

2020



Washington Office of Superintendent of
PUBLIC INSTRUCTION

Child Nutrition

Melele in Kajinet ko Rebidodo kin Wewein Kejbarok Mōñā

Mōñā ko Remolo

- Mōñā ko remolo rej aikuj mōñā ilo ien eo wot ñe ejab aij bok iloan ruo awa jen ien am kar bōk mōñā eo.
- Ñan mōñā molo ko einwot milik, cheese, kaneek, kaju aij bok kin joñan molo 41°F ak diklok.

Mōñā ko Rebwil

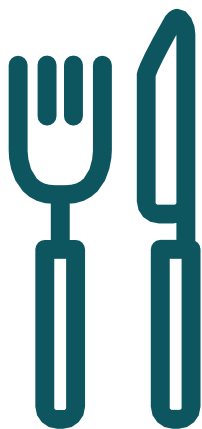
- Mōñā ko rebwil rej aikuj kaju mōñā ñe ejab aij bok iloan ruo awa jen ien am bōk mōñā eo.
- Ñan aoleb mōñā bwil, kōjeral jitoob, obwin, ak microwave ñan am bar kōmāānāni ñan joñan bwil eo ediktata 165°F ak lablok mōkta jen am mōñā.

Jolok Mōñā

- Jolok aoleb mōñā rar jab kōmāānān ak kamololo iomwin ruo awa ak lablok.
- Bwe in mōñā ak mōñā rejañin kañi rej aikuj jolok alikin emen raan.

Kememej

- Kwal beim aoleb ien jab diklok kin 20 jekon kin joob im dān mōkta jen am mōñā.



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