



MANSFIELD ISD TAKE & BAKE MENU

July 28 - August 3

PICK UP DAYS TU & F

9AM -11AM

NOW SERVING 3 DAYS WORTH OF MEALS AT A TIME! 9am - 11am TUESDAYS & FRIDAYS

Includes Saturday Breakfast and Lunch!

First come, first served. While Supplies Last.

All children 18 & under and special needs adults up to age 21 are eligible for free meals. Children are **not required** to be enrolled in Mansfield ISD schools.

Meals available at the following locations:

Annette Perry Elementary - DP Morris Elementary - Glenn Harmon Elementary - Mary Jo Sheppard Elementary - Della Icenhower Intermediate - Lake Ridge HS
(Carbohydrate counts listed beside each menu item)

TUESDAY 28	WEDNESDAY 29	THURSDAY 30	FRIDAY 31	SATURDAY 02	MONDAY 03
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Chicken Slider (18g) 100% Juice (14g) Milk	Mini Pancakes (35g) Fresh Strawberries (7g) Milk	Cereal (14g) Fresh Strawberries (7g) Milk	Muffin (30g) Cheesestick (1g) 100% Juice (14g) Milk	Danimals (16g) Animal Crackers (22g) Fresh Orange (15g) Milk	Cereal (14g) Fresh Apple (19g) Milk
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Walking Taco w/ Queso Blanco (25g) Fresh Strawberries (7g) Corn (9g) Salsa Cup (5g) Milk	Crispy Drumstick (5g) Fresh Strawberries (7g) Green Beans (3g) Baby Carrots (5g) Milk	Hamburger (17g) Fresh Strawberries (7g) Emoji Fries (20g) Pickle Chips (1g) Milk	Mini Corn Dogs (30g) Fresh Peach (16g) Corn (30g) Milk	Meatball Sub (33g) Emoji Italian Ice (24g) Green Peas (5g) Marinara Cup (7g) Milk Chips	Homestyle Chicken Sandwich (30g) Fresh Pear (23g) Emoji Fries (20g) Pickle Chips (1g) Milk



Follow us on Facebook @ Mansfield ISD Student Nutrition and Instagram @ thecrossingcafe_misd

This institution is an equal opportunity employer and provider

Menus are subject to change

TAKE AND BAKE HEATING INSTRUCTIONS

Keep frozen items (clear container) frozen until ready to cook. Remove items from container before heating.

Keep cold items refrigerated until ready to eat.

Appliances vary. Heating times and temperatures approximate. CAUTION! Heated items will be HOT! Let stand 1-2 minutes before serving.

Allergens listed include top 8 (milk, soy, egg, wheat, shellfish/fish, peanut/ tree nut) **All menu items are pork free.** *Freebie items may contain pork.

Any additional ingredient questions please e-mail seonervin@misdmail.org

Chicken Slider

Recommended:

Preheat oven to 375F. Bake chicken on sheet pan 14-16 minutes or until chicken reaches 165F. Place on thawed bun.

OR

Heat in microwave for 1 minute.

Contains milk, wheat & soy

Frozen Vegetables

Microwave in a covered, microwave safe dish for 1 minute.

Emoji Fries

Recommended:

Preheat oven to 450F. Bake on sheet pan 9-14 minutes or until fries reach 165F.

OR

Microwave on high 2 minutes

Crispy Drumstick

Recommended:

Oven method: Preheat oven to 375F. Bake on sheet pan 25-30 minutes or until chicken reaches 165F.

OR

Microwave 2 minutes.

Contains wheat

Walking Taco:

Top chips with warmed chicken and cheese. Use salsa cup and corn for additional flavor and customization!

Fajita Chicken

Microwave 1 minute.

Contains soy

Queso Blanco:

Microwave 1 minute & stir.

Contains milk

Homestyle Chicken Sandwich

Recommended:

Oven method: Preheat oven to 375F. Bake on sheet pan 12-15 minutes or until chicken patty reaches 165F.

OR

Microwave one sandwich 45 seconds, flip whole sandwich upside down and microwave 45 additional seconds.

Contains milk, wheat & soy

Hamburger

Recommended:

Preheat oven to 400F. Bake patty on sheet pan 9-11 minutes or until patty reaches 165F. Place on bun.

OR

Microwave 45 seconds, flip whole sandwich upside down and microwave 45 additional seconds.

Contains wheat & soy

Chicken Mini Corn Dogs

Recommended:

Oven method: Preheat oven to 400F. Bake on sheet pan 15 minutes or until corn dogs reach 165F.

OR

Microwave 1 minute.

Contains milk, egg, wheat & soy

Meatball Sub

Microwave one sandwich 45 seconds, flip whole sandwich upside down and microwave 45 additional seconds.

Contains milk, wheat & soy