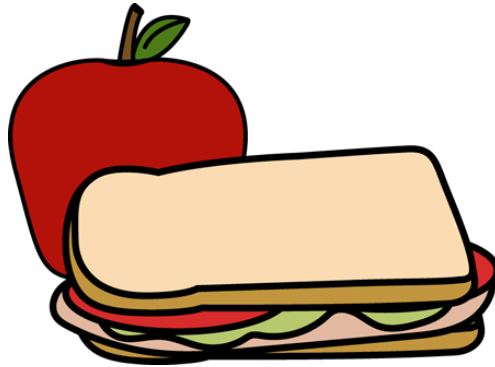


OCTOBER 14-20



IN YOUR BAG

Items are bagged according to dry, refrigerator or freezer items. Your freezer and fridge bags will be labeled. Each meal kit contains 5 breakfast entrees, 5 lunch entrees, 10 fruit/juice servings, 5 veggie servings and milk.

PRODUCE

You will have an assortment of fruits and veggies in each bag. Some bulk fruit and veggies count as multiple servings covering multiple days. For instance, a 1lb bag of carrots is 6 servings of vegetables which is enough servings for the whole week, but additional servings of veggies will usually be added to your bag for more variety.

MILK

Milk is bagged in groups of 5. You may ask for: 0, 1, or 2 bags of milk per meal kit. By default, the Food & Nutrition Professional will give you 1 bag per meal kit. Don't hesitate to ask if you would like both bags.

MEAL PICK UP

When picking up your meal please wear your mask. To help with the speed of service and traffic flow, write down the name of the person that ordered and the meal choices you selected on [this sign](#). Don't have a printer? Write the information on any piece of paper.

WHEN YOU GET HOME

When you get your meal kit home please be sure to put the fridge and freezer items away immediately.

For cooking directions please visit our website at www.everettsd.org/page/38005

WEEKLY MEAL KITS

Your meal kit includes 5 breakfast entrees and 5 lunch entrees. This week your kit may include the following entrée items:

Breakfast

French Toast Sticks
Mini Cinni Bar
Oatmeal Bar
Cereal
Breakfast Bar

Café Select

Corn Dog
Pizza
Cheesy Garlic Ripper
Chicken Strips
BYO Cheese Quesadilla

Vegetarian

Protein Pack
Pizza
Cheesy Garlic Ripper
Veggie Nugget
BYO Cheese Quesadilla

Grab & Go

Protein Pack
Pizza
Turkey & Cheese Sandwich
Yogurt
PB&J

We do our best to adhere to the menu but due to vendor shortages, menued items in your kit may have been substituted with another item. To see how items are menued together, visit the daily menu at www.everettsd.org/menus. Choose any location and then select your meal kit option.