

Happy New Year!

Great News for Elmwood Park Parents & Students!

Breakfast and Lunch are available at no cost through June 2021

Free
School
Meals



Packed with Nutrition

Individually Packaged Meals

ABSOLUTELY FREE!!!

Student Meals are currently available for Pickup Only

From January 12 through January 21, 2021

Tuesday and Thursday from 8:00 a.m. to 4:00 p.m.

Pickup at the High School Cafeteria Parking Lot

Tuesdays pickup up to 3 days' meals and

Thursdays pickup up to 4 days' meals

One breakfast and one lunch meal per student per day

A Complete Breakfast Includes:

Entrée (Bread/Grain), ½ cup serving of Fresh Fruit, Cupped Fruit or 100% Juice, & Milk (8oz)

A Complete Lunch Includes:

Entrée (Protein/Grain), Vegetable (1 cup), Fruit (1 cup) & Milk (8oz)



POMPTONIAN
FOOD SERVICE

Visit us at:

www.pomptonian.com

"This institution is an equal opportunity provider."



School Meal Handling Instructions

General Guidelines

- ❖ All items should be either refrigerated or heated for consumption immediately.
- ❖ Any refrigerated food remaining after 5 days should be discarded.
- ❖ Wash your hands with soap and warm water for 20 seconds before handling any food.
- ❖ Products may contain one or none of the top allergens: Milk, Fish, Shellfish, Wheat, or Soy.
- ❖ As an allergy-aware kitchen, no meal is knowingly prepared on our equipment with any food that contains peanut/tree nut in the manufacturer's list of ingredients.
- ❖ Meals for students with allergies are available. For information, contact the district Food Service Director.
- ❖ **Breakfast Includes:** Entrée (Bread/Grain), 1/2 cup serving of Fresh Fruit, Cupped Fruit or 100% Juice, & Milk (8 oz)
- ❖ **A Complete Lunch Includes:** Entrée (Protein/Grain), Vegetable (1 cup), Fruit (1 cup) & Milk (8 oz)

Food Storage

PANTRY ITEMS - RECEIVED AT ROOM TEMPERATURE

Cereals, Crackers, Chips, Condiments

Shelf-stable. No refrigeration required. Consume by the "Best By" date located on the product.

Grain-Based Breakfast Pastries

(Muffin, Cinnamon Roll, etc.)

Previously frozen product. For best quality, consume within 5 days.

Shelf-Stable Fruit and Fruit Juices

(Applesauce, Raisins, Craisins, "Fruitable" Juice Boxes, etc.)

Shelf-stable. No refrigeration required. Consume by the "Best By" date located on the product.

PERISHABLE ITEMS – REFRIGERATOR/FREEZER

All perishable (cold) food should be eaten or refrigerated immediately.

Fresh Milk & Juices

Refrigeration required. Consume by the "Best By" date located on the product.

Fresh Whole Fruit

Refrigeration recommended, but not required.

Fresh Bagged Fruit, Vegetables, Fresh Fruit Cups

Refrigeration required. Consume by the "Best By" date located on the product.

String Cheese/Cream Cheese

Refrigeration required.

Frozen Items That Require Heating

(Burgers, Burritos, Pizza, French Toast, Waffles, Pancakes, etc.)

Store in freezer or refrigerator until ready to heat and eat. Keep no longer than 5 days in refrigerator.



School Meal Handling Instructions








Heating Instructions

Microwave Instructions

- ❖ Please remove your meal from the container and place it on a microwave-safe dish or plate before heating in the microwave so that the meal may heat more evenly. Be sure to loosely cover the food to help retain moisture and allow for ventilation.
- ❖ Remove items that do not require heating, such as condiment packets, breads, fruit, yogurt, cold salads, or any other food items you do not wish to heat if packed in with meal.

Oven Instructions






- ❖ Preheat oven to 350F.
- ❖ Place item on sheet pan and bake until internal temperature reaches 165F. Times may vary depending on if an item is thawed or frozen.

Minimum Required Internal Food Temperatures For All Cooking Methods	
COLD HOLDING	
Refrigerated Foods	40 °F or colder
Frozen Foods	40 °F or colder
COOKING	
All temperatures to be maintained for a minimum of 15 seconds	
Ground / Cut / Whole Chicken or Turkey Nuggets, Patty, Wings, Breast, Legs 	165 °F
Food Mixtures Soups, Stews, Casseroles, Sauces 	165 °F
Pork / Pork Products Breakfast Sausage 	160 °F
Ground Beef Burgers, Meatballs, Taco etc 	160 °F
Fish & Eggs  	145 °F
Other Foods Leftovers, Pancakes, potato 	145 °F
HOT HOLDING	
After cooking, all food must be held at a minimum 140 °F until served	
REHEATING	
All temperatures to be maintained for a minimum of 15 seconds	
All foods must be reheated, within a 2-hour period, to at least their specified minimum required internal cooking temperature. All poultry must be reheated to at least 165 °F	



JANUARY 2021 Elmwood Park School District



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Free meals for all students*</p>		 <p>Ta#S% / (\$9 \$11* Stc -". \$9 / 0% "/ 0* / . % Ins, -45, 1 / 3</p>		
<p>4</p> <p>Chicken Tenders w/ a Dinner Roll Vegetable & Fruit</p>	<p>5</p> <p>Nachos w/ Beef, Cheese & Tortilla Rounds Vegetable & Fruit</p>	<p>6</p> <p>Waffle Pouch w/ Egg Patty Vegetable & Fruit</p>	<p>7</p> <p>Chicken Breast on a Bun w/ French Fries Vegetable & Fruit</p> <p> Free Cookie w/ Lunch</p>	<p>8</p> <p>Pizza Vegetable & Fruit</p>
<p>11</p> <p>Popcorn Chicken w/ a Dinner Roll Vegetable & Fruit</p>	<p>12</p> <p>Meatballs w/ Cheese & Dinner Roll Vegetable & Fruit</p>	<p>13</p> <p>Baked Macaroni & Cheese w/ Dinner Roll Vegetable & Fruit</p>	<p>14</p> <p>Chicken Tenders w/ a Dinner Roll Vegetable & Fruit</p>	<p>15</p> <p>Pizza Vegetable & Fruit</p>
<p>18</p> <p>School Closed</p> <p> MLK DAY</p>	<p>19</p> <p>Soft Shell Beef & Cheese Tacos Vegetable & Fruit</p>	<p>20</p> <p>French Toast w/ Cheese Stick Vegetable & Fruit</p>	<p>21</p> <p>Orange Chicken w/ Vegetable Fried Rice Vegetable & Fruit</p> <p> Free Cookie w/ Lunch</p>	<p>22</p> <p>Personal Pizza Vegetable & Fruit</p>
<p>25</p> <p>Cheese Calzone Vegetable & Fruit</p>	<p>26</p> <p>Cheeseburger on a Bun w/ French Fries Vegetable & Fruit</p>	<p>27</p> <p>Pancake Pouch w/ Cheese Omelet Vegetable & Fruit</p>	<p>28</p> <p>Boneless Chicken Wings w/ a Dinner Roll Vegetable & Fruit</p>	<p>29</p> <p>Pizza Vegetable & Fruit</p>

Contact your cafeteria for **Alternate Vegetarian Options**

A Complete Lunch Includes:
Protein, Grain, Vegetable, Fruit & Milk

Menu Subject to Change

FOOD ALLERGIES

Allergy Aware menus are available for students with food allergies. For more information contact your Food Service Director or see our Food Allergy Best Practices at www.pomptonian.com.



At least 50% of All Grains served w/ your meal are Whole Grain Rich



*USDA approved until further notice

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