

GRAB AND GO WEEK OF 4/6-4/10

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 your meals, please email me at landahl.m@beaconk12.org or text 845-372-2286

COOKING INSTRUCTIONS

Mini Cinni Breakfast Pack	Thaw and serve or heat 350° oven in cello pack 10-12 min from frozen
Mini Pancake Pakc	Thaw and serve or heat 350° oven in cello pack 10-12
Roasted Chicken	Bake covered 350° for 30 minutes
Tasty Pre-Wrapped	Thaw under refrigeration 4-6 hours - shelf life frozen is 9 months
BBQ Pulled Pork	Heat in aluminum container standard oven 350° covered for 20-30 minues or on stove in sauce pan - low heat 10 minutes or until internal temp of 165 degrees
Grilled Cheese Sandwiches	Serve cold or toasted in toaster oven or in fry pan - add butter or mayo to outside of bread - cook until golden brown and cheese is melted
Pizza	Foil wrapped - open wrap, place on foil or on pan unwrapped 400° oven 10-15 minutes
Pizza Anytimers	Individual wrapped pizza kits - thaw in refrigeration 12 hours. Shelf life 10 days
Pizza Nardone Square Individually Wrapped	Preheat oven to 325°. Place pizza on baking sheet or pan liner paper. Cook Pizza in ovenable wrapper for 12-16 minutes or until cheese is melted. Let pizza sit in wrapper for 1 minute before opening & removing pizza.
Macaroni & Cheese Bowls	Microwave: Puncture top of film on the bowl to vent, heat in microwave for 30-45 seconds, stir product, heat another 30 seconds if needed. Oven: Puncture top of film on the bowl, place on baking sheet and place in oven at 350° for 15 minutes, stir and check temperature, return to oven for additional heating if necessary.
Cheddar Cheese Sauce Cups	Microwave: Puncture top of film on top o the cup to vent, heat in microwave for 30-45 seconds, stir product, heat another 30 seconds if needed. Stove Top: Using Sauce Pot with 1" water, place Cheese Sauce Cup in shallow water but do not submerge the cups in water. Heat the pot slowly and remove Cheese Cups when heated.

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.

ENGLISH APPLICATION

<https://www.beaconk12.org/Page/1468>

SPANISH APPLICATION

<https://www.beaconk12.org/Page/1469>