



202 N. Washington Avenue
Pulaski, VA 24301

DISTRIBUTION SITES CHANGES - MEALS AVAILABLE :

Critzer Elementary- Pulaski County High School - Riverlawn Elementary - Snowville Elementary beginning May 27th, 2020. Meal times remain 1:00 pm – 3:00 pm.

Date: May 14, 2020
To: Parent/Guardians
From: Pulaski County Public Schools – School Nutrition Program

Subject: School meals during coronavirus-related closure

Pulaski County Public Schools (PCPS) are closed due to concerns over the coronavirus beginning March 16, 2020. The PCPS School Nutrition Program will be providing a packaged breakfast and lunch during this closure. We will utilize the following schedule:

- o **Monday: 2 breakfasts & 2 lunches**
- o **Wednesday: 3 breakfasts & 3 lunches**

Meals are for children ages 2 through 18 (or up to age 21 for student with disabilities).

Meals are being prepared and packaged by the Pulaski County School Nutrition Program staff.

Request children are with parent/guardian during pickup of meals. Be prepared to show student ID number if children are not present during pickup.

Beginning May 27th, 2020 Drive through to pick up meals will be available at the following sites from 1:00 pm-3:00 pm on Monday and Wednesday.

- **Critzer Elementary**
- **Pulaski County High School**
- **Riverlawn Elementary**
- **Snowville Elementary**

All meals consist of a minimum of the following items: 2oz protein, 1oz grain, ½ cup fresh, frozen or canned fruit, ½ cup fresh, frozen or canned vegetable & 8 oz flavored or unflavored fat free or 1% bottled milk.

La interpretación de este documento está disponible. Llame a , especialista en EL, al 540-994-2515

可以阅读本文档的解释。请拨打电话540-643-0919致电EL专家 540 994-2515

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- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

Disclaimer:

Pulaski County School Nutrition is pleased to offer meals while schools are not in session. Some of the menu items are perishable and some items may require cooking. Pulaski County's Public School Nutrition Program releases responsibility to parents regarding meal safety once meals are distributed. Nutrition information is available by contacting esadler@pcva.us or cpaul@pcva.us or by visiting www.pcva.us. Meals for Special Dietary needs are not available during meal planning – special circumstances please contact us.

Cooking instruction are listed below:

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Refrigerate Meal Bag until ready to consume. Listed below are food items that may be included for breakfast and lunch (this list may not include every item). Please follow instructions to prepare.

- Mini Corndog Nuggets
- Corndogs
- Pizza
- Maxi Cheese Sticks/Tasty Brand Cheese Sticks
- Popcorn Chicken
- Chicken Tenders
- Breakfast Pizza
- Pillsbury pre-packaged items: Mini Pancakes, Cinnamon Rolls, Cherry or Apple Frudels, Strawberry Bagels, Mini Waffles (follow instructions on package)
- Hamburger Pattie
- Chicken Pattie for breakfast
- Tyson Chicken Drumstick or Tyson Hot & Spicy Chicken Patty (Pre-cooked item – heat until internal temperature is 165 degrees)
- Taco – Heat thoroughly (pre-cooked)

Item Heating Instructions:

Remove item from plastic bag- (mini corndog nuggets, chicken tenders or other meat items)

Place food on baking sheet. Heat food @ 375° for 10-14 minutes or until temperature reaches 165° or Microwave 1-2 minutes until heated thoroughly.

After heating discard any leftover foods if not consumed.

VEGETABLES: REMOVE from container, pour into a microwave safe dish, Microwave 3 to 4 minutes on REHEAT or until hot. Let stand 2 to 3 minutes to heat completely through.

All items offered may not be included on this list. Menu is subject to change without notice.

Refrigerate Meal Bag until ready to consume. Listed below are food items that may be included for breakfast and lunch (this list may not include every item).