

DES MOINES PUBLIC SCHOOLS



Thank you for dining with us!

Instructions for “To Go” Meals

- Wash your hands before eating this meal or handling the food.
- Cold items should be refrigerated at a temperature of 41° F or lower. Items left at room temperature for more than 2 hours should be discarded.
- Any meal leftovers should be thrown out within 7 days after receiving it.
- Allergens and Carbohydrate Count information can be found on the back side of this sheet.

Breakfast—Cooking Instructions

Blueberry Waffle	Cocoa Filled Bar	Turkey Ham and Cheese Croissant	
Cherry Frudel	Beef Chorizo & Cheese Wrap	Chicken & Waffle Sammie	Confetti Pancakes
Cinni Mini	Maple Griddler	Chocolate Chip French Toast	Egg and Cheese Wrap

Bake in the package on an oven-safe pan at 350°F for 10-22 minutes; with an internal temp of 165°F.

OR

Microwave out of the package for 30 seconds. Microwave an additional 30 seconds if needed.

Keep items refrigerated; served at room temperature

Orange Glazed Cinnamon Roll
Chocolate Chip Breakfast Round

Lunch- Cooking Instructions

Chicken nuggets	Mini Corn Dogs	Breaded Chicken Patty	
Cheese Pizza	Crispitos	Hot Dog	Beef Patty

Remove item from packaging. Bake on an oven-safe pan at 350° for 8-12 minutes; with an internal temp of 165° F.

OR

Remove item from packaging. Microwave for 30 seconds. Microwave for an additional 30 seconds if needed.

Burrito

Remove item from packaging. Bake on oven-safe pan at 350° F. If thawed, bake 8-12 minutes. If frozen, bake 15-22 minutes.; with an internal temp of 165°F.

OR

Remove items from packaging. Microwave for 1 minute and 30 seconds. Microwave for an additional 30 seconds if needed.

This institution is an equal opportunity employer.

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Lunch- Cooking Instructions

Pot Stickers

Remove items from packaging. Bake on oven-safe pan at 375° F. If thawed, bake for 8-12 minutes. If frozen, bake 12-18 minutes; with an internal temp of 165°F.

OR

Remove items from packaging. Microwave for 1 minute and 30 seconds. Microwave for an additional 30 seconds if needed.

Corn, Refried Beans and Baked Beans

Remove item from packaging. Heat in a covered, microwave-safe dish for 1 minute; stir. Microwave for an additional 30 seconds if needed. Heat to an internal temp of 140° F.

Keep items refrigerated; served at room temperature

Dinner Roll

Breakfast: (allergens) and carbohydrate counts g cho

Entrée and Grain	Fruits
Apple Jacks Cereal Kit: (<i>wheat, soy</i>) 56 g cho	Apple Juice: 4 oz- 14 g cho
Beef Chorizo & Cheese Wrap: (<i>milk, wheat, soy</i>) 17 g cho	Apple Slices: 10 g cho
Blueberry Waffle: (<i>wheat, milk, egg, soy</i>) 35 g cho	Applesauce Cup, Cinnamon: 14 g cho
Cherry Frudel: (<i>wheat, milk</i>) 37 g cho	Applesauce Cup, Strawberry: 14 g cho
Chicken & Waffle Sammie: (<i>wheat, milk, eggs, soy</i>) 20 g cho	Berry Juice: 4 oz- 15 g cho
Chocolate Chip Breakfast Round: (<i>wheat, milk, egg, soy</i>) 43 g cho	Craisins, Watermelon: 1 pkg- 28 g cho
Chocolate Chip French Toast: (<i>wheat, milk, egg, soy</i>) 35 g cho	Orange Juice: 4 oz- 15 g cho
Cinnamon Toast Crunch Cereal: (<i>wheat, soy</i>) 44 g cho	Dried Pineapple: 1 pkg- 35 g cho
Cinni Mini: (<i>milk, wheat</i>) 39 g cho	Pear Cup: 15 g cho
Cocoa Filled Bar: (<i>wheat, milk</i>) 43 g cho	
Confetti Pancakes: (<i>wheat, milk, egg, soy</i>) 36 g cho	
Egg and Cheese Breakfast Sandwich: (<i>wheat, milk, egg, soy</i>) 21 g cho	
Egg & Cheese Wrap: (<i>wheat, milk, egg</i>) 14 g cho	
Maple Griddler: chicken sausage (<i>wheat, milk, egg, soy</i>) 19 g cho	
Orange Glazed Cinnamon Roll: (<i>wheat, milk, egg, soy</i>) 60 g cho	
Strawberry Cereal Bar: (<i>milk, wheat, soy</i>) 30 g cho	
String Cheese: (<i>milk</i>) 2 g cho	
Turkey Ham & Cheese Croissant: (<i>wheat, milk, egg, soy</i>) 17 g cho	



Lunch: (allergens) and carbohydrate counts g cho

Entrée and Grain	Fruits and Vegetables (per 1/2 cup serving)
Beef & Bean Burrito: (<i>wheat, soy</i>) 39 g cho	Banana: 27 g cho
Blueberry Muffin: (<i>wheat, milk, egg, soy</i>) 36 g cho	Broccoli: 5 g cho
Breaded Chicken Sandwich: (<i>wheat, milk, soy</i>) 43 g cho	Carrots: ¾ cup- 8 g cho
Cheese (milk) Burger (soy) on a Bun: (<i>wheat, soy</i>) 34 g cho	Celery: 2 g cho
Cheese Pizza: (<i>wheat, milk, soy</i>) 32 g cho	Corn: 15 g cho
Cheez Its: (<i>wheat, milk, soy</i>) 14 g cho	Craisins: 1 pkg- 28 g cho
Cheddar Chex Mix: (<i>wheat, milk, soy</i>) 20 g cho	Cucumbers: 2 g cho
Chicken Nuggets: (<i>wheat, milk, soy,</i>) 13 g cho	Green Beans: 4 g cho
Chocolate Chex Mix: (<i>wheat</i>) 22 g cho	Kiwi: (2) 20 g cho
Corn Dogs: Chicken (<i>wheat, soy, egg</i>) 30 g cho	Orange: 15 g cho
Crispitos: Chicken (<i>wheat</i>) 46 g cho for 2	Raisels: 37 g cho
Elfin Grahams: (<i>wheat, soy</i>) 21 g cho	Refried Beans: 20 g cho
Frosted Flakes: (<i>wheat, soy</i>) 24 g cho	Tropical Twist Juice: 6 oz- 22 g cho
Granola: 15 g cho/pkg	Salsa Cup: 5 g cho
Hamburger (soy) on a Bun: (<i>wheat, soy</i>) 32 g cho	Zucchini: 2 g cho
Hot Dog, Turkey on a Bun: (<i>wheat, soy</i>) 32 g cho	
Oatmeal Chocolate Chip Cookie: (<i>wheat, milk, egg, soy</i>) 15 g cho	
Oat Topped Roll: (<i>wheat, milk, soy</i>) 35 g cho	
Pilgrim Roll: (<i>wheat, milk, egg, soy</i>) 28 g cho	
Pot Stickers: Chicken (<i>wheat, soy</i>) 31 g cho for 6	
String Cheese: (<i>milk</i>) 2 g cho	
Turkey Sandwich: (<i>wheat, soy</i>) 30 g cho	
Yogurt Chobani: (<i>milk</i>) 4 oz -16 g cho or 6 oz - 29 g cho	

For further nutritional information see: <https://dmschools.nutrislice.com/>

Special Diets: If you child has a special diet, please contact Anita Turczynski, Food Service Dietitian for more information. 515-242-7636 or anita.turczynski@dmschools.org

Community Eligibility Schools (CEP): Students who attend these schools will still be able to receive meals at no cost. Please plan to utilize this no cost meal option for your students.

Free and Reduced Meal Benefits: Students will be charged at their individual free and reduced rate starting the first day of school at non-CEP schools. Families who earn less than 130 percent of the poverty level are eligible for free meals and those with incomes between 130 and 185 percent of poverty level qualify for reduced- priced meals. If you feel your family qualifies for free or reduced price meals, please fill out an application at any time at <https://www.dmschools.org/departments/operations/food-nutrition/freereduced-lunch-application/>.

Other Questions or Concerns: Please feel free to reach out to Amanda Miller, Director of Food & Nutrition Management for other questions or concerns.

515-242-7636 or Amanda.miller@dmschools.org