



Hopkins Public Schools Student Nutrition

Menu subject to change based on availability of product

Possible Breakfast Items:

Item Storage/heating instructions:

Cereal	Cereal - shelf stable; eat by date on container
Sunflower Seeds	Sunflower seeds - shelf stable; eat by date on package
Yogurt Parfait w/ Granola	Yogurt parfait - refrigerate immediately; eat within 3 days
Homemade Muffins	Muffins - shelf stable; eat within the week
Bagel w/ Cream Cheese	Bagel - shelf stable; eat within the week Cream cheese - refrigerate immediately; eat within the week
French Toast or Waffles	Heat in microwave until temperature of 165°
Ultimate Breakfast Round	Breakfast round - shelf stable; eat within 3 days
Bagel w/ Chickpea Butter	Bagel - shelf stable; eat within the week Chickpea Butter - shelf stable; eat within 2 weeks
Breakfast Bread	Breakfast bread - shelf stable; eat within the week
Mini Maple/ Blueberry Pancakes	Maple pancakes - Heat in microwave until temperature of 165°
Cheese Stick	Cheese stick - refrigerate immediately; eat within the week
Fruit	Fruit: whole fruit- store one week on the counter or two weeks in the refrigerator; cupped fruit store in fridge and eat within the week
Milk	Milk - refrigerate immediately; drink by date on carton

Possible Lunch Items:

Item Storage/heating instructions:

Pasta with meat or marinara sauce Green peas	Freeze immediately; thaw before heating Follow directions on package and heat until internal temperature of 165°F
BBQ Chicken Drumstick or Thigh	Store in refrigerator and eat within 3 days. This item can be heated to a temp of 165° or eaten cold.
Buttermilk Biscuit Brussels Sprouts	Shelf stable- eat within the week. Better warmed. Store in refrigerator and eat within 3 days. Better warmed.
Fish nuggets Red potatoes	Freeze immediately; thaw before heating Follow directions on package and heat until internal temperature of 165°F

Hamburger/ cheeseburger Corn	Freeze immediately; thaw before heating Follow directions on package and heat until internal temperature of 165°F
Corndog Mini burgers Pizza	Freeze immediately; thaw before heating Follow directions on package and heat until internal temperature of 165°F
Deli Turkey Sandwich or Twin Cheese Sandwich	Store in refrigerator and eat within 3 days
Meat & Cheese Snack & Go	Store ingredients in the refrigerator until ready to eat. Crackers do not need to be refrigerated.
Sun Butter & Jelly Sandwich	Store in the refrigerator and eat within 3 days.
Sloppy Joe Sweet potato wedges	Freeze immediately; thaw before heating Follow directions on package and heat until internal temperature of 165°F
Turkey & Gravy Mashed Potatoes Dinner Roll	Freeze immediately; thaw before heating Follow directions on package and heat until internal temperature of 165°F
Grilled cheese Marinara	Freeze immediately; thaw before heating Follow directions on package and heat until internal temperature of 165°F
Asian meatballs and rice	Freeze immediately; thaw before heating Follow directions on package and heat until internal temperature of 165°F
Variety of Fruit/ Vegetables *Wash whole fruit before eating	Vegetables: put in the refrigerator and eat within the week. Fruit: whole fruit- store one week on the counter or two weeks in the refrigerator; cupped fruit store in fridge and eat within the week
Milk	Put in the refrigerator and drink by the date on the carton.

****Packaging heating instructions vary. Please see note on meal lid.****

Para ver estas instrucciones en Español, por favor contactar a Carolina Lloyd al 952-988-4066 o visite nuestra pagina de web HopkinsSchools.org/nutrition

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