

## AT HOME COOKING INSTRUCTIONS

If food is not being cooked immediately please store in freezer or refrigerator. If under refrigeration discard if not used in 5 days.

**ALL ITEMS NEED TO REACH A MINIMUM INTERNAL TEMPERATURE OF 165°F FOR OPTIMAL FOOD SAFETY**

BREAKFAST MENU ITEMS	OVEN INSTRUCTIONS	MICROWAVE INSTRUCTIONS
Pancakes/Waffles	Remove from packaging Place on baking sheet or oven safe shallow pan **Bake @ 350°F for 8-12 minutes	Remove from packaging Place on microwave- safe plate Cook for 1-2 minutes
French Toast Sticks		
Egg Patty		
Sausage Patty/Sausage Links		
Pancake on a Stick		
Biscuits		
Breakfast Pizza	Remove from packaging Pizza- bake at 350°F for 15 to 17 minutes	Remove from packaging Place on microwave- safe plate Cook for 1-2 minutes

LUNCH ENTRÉE MENU ITEMS	OVEN INSTRUCTIONS	MICROWAVE INSTRUCTIONS
Grilled Cheese Sandwich- may be eaten without heating	Place in oven on baking sheet frozen **Bake @ 350°F for 18-20 minutes	Remove from packaging Place on microwave- safe plate Cook covered for 1 minute or until heated through & cheese melted
Fajita Chicken/Diced Chicken	Remove from packaging Place on baking sheet **Bake @ 350°F for 8-12 minutes If bun frozen, allow to thaw, do not heat bun	Remove from packaging Place on microwave- safe plate Cook covered for 1-2 minutes If bun frozen, allow to thaw, do not heat bun
Hot Dog/Corndog		
Rib-b-que/Beef Dippers		
Hamburger/Cheeseburger		
Chicken Nuggets/Tenders/Popcorn	Remove from packaging Place on baking sheet **Bake pizza @ 350°F for 13-17 minutes Chicken @ 375°F for 6-8 min If bun frozen, allow to thaw	Remove from packaging Place on microwave- safe plate Cook for 1-2 minutes If bun frozen, allow to thaw
Chicken Sandwiches		
Pizza/Stuffed Sandwich/Cheesy Breadsticks		
Nacho Cheese	Remove from packaging Place in oven safe shallow pan **Bake @ 350°F for 8-12 minutes	Remove from packaging Place on microwave- safe plate Cook covered for 1-2 minutes stirring halfway through
Frozen Packaged Item by manufacturer (Burritos, Cheeseburger Twin, Nada, etc.)	Follow Instructions on Packaging	Follow Instructions on Packaging

POTATO MENU ITEMS	OVEN INSTRUCTIONS	MICROWAVE INSTRUCTIONS
French Fries/Tater Tots	Remove from packaging Place on baking sheet **Bake @ 400°F for 10-12 minutes	Remove from packaging Place on microwave- safe plate Cook for 1-2 minutes
Potato Wedges		
Emoji Potatoes		
Sweet Potato Fries		

VEGETABLE MENU ITEMS	OVEN INSTRUCTIONS	MICROWAVE INSTRUCTIONS
Broccoli	Remove from packaging Place on baking sheet <b>**Bake @ 350° F for 10-12 minutes</b>	Remove from packaging Place on microwave- safe plate Cook covered for 1-2 minutes stirring halfway through
Carrots		
Corn		
Green Beans		
Refried Beans/Charro Beans		
Peas		

Please discard any food left at room temperature for more than 2 hours due to potential food safety risk.

\*\* Indicates recommended cooking method for best quality.

This institution is an equal opportunity provider.

**For Food Safety when picking up meals to go:**

- Wash hands before consuming meal.
- Cold meal should be consumed immediately or placed under refrigeration at 41° F and consumed within 5 days. Discard after 5 days.
- Hot Meal should be consumed immediately or placed under refrigeration at 41° F. Discard if not eaten same day.
- Refrigerate or consume perishable items immediately, such as milk, yogurt, cheese sticks, sandwiches, fruits and vegetables.
- Milk should be consumed immediately or placed under refrigeration at 41° F. Discard milk when the best by date has been reached.
- Frozen meals should be placed immediately in freezer or heated right away to internal temperature noted on cooking instruction sheet.
- If frozen entrée is thawed, cook immediately or store in refrigerator for up to 5 days. Discard after 5 days or as noted.