# Virtual Meal Pick-up between 11am-1pm on <br> Fridays at: 

Cheyenne - Huron - Iroquois-Clinton Valley

## Grab \& $\mathcal{C O}$ Meals

## Hybrid Students will receive three days of meals:

Three breakfasts each with a milk, a fruit serving and a breakfast grain.

Three lunches each with a milk, a fruit and/ or vegetable serving and an entrée.

Many items will come frozen and need to be heated for best quality. Check heating instructions on our website.

## Virtual Students will receive five days of meals:

Five breakfasts each with a milk, a fruit serving and a breakfast grain. Five lunches each with a milk, a fruit and/or vegetable serving and an entrée.

## Breakfast include a combination of:

Milk: 1\% white or chocolate
Fruit: apple slices, apple sauce cup, orange, whole apple, peach cup, mixed berry cup, raisins

Grain: cereal bar with graham cracker, breakfast bar, banana bread, pop-tart with graham cracker, assorted muffins

## Lunches include a combination of:

Milk: $1 \%$ white or chocolate
Fruit: apple slices, apple sauce cup, orange, whole apple, peach cup, mixed berry cup

Vegetable: baby carrots, frozen carrots, frozen broccoli, frozen corn, marinara sauce, frozen green beans, tater tots
Entrée: Bosco sticks, PB\&J, grilled cheese, pizza calzone, cheeseburger sliders, chicken nuggets, mini corn dogs, nachos (chips/cheese/meat/ beans), individual pizza

