

**GRAB AND GO WEEK OF 3/30-4/3**

**Meal pickups at both Beacon High School and South Avenue will be from 10-10:45 on Mondays and Wednesdays.**

**If you are driving up, please pop your trunk open so we can place your meals in the back of the car if at all possible.**

**If you want us to start delivering the week of April 6, please email me at landahl.m@beaconk12.org or text 845-372-2286.**

**MENU AND COOKING INSTRUCTIONS**

<b>DATE</b>	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>INSTRUCTIONS</b>
3/30/2020	Breakfast grain	Tyson Chicken breast patty, 1 bread, juice, milk, fruit	Breakfast grains- some are prepackaged in cello pack - these can be microwaved for 20 seconds or oven 200 deg. 5-8 minutes
3/31/2020	Egg on roll, juice, milk	Grilled cheese sandwich (ungrilled) 3 slice american, 2 bread, juice, milk, fruit	Breakfast grains- some are prepackaged in cello pack - these can be microwaved for 20 seconds or oven 200 deg. 5-8 minutes Waffles are toaster ready
**4/1/2020	Breakfast grains, juice, milk	Chicken popcorn, fries, juice, milk, fruit	Chicken bake uncovered 350 deg for about 25 minutes, fries bake at 400 for 20 minutes.
<p><b>**Please Note 4/1/2020 Meal Distribution</b>                      Beacon High school will be distributing fresh made deli sandwiches                      South ave will be distributing frozen sandwich hoagies that are wrapped in cellophane  <u>The thawing instructions are:</u>                      Thaw under refrigeration for 4-6 hours or longer                      Or: Heat to serve - product is in a ovenable film. It is not necessary to remove the film before heating in 350 degree oven.                      From frozen - Heat product at 350 degree oven cook for 18-20 minutes                      From thawed - heat product at 350 degree oven for 10-12 minutes</p>			
4/2/2020	Breakfast grains, juice, milk	Deli sandwich, IW ,juice, fruit, milk	Thaw and serve packages
4/3/2020	Breakfast grains, juice, milk	Pizza , carrots , juice, fruit, milk	Pizza 375 deg oven 15-20 minutes uncovered -some pizzas are ind. wrapped in cello wrap - these can be heated in 350 degree

**BCSD FOOD SERVICE WANTS YOU TO STAY HEALTHY, CLEAN, AND SAFE**

Below are some simple food safety guidelines for your meals.

- Wash your hands before eating this meal.
- Cold meals should be eaten immediately or refrigerated within 1 hour of receiving the meal. Foods like dairy (milk, cheese, etc.) and meats should be quickly refrigerated at a temperature of 41° F or lower. Check dates on milk. Discard 1-2 days after expiration date.
- Refrigerated meals should be eaten immediately or refrigerated within 2 hours of receiving the meal.
- Frozen foods should be reheated to a minimum temperature of 165°F or higher before eating.
- Any leftovers from this meal should be thrown out after 5 days of receiving it! Throw out any meal is left out for 4 hours or longer at room temperature.

**We are honored to be able to serve you during this time!**

**For our District Families whose family income has been impacted by work closures during this Stay at Home MANDATE, we strongly encourage you to apply for FREE/REDUCED meals application on our website (food service tab). Even if you return back to work and the income returns this school year, you may qualify for the program now, so this is the best time to apply. It is important to note that once unemployed individuals receive unemployment benefits, this will have to be recorded on the application, so getting applications now before unemployment benefits are received. Children who qualify will be eligible for FREE/REDUCED meals for the duration of this school year and 30 days into the next school year.**

**Send a scanned copy or a clear screenshot of the completed application to:  
moustakas.d@beaconk12.org**

**Be sure to completely fill out the application including your income (now zero or significantly less than before). Put all children in our district on top of the application and ALL family members and income in the second section. Applicants must be signed and include the last 4 digits of your social security number. Applications must be signed to be considered valid. Applications will also be available at our two meal sites - BHS and South Ave, and can be returned to these sites as well.**

**NOTE: If you already qualify for Free/Reduced meals in our district, you DO NOT need to fill out a new application.**

<b>ENGLISH APPLICATION</b>			
<a href="https://www.beaconk12.org/Page/1468">https://www.beaconk12.org/Page/1468</a>			
<b>SPANISH APPLICATION</b>			
<a href="https://www.beaconk12.org/Page/1469">https://www.beaconk12.org/Page/1469</a>			