



# K-Nation Group SFSP MENU

## July 17<sup>th</sup> – July 23<sup>rd</sup>, 2022

**FOOD ALLERGY NOTICE**  
PLEASE BE ADVISED THAT FOOD PREPARED HERE MAY CONTAIN THESE INGREDIENTS: MILK, EGGS, WHEAT, SOYBEAN, PEANUTS, TREE NUTS, FISH AND SHELLFISH



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8 oz. Milk	8 oz Milk	8 oz. Milk	8 oz Milk	8 oz. Milk	8 oz. Milk	8 oz. Milk
Froot Loops (1 oz.)	MJM Strawberry Waffle (1 oz. m/ma)	Corn Pops Cereal (1 oz. m/ma)	MJM Chocolate Bear Graham	MJM Vanilla Bear Graham (1 oz.)	MJM Vanilla Bear Graham (1 oz.)	MJM Strawberry Waffle (1 oz.)
Orange ( ½ cup)	Apple ( ½ cup)	Apple ( ½ cup)	Orange ( ½ cup)	Orange ( ½ cup)	Apple ( ½ cup)	Orange ( ½ cup)
(1 oz. grain eq)	(1 oz. grain eq)	(1 oz. grain eq)	(1 oz. grain eq)	(1 oz. grain eq)	(1 oz. grain eq)	(1 oz. grain eq)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Uncrustable - Peanut Butter and Grape Jelly 5.3 oz (2 oz/2 m/ma, 2.0 oz eq grains)	Turkey Pepperoni Pocket Pizza (2m/ma, 2 oz. grain)	<b>NACHO TUESDAY</b> Land o Lakes Cheese Cup (1 M/MA), 1 oz Sunflower Kernels (1 M/MA)	Beef and Chili Burrito (2 m/ma and 2 oz grain)	Zee Zee's Bean Dip (1 M/MA 1/4c VEG)  1 oz. Sunflower Kernels (1 M/MA)	Turkey Pepperoni Pocket Pizza (2m/ma, 2 oz grain)	BBQ Chicken Jack Links (1 M/MA)  1 oz. Sunflower Kernels (1 M/MA)
Craisins ( ¼ cup)	Craisins ( ¼ cup)	Craisins ( ¼ cup)	Craisins ( ¼ cup)	Zee Zees Apple Sauce Cup (4.5 oz)	Zee Zees Apple Sauce Cup (4.5 oz)	Zee Zees Apple Sauce Cup ( ½ cup fruit)
Orange Tangerine 100% Fruit Juice 4 oz	Very Berry 100% Fruit Juice 4 oz	Salsa cup (1/2 cup red veg serving)	100% Fruit Juice 4 oz	Salsa cup (1/2 cup red veg serving)	Grape Juice 100% Fruit Juice (4 oz.)	100 % Fruit Juice (4 oz.)
Bread from sandwich	Pizza Crust	Baked tortilla chips 1 oz grain	Bread from burrito	Baked tortilla chips 1 oz grain	Pizza Crust	Savory Crackers (1 oz)
8 oz Milk	8 oz Milk	8 oz Milk	8 oz Milk	8 oz Milk	8 oz Milk	8 oz Milk

Items labeled "Stable Shelf" can be stored on the shelf and no refrigeration is required. Each meal should be consumed as designated on the menu. All refrigerated food should be discarded after seven days of receipt if not consumed.

**Breakfast Instructions:**

- **Milk** - Consume 1 cup (8 oz) of milk each day with supper.
- **MJM Strawberry Waffle** -fully cooked and ready for heating by microwave.

**Supper Instructions:**

- **Turkey Pepperoni Pocket Pizza** – Microwave: Vent wrapper and place on microwave safe plate. \*Frozen: 1 minute and 20 seconds. \*Thawed: 45 seconds
- **Beef and Chili Burrito** - \*Immediate refrigeration needed\*Product is Ready-to-Eat. Just thaw and serve.
- **Uncrustable** - Thaw at room temperature for 30-60 minutes. DO NOT MICROWAVE.

