



# Grab & Go Menu • Mar 1 - Mar 5, 2021

**Menus are subject to change without notice.**

Due to ongoing product availability issues, we may serve items other than those listed on the menu.  
The portion size for all items is one each unless stated otherwise.

This institution is an equal opportunity provider.

Monday 3/1 Pick Up	Wednesday 3/3 Pick Up	Friday 3/5 Pick Up
<b>Breakfast Entrees</b>		
<b>Low Sugar Cinnamon Toast Crunch ✓</b> <b>Pizza Stick *Ⓟ</b> <b>or Manager's Special</b>	<b>Cheerios ✓</b> <b>Home-Made Cinnamon Crumb Cake *✓</b> <b>or Manager's Special</b>	<b>Low Sugar Cocoa Puffs ✓</b> <b>Pizza Bagel *✓</b> <b>or Manager's Special</b>
<b>Lunch &amp; Supper Entrees</b>		
<b>Chicken Nuggets *Ⓢ</b> <b>Hamburger *B</b> <b>Build Your Own Nachos: *✓</b> <b>Chips with Cheese &amp; Salsa</b> <b>Pepperoni Pizza *BⓈ</b> <b>or Manager's Special</b>	<b>Cheese Pizza *✓</b> <b>Chicken Sandwich *Ⓢ</b> <b>PB&amp;J Sandwich ✓✂</b> <b>Spicy Grilled Cheese Sandwich *✓</b> <b>or Manager's Special</b>	<b>Beef &amp; Bean Burrito *B</b> <b>Peanut Butter Cup ✓✂</b> <b>&amp; Whole Wheat Crackers</b> <b>Spaghetti &amp; Meatball Kit: *B</b> <b>House-Made Marinara Sauce, Meatballs &amp; Whole Wheat Spaghetti</b> <b>or Manager's Special</b>
<p><b>Each day's meal pick up also includes a variety of fruits, vegetables, and snacks.</b>  <b>Your choice of 1% white and nonfat chocolate milk is available during pick up.</b></p>		

KEY	✂ = <b>Whole Grain</b> (all grains are whole grain)	B = <b>Beef</b>
	* = <b>Heat at Home</b> (Heating instructions included)	Ⓢ = <b>Chicken or Turkey</b>
	✓ = <b>Meatless</b> (All sides are Meatless)	Ⓟ = <b>Contains Pork</b>
	✂ = <b>Contains Peanuts</b>	

For more information, follow us on Instagram @lbsdnutrition or visit us on the web at [http://www.lbschools.net/Departments/Nutrition\\_Services/](http://www.lbschools.net/Departments/Nutrition_Services/)

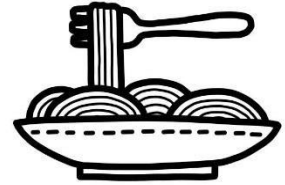
## Spaghetti and Meatballs

### Instructions:

1. Fill a large pot with water.
  - a. *Optional:* Add salt to taste.
2. Bring water to a boil over high heat.
3. Once boiling, carefully add spaghetti into pot, breaking in half if necessary, and stir.
4. Cook 6 to 8 minutes or until tender, stirring occasionally.
5. Carefully drain into a colander placed in the sink.
6. While pasta cooks, place meatballs and marinara sauce together in a microwave safe container.
7. Microwave meatballs & sauce for approximately 1-2 minutes, until meatballs reach a temperature of 165-175°F.
8. Place pasta on a large plate or bowl, then top with heated meatballs and sauce.
9. Enjoy!

**\*\*Note:** Recipe makes 4 servings.

Caution: Product will be hot! Adult supervision is required.



## Espaguete y Albóndigas

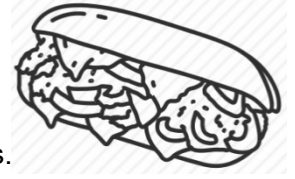
### Instrucciones:

1. Llena una olla grande con agua.
  - a. *Opcional:* Agregue sal a su gusto.
2. Hierve la agua a fuego alto.
3. Ya que esté hirviendo, agregue con cuidado la espaguete en la olla, partiéndola por la mitad si es necesario, y revuelva.
4. Cocina de 6 a 8 minutos o hasta que estén tiernas, revolviendo ocasionalmente.
5. Escurrir con cuidado en un colador colocado en el lavamanos.
6. Mientras se cocina la pasta, coloque las albóndigas y la salsa marinara en un recipiente apto para microondas.
7. Calienta las albóndigas y la salsa por aproximadamente 1-2 minutos, hasta que las albóndigas alcancen una temperatura de 165-175 ° F.
8. Coloque la pasta en un plato grande, luego cubra con albóndigas y salsa caliente.
9. ¡Buen provecho!

**\*\*Nota:** la receta rinde 4 porciones.

Precaución: ¡El producto estará caliente! Se requiere la supervisión de un adulto.

## Cheesesteak Sandwich



### Instructions:

1. Carefully cut onion in half through the stem end. Remove and discard outer layers.
2. Lay each onion half flat-side down and slice into thin strips.
3. In a large skillet over medium heat, heat 1 teaspoon of oil.
4. Add onions and cook, stirring often, until soft and golden brown, about 12 to 15 minutes.
  - a. Optional: add salt and pepper to taste.
5. Stir beef into the onions and cook for 4-5 minutes, until beef reaches a temperature of 140°F.
6. While beef cooks, place cheese sauce in a microwave safe container.
7. Heat cheese sauce in microwave for approximately 30-60 seconds, until sauce reaches a temperature of 145-155°F.
8. Carefully divide hot beef and onion mixture between three steak rolls.
9. Drizzle cheese sauce over the beef and enjoy!

Caution: Product will be hot! Adult supervision is required.

Portion: 1 sandwich

## Sándwich de bistec con queso

### Instrucciones:

1. Corte con cuidado la cebolla por la mitad a través del extremo del tallo. Retire y deseche las capas externas.
2. Coloque cada mitad de cebolla con el lado plano hacia abajo y córtela en tiras finas.
3. En una sartén grande a fuego medio, caliente 1 cucharadita de aceite.
4. Agregue las cebollas y cocine, revolviendo con frecuencia, hasta que estén suaves y doradas, aproximadamente de 12 a 15 minutos.
  - a. Opcional: agregue sal y pimienta al gusto.
5. Agregue la carne a las cebollas y cocine durante 4-5 minutos, hasta que la carne alcance una temperatura de 140 ° F.
6. Mientras se cocina la carne, coloque la salsa de queso en un recipiente apto para microondas.
7. Caliente la salsa de queso en el microondas durante aproximadamente 30-60 segundos, hasta que la salsa alcance una temperatura de 145-155 ° F.
8. Divida con cuidado la mezcla de carne y cebolla caliente entre tres rollos de pan.
9. ¡Rocíe la salsa de queso sobre la carne y buen provecho!

Precaución: ¡El producto estará caliente! Se requiere la supervisión de un adulto.

Porción: 1 sándwich