



School Meals Heating and Storage Instructions – WEEK 2

- **Consume hot foods immediately within 2 hours of meals pick up.**
- **Store cold foods in refrigerator** at 41 degrees or below, including *milk, juice, cheese, cupped fruits, and vegetables.*
- **Store frozen foods in freezer** at 32 degrees or below including already frozen items like *pizza, chicken, burritos, hamburgers, corn dogs, hot dogs, meat & cheese sandwiches, frozen vegetables, etc.*
- **Thaw frozen sandwiches in refrigerator** before eating, including *meat and cheese sandwiches.*
- **To reheat foods in microwave**, unwrap or take food out of container. Place food item on paper towel, napkin, plate or in a bowl. *Reheat hot foods to at least 165 degrees before eating.* Keep hot foods at 135 degrees or above until eaten. **DO NOT MICROWAVE FOODS IN FOIL, FOAM CONTAINERS, PLASTIC CUPS, OR PLASTIC BAGS!**
- **Store dry foods in cupboard**, including *crackers, dried fruits, and dry cereals.*
- **Discard all refrigerated foods after 7 days of receiving it.**

****Menus are subject to change without notice due to product availability.**

FRENCH TOAST STICKS – ALLERGENS: wheat and soybean

INGREDIENTS: bread (whole white wheat flour, water, enriched wheat flour [flour, malted barley flour, reduced iron, niacin, thiamine mononitrate, riboflavin, folic acid], high fructose corn syrup, yeast, wheat gluten, salt, soybean oil, mono and diglycerides, calcium propionate [a preservative], calcium sulfate, citric acid, soy lecithin, datem, grain vinegar, potassium iodate, soy flour), water, whole wheat flour, soybean oil, sugar, enriched yellow corn flour (yellow corn flour, niacin, iron as ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), contains 2% or less of each of the following: carrageenan, dextrose, gum arabic, leavening (baking soda, monocalcium phosphate), natural and artificial flavor, salt, soy flour, soy lecithin, yeast.

To Heat: *Remove French toast from packaging and place on oven safe baking sheet while still frozen. Bake in preheated oven to 350 degrees for 10-11 minutes to 165 degrees internally.*

TURKEY SAUSAGE PATTY – ALLERGENS: No allergen information

INGREDIENTS: Turkey, Seasoning (Salt, Spices, Sugar, Dextrose, Spice Extract, BHA, Propyl Gallate, Citric Acid), Caramel Color.

To Heat: *Remove sausage patty from packaging and place on oven safe baking pan if frozen and bake in preheated oven to 400 degrees for 9 minutes to 165 degrees internally. If thawed, bake for 7 minutes.*

MINI CORN DOGS - ALLERGENS: wheat, soy, eggs, and gluten

INGREDIENTS BATTER: water, whole wheat flour, whole grain corn, sugar, leavening (sodium acid pyrophosphate, sodium bicarbonate), soy flour, soybean oil, salt, egg yolk with sodium silicoaluminate, ascorbic acid, egg white, dried honey, artificial flavor. Fried in vegetable oil. Frank: mechanically separated chicken, water, corn syrup solids, contains 2% or less of salt, spices, potassium lactate, potassium acetate, sodium phosphate, potassium chloride, flavorings, sodium erythorbate, sodium diacetate, sodium nitrite.

To Heat: For Microwave – *Remove corn dog from packaging and place on a microwave safe plate, napkin or paper towel.*

Cook on high for 1-1 1/2 minutes until hot at 165 degrees internally.

For Oven - *Remove corn dog from packaging and place while still frozen on an oven safe baking pan. Bake in a preheated oven to 350 degrees for 21-23 minutes to 165 degrees internally.*

MIKE'S BITES – ALLERGENS: milk, wheat and soy

INGREDIENTS: mozzarella cheese ([pasteurized milk, cultures, salt, enzymes], modified food starch), water whole grain whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, soybean oil, gluten, yeast, fermented wheat flour, salt.

To Heat: Oven - *Remove from packaging and place on an oven safe baking pan while still frozen and bake in preheated oven to 350 degree for 6-8 minute. Let stand 1-2 minutes before serving because cheesy filling will be hot.*

CHICKEN FILET SANDWICH – ALLERGENS: soy

INGREDIENTS: Boneless, skinless chicken breast filets w/ rib meat, water, seasoning [maltodextrin, salt, sugar, chicken stock, vegetable stock (carrot, onion, celery), flavors, carrot powder, garlic powder], modified food starch, sodium phosphates, soy protein concentrate, and sea salt.

To Heat: Oven - *Remove chicken from packaging and place on an oven safe baking pan while still frozen, cover completely with foil, and place in a preheated oven at 350 degrees for 16-20 minutes to 165 degrees internally. For Microwave remove from packaging and place 1 or 2 filets on a microwave safe plate while still frozen and cover completely with cling wrap or plastic wrap. Heat in microwave on highest setting for approximately 2-3 minutes to 165 degrees internally.*

BUNS – ALLERGENS: wheat

INGREDIENTS: water, whole wheat flour, enriched unbleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, wheat gluten, yeast, contains 2% or less of the following: soybean oil, salt, dough conditioners (monoglycerides, sodium stearoyl lactylate, ascorbic acid, calcium sulfate, enzymes), monocalcium phosphate, calcium propionate (preservative)

SPAGHETTI WITH MEAT SAUCE - ALLERGENS: EGGS, WHEAT, SOY

INGREDIENTS: NOODLES: semolina (wheat), niacin, iron (ferrous sulfate), thiamin mononitrate, riboflavin and folic acid. **SAUCE:** Tomatoes, Tomato Puree (Water, Tomato Paste), High Fructose Corn Syrup, Less Than 2% Of: Corn Syrup, Dried Onions, Modified Corn Starch, Vegetable Oil (Cottonseed and/or Soybean), Citric Acid, Spices, Natural Flavors, Calcium Chloride, Vine-ripened fresh tomatoes and naturally derived citric acid. **BEEF:** Ground Beef (No More Than 30% Fat), Water, Textured Vegetable Protein Product (Soy Protein Concentrate, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate [B1], Pyridoxine Hydrochloride [B6], Riboflavin [B2], Cyanocobalamin [B12], Salt and Potassium Chloride, Flavorings, Sugar, Sodium Phosphates.

To Heat: Remove from packaging and place on microwave safe plate, cover with damp paper towel and heat to internal temperature of 165 degrees.

CHICKEN AND GREEN CHILE QUESADILLA - ALLERGENS: WHEAT, SOY, MILK

INGREDIENTS: Whole Wheat Flour Tortilla, Soy Flour Enriched (Wheat Flours [Whole Wheat Flour, Enriched Bleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid)], Water, Soy Flour, Soybean Oil, Potato Starch, Pea Fiber, Distilled Monoglycerides, Wheat Gluten, Glycerine, Salt, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate). **Filling:** 2 Cheese Blend [Reduced Fat Cheddar Cheese (Cultured Pasteurized Part-Skim Milk, Salt, Cheese Color, Enzymes), Reduced Fat Monterey Jack Cheese (Cultured Pasteurized Part-Skim Milk, Salt, Enzymes)] and Chicken and Green Chile Sauce [Chicken used is All Natural* No Antibiotics Ever** Fully Cooked Diced Chicken Breast With Rib Meat (Boneless, Skinless Chicken Breast With Rib Meat, Water, Potato Starch, Salt, Yeast Extract, And Citrus Extract), Water, Fire Roasted Diced Green Chiles (Green Chile Peppers, Salt, Citric Acid. May also contain Water and Calcium Chloride), Green Chile Puree (Green Chile Peppers, Citric Acid. May also contain Water, Salt, and Calcium Chloride), Modified Food Starch (Refined from Corn), Contains 2% or less of: Jalapeno Peppers (may contain one or more of the following: Water, salt, citric acid and calcium chloride), Crushed Tomatoes (Tomatoes and Salt. May also contain: Tomato Juice and/or Puree, Citric Acid, Water, and Calcium Chloride), White Vinegar, Diced Onion, Salt, and Garlic Powder.] **Made from Chicken Raised Without Antibiotics.*No Artificial Ingredients, Minimally Processed.

To Heat: For Oven - Remove from packaging and place quesadilla on oven safe pan and heat in a preheated oven to 225 degrees. Bake for 24-29 minutes if frozen or bake for 15-20 minutes if thawed, to an internal temperature of 160 degrees. Caution: Do not over heat. Heating over 165 degrees may cause filling leakage. **DO NOT MICROWAVE PRODUCT.**

CHICKEN ALFREDO – ALLERGENS: milk, wheat, soy, eggs

INGREDIENTS: ALFREDO SAUCE: Half and Half, Water, Parmesan and Romano Cheeses (Pasteurized Part Skim Cow's Milk, Cheese Culture, Salt, Enzymes), Butter (Cream, Salt), Margarine (Liquid Soybean Oil, Partially Hydrogenated Soybean Oil, Water, Salt, Vegetable Mono- and Diglycerides, Soy Lecithin, Sodium Benzoate, Citric Acid and Calcium Disodium EDTA added as Preservatives, Artificially Flavored, Colored with Beta Carotene, Vitamin A Palmitate Added), Modified Corn Starch, Salt, Wheat Flour, DATEM, Mono- and Diglycerides, Spice, Garlic, Paprika, Turmeric. **CONTAINS: MILK, SOY, WHEAT. PENNE PASTA:** durum flour (wheat), niacin, iron (ferrous sulfate) thiamin mononitrate, riboflavin and folic acid. **CHICKEN FAJITA MEAT:** chicken breast meat with rib meat, water, seasoning (salt, spices, torula yeast, sugar, dehydrated onion, dehydrated garlic, maltodextrin, natural flavor, malic acid), isolated soy protein product (isolated soy protein, modified food starch, unmodified corn starch, carrageenan with less than 2% soy lecithin), seasoning (potassium citrate, citric acid, sodium diacetate, vegetable oil), sodium phosphates, carrageenan. Salt.

To Heat: MICROWAVE: Remove from packaging and place on a microwave safe plate or bowl. Cover with damp paper towel or napkin. Heat for 2-3 minutes depending on the power of microwave to an internal temperature of 165 degrees. Microwave times may vary so check food often so it does not get over cooked.

UNLABELLED BREAKFAST ITEMS**APPLE FILLED DONUT – ALLERGENS: WHEAT, SOY, MILK, EGG**

INGREDIENTS: Water, Whole Wheat Flour, Enriched Unbleached Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Soybean Oil And Hydrogenated Soybean Oil, Yeast, Vital Wheat Gluten, Contains Less Than 2% Of: Dextrose, Salt, Leavening (Sodium Acid Pyrophosphate, Baking Soda, Food Starch Modified, Sodium Aluminum Phosphate), Mono- And Diglycerides, Defatted Soy Flour, Beta-Carotene (Color), Caramel Color, Dough Conditioner (Ascorbic Acid), Egg, Enzymes, Guar Gum, Gum Arabic, Natural And Artificial Flavor, Polysorbate 80, Sodium Stearoyl Lactylate, Whey, Sugar, Datem. Apple Filling Water, High Fructose Corn Syrup, Sugar, Apples, Ascorbic Acid, Contains Less Than 2% Of: Food Starch Modified, Xanthan Gum, Locust Bean Gum, Guar Gum, Malic Acid, Citric Acid, Cinnamon, Natural And Artificial Flavors, Potassium Sorbate

DUTCH WAFFLE – ALLERGENS: EGGS, SOY, MILK, WHEAT

INGREDIENTS: Whole Wheat Flour, Enriched Wheat Flour (flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Sugar, Water, Vegetable Shortening (palm oil and soybean oil), Contains 2% or Less of: Artificial Flavor, Cellulose Gum, Dextrose, Egg Yolk, Leavening (sodium acid pyrophosphate, baking soda, monocalcium phosphate), Mono & Diglycerides, Nonfat Milk, Salt, Soybean Oil, Soy Flour.