lunches Receive	1/2 Cup Fruit	1/2 Cup Fruit	1/2 Cup Fruit	1/2 Cup Fruit	1/2 Cup Fruit	1/2 Cup Fruit	1/2 Cup Fruit
Breakfast	Assorted Muffin (1 item)	Mini Waffle Bag (1 item)	BC Cinnamon Roll (1 item)	Pop Tart (1 item)	Cereal Bowl (1 item)	Assorted Muffin (1 item)	Pop Tart (1 item)
Week III	Milk (OVS)	Milk (OVS)	Milk (OVS)	Milk (OVS)	Milk (OVS)	Milk (OVS)	Milk (OVS)
Lunch	Cheese Bun	Make your Own Nachos	Wow Butter Cup & Bagel	Pizza Quesadilla	Meatballs & Ketchup	Grilled Cheese Sandwich	Chicken Corn Dog
Veg Lunch Option	Yogurt, Cheese Cubes	Cheese Cup, Corn Chips	Cheese Bun	4.6 oz Wowbutter & Jelly Sandwich	Hard Cooked Eggs	Yogurt Cup, Cheese Stick	Wow Butter Cup, Cheese Stick
All Lunches Receive	1/2 Cup Fruit	1/2 Cup Fruit	1/2 Cup Fruit	1/2 Cup Fruit	1/2 Cup Fruit	1/2 Cup Fruit	1/2 Cup Fruit
Breakfast	Mini Pancake Bag (1 item)	Corn Muffin (1 item)	WG Apple Donut (1 item)	Mini Cinnis (1 item)	Cereal Bowl (1 item)	Mini Waffle Bag (1 item)	BC Cinnamon Roll (1 item)
Week IV	Milk (OVS)	Milk (OVS)	Milk (OVS)	Milk (OVS)	Milk (OVS)	Milk (OVS)	Milk (OVS)
Lunch	Cheese Bun	Breaded Chicken Patty Bun Kit	Hamburger Kit	Maple Waffle Chicken Sandwich	Wowbutter & Jelly Sandwich	Bean & cheese Burrito	Pizza Quesadilla
Veg Lunch Option	Cheese Bun	Yogurt Cup, Cheese Stick	Wow Butter Cup, Cheese Stick	Cheese Sandwich on Wheat Bread	Yogurt Cup, Cheese Stick	Cheese Cup, Corn Chips	Cheese Bun
All Lunches Receive	1/2 Cup Fruit	1/2 Cup Fruit	1/2 Cup Fruit	1/2 Cup Fruit	1/2 Cup Fruit	1/2 Cup Fruit	1/2 Cup Fruit
Breakfast	2 oz Assorted Breakfast Bread (1 item)	Cereal Bowl (1 item)	Pop Tart (1 item)	Mini Pancake Bag (1 item)	Cereal Bowl (1 item)	Corn Muffin (1 item)	WG Apple Donut (1 item)
Week V	Milk (OVS)	Milk (OVS)	Milk (OVS)	Milk (OVS)	Milk (OVS)	Milk (OVS)	Milk (OVS)
Lunch	Cheese Bun	Chicken Corn Dog	Italian Calzone Pocket	Bean & Cheese Burrito	All Beef Hot Dog Kit	Turkey Bun	Grilled Cheese Sandwich
Veg Lunch Option	Yogurt, Cheese Cubes	Cheese Cup, Corn Chips	Cheese Bun	4.6 oz Wowbutter & Jelly Sandwich	Hard Cooked Eggs	Yogurt Cup, Cheese Stick	Wow Butter Cup, Chz Stick
All Lunches Receive	1/2 Cup Fruit	1/2 Cup Fruit	1/2 Cup Fruit	1/2 Cup Fruit	1/2 Cup Fruit	1/2 Cup Fruit	1/2 Cup Fruit
Breakfast	1.5 oz Breakfast Brekkie (1 item)	Honey Bun (1 item)	Assorted Muffin (1 item)	Stuffed Cream Cheese Bagel (1 item)	Buttery Maple Waffle (1 item)	2 oz Assorted Breakfast Bread (1 item)	Assorted Cereal Bar (1 item)
Week VI	Milk (OVS)	Milk (OVS)	Milk (OVS)	Milk (OVS)	Milk (OVS)	Milk (OVS)	Milk (OVS)

Instructions for packing the Bundle Meals

* Second Item in breakfast bundle could be anyone of the following: Applesauce, Craisins, Cheese Stick, Cereal Bar or Cereal Bowl (all options are 1 item each)

Please Pack Red Print Items for BREAKFAST / LUNCH / SNACK / DINNER in one bag for Refrigeration. Attach Refrigeration Label to Bag.

Please Pack All Black Ink Items in one bag (These are all Shelf Stable)