Message from Cafeteria Manager, Julie Holbrook:

As of today, March 30, we will be sending your family more of what you need to help in the continuing provision of breakfast and lunch foods for your children. We are working towards giving your children more of what they are used to with more homemade items. You will find homemade barbecue sauce and diced chicken this week to cover four days worth of lunches. Also included this week is rice for two weeks. We are sending two weeks worth of bread also for toast for breakfast or whatever your family should choose to do with it.

Also, we have attached the recipes for making rice, etc. and a list of all of the ingredients for not only the barbecue sauce, but also our other homemade sauces that may be sent to you. Follow the reheating instructions for your safety.

Serving suggestions have also been provided. However, we would like you to use this food creatively and how it will best serve your family specifically.

Please find the attached Cafeteria and Delivery Protocol that are in place to ensure safe delivery and preparation of food by all staff members at this time.

This Friday we will be sending two weeks worth of food for your family. Please consider consuming the most perishable first. We will start again with deliveries on Wednesday, April 15th. Also, going forward please expect your deliveries Wednesdays.

Thank you all for helping us to be safe by being careful with the food that we are delivering to you!

**KOREAN CHICKEN**

DIRECTIONS:

Thaw sauce and pour over chicken.

Reheat to a temperature of 165® F on stovetop in a saucepan or in microwave in a microwave safe dish.

 INGREDIENTS:

Brown sugar, sesame oil, ground ginger, dried pepper flakes, soy sauce

SERVING SUGGESTION:

Serve over rice

**TERIYAKI SAUCE**

**DI**RECTIONS:

Thaw sauce and pour over chicken.

Reheat to a temperature of 165® F on stovetop in a saucepan or in microwave in a microwave safe dish.

INGREDIENTS:

Brown sugar, honey, soy sauce, ground ginger, garlic powder, onion powder, corn starch, sesame seeds

SERVING SUGGESTION:

Serve over rice

**BUFFALO CHICKEN SAUCE**

DIRECTIONS:

Thaw sauce and pour over chicken.

Reheat to a temperature of 165® F on stovetop in a saucepan or in microwave in a microwave safe dish.

INGREDIENTS:

Cream cheese, homemade ranch dressing, hot sauce, sour cream

SERVING SUGGESTION:

Serve over rice

**CHICKEN FAJITAS**

DIRECTIONS:

Thaw.

 Reheat to a temperature of 165® F on stovetop in a pan or in microwave in a microwave safe dish.

INGREDIENTS:

Vegetable stock, vegetable oil, distilled vinegar, granulated sugar, black pepper, granulated garlic, ground cumin, diced chicken, yellow corn, onion powder, sweet green peppers, diced canned tomatoes

SERVING SUGGESTIONS:

Serve over rice or on a wrap

**STICKY CHICKEN SAUCE**

DRECTIONS:

Thaw sauce and pour over chicken.

Reheat to a temperature of 165® F on stovetop in a saucepan or in microwave in a microwave safe dish.

INGREDIENTS:

Brown sugar, honey, ground ginger, granulated garlic, hot sauce, olive oil, chicken broth, soy sauce

SERVING SUGGESTION:

Serve over rice

**BROCCOLI ALFREDO**

DRECTIONS:

Thaw sauce and pour over chicken.

Reheat to a temperature of 165® F on stovetop in a saucepan or in microwave in a microwave safe dish.

INGREDIENTS:

Butter, onions, whole wheat white flour, vegetable soup base, milk, black pepper, granulated garlic, salt, broccoli, grated parmesan cheese, cottage cheese, shredded white cheddar cheese, carrots

SERVING SUGGESTIONS:

Serve over cooked pasta or cooked rice

**ALFREDO SAUCE**

DRECTIONS:

Thaw sauce and pour over chicken.

Reheat to a temperature of 165® F on stovetop in a saucepan or in microwave in a microwave safe dish.

INGREDIENTS:

Butter, onions, whole wheat white flour, vegetable soup base, milk, black pepper, granulated garlic, salt, grated parmesan cheese, cottage cheese, shredded white cheddar cheese, carrots

SERVING SUGGESTIONS:

Serve over cooked pasta or cooked rice

**CHICKEN ENCHILLADAS**

DIRECTIONS:

Thaw.

 Reheat to a temperature of 165® F on stovetop in a pan or in microwave in a microwave safe dish.

INGREDIENTS:

Butter, cornstarch, chicken broth, ground cumin, granulated garlic, black pepper, onion powder, diced cooked chicken.

SERVING SUGGESTIONS:

Serve over cooked rice or with a wrap.

Sour cream and shredded cheese can be added before eating.

**CHICKEN QUESADILLAS**

DIRECTIONS:

Thaw sauce and pour over chicken.

Reheat to a temperature of 165® F on stovetop in a pan or in microwave in a microwave safe dish.

INGREDIENTS:

Vegetable soup stock, cornstarch, vegetable oil, distilled vinegar, granulated sugar, black pepper, granulated garlic, ground cumin, onion powder

SERVING SUGGESTIONS:

Serve over cooked rice or with a wrap.

Sour cream and shredded cheese can be added before eating.

**CHICKEN SALAD**

DIRECTIONS:

THAW

INGREDIENTS:

Diced chicken, diced celery, diced onion, sweet pickle relish, black pepper, mustard powder, mayonnaise

SERVING SUGGESTION:

Serve on a wrap or bread

**BARBEQUE SAUCE**

DIRECTIONS:

Thaw sauce and pour over chicken.

Reheat to a temperature of 165® F on stovetop in a pan or in microwave in a microwave safe dish.

INGREDIENTS:

Ketchup, apple cider vinegar, brown sugar, white sugar, black pepper, onion powder, dry mustard, orange juice, Worcestershire sauce, molasses

**RICE PREPARATION:**

INGREDIENTS

1 CUP RICE

2 CUPS WATER

1 Tsp BUTTER OR OIL, IF DESIRED

PINCH OF SALT, IF DESIRED

COOKING INSTRUCTIONS:

PLACE ALL INGREDIENTS IN A SAUCEPAN, BRING TO A BOIL. COVER AND REDUCED HEAT TO A SIMMER.

SIMMER FOR 20 MINUTES. FLUFF WITH FORK.

T**HESE TWO CUPS EQUAL 10 DAYS OF SERVING**

**MARINARA SAUCE**

DIRECTIONS:

Thaw and reheat in saucepan on stove top or in a microwave in a microwave safe dish to 165® F

INGREDIENTS:

Pureed canned tomatoes, dried parsley, granulated garlic, dried basil, dried oregano, dried marjoram, dried thyme

SERVING SUGGESTION:

Serve over cooked pasta.

**ELBOW PASTA PREPARATION**

INGREDIENTS:

1 CUP ELBOW PASTA

2 CUPS WATER

SALT TO TASTE, IF DESIRED

COOKING INSTRUCTIONS:

Bring water to a boil in saucepan. When water is rapidly boiling add salt and Elbow Macaroni, stirring occasionally.

Boil uncovered 6-7 minutes or until desired tenderness.

Remove from heat; drain.

**OATMEAL PREPARATION**

INGREDIENTS:

1/2 cup oatmeal

1 cup water

Pinch of salt, if desired

COOKING INSTRUCTIONS:

**STOVE TOP:** Bring water and salt to a boil in a saucepan.

Add oats, cook 5 minutes over medium heat; stirring occasionally

**MICROWAVE:** combine water, salt and oats in a medium microwave-safe bowl.

Microwave on HIGH 2 ½ - 3 minutes; stir before serving

**PIZZA PREPARATION**

INSTRUCTIONS:

Thaw, may be reheated in a microwave to 165® F.