



School Meals Heating and Storage Instructions – WEEK 1

- **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.**

PRODUCT INGREDIENTS, ALLERGENS AND COOKING INSTRUCTIONS PER MANUFACTURER

POPCORN CHICKEN – ALLERGENS: soy and wheat

INGREDIENTS: Chicken, water, whole wheat flour, textured soy protein concentrate, isolated soy protein, contains 2% or less of the following: brown sugar, canola oil, carrot powder, citric acid, dried garlic, dried onion, dried yeast, garlic powder, maltodextrin, natural flavor, onion powder, paprika extract (color), rosemary extract (to protect flavor), salt, spice, sugar, torula yeast, turmeric extract (color), vegetable stock (carrot, onion, celery), wheat gluten, yeast extract. Breeding set in vegetable oil.

To Heat: Oven Remove chicken from packaging and place on an oven safe pan and bake 8-10 minutes at 400 degrees to an internal temperature of 165 degrees.

PIZZA CHEESE CRUNCHERS – ALLERGENS: milk, wheat

INGREDIENTS: low moisture part skim mozzarella cheese (pasteurized part skim milk, cheese cultures, salt, enzyme), whole wheat flour, marinara sauce (water, tomato paste, tomatoes, corn syrup solids, sun dried tomatoes, olive oil, onions, sugar, salt, spices, garlic, methylcellulose, citric acid, natural flavor, garlic powder, onion powder, malic acid, xanthan gum, dehydrated garlic, yeast extract, potassium sorbate, sodium benzoate), water, enriched bleached wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), soybean oil, modified cornstarch, contains 2% or less of each of the following: garlic powder, leavening (sodium bicarbonate, sodium aluminum phosphate), methylcellulose, onion powder, salt, soybean oil, spice, sugar, yeast.

To Heat: Keep frozen until ready to prepare. Cooking times may vary and require adjustment. If cheese becomes visible, remove from heat. Caution - Product will be hot! **FOR OVEN:** 1. Preheat oven to 350°F. 2. Arrange product in a single layer on lined baking sheet. 3. Bake for 15-16 minutes.

CHICKEN TENDERS – ALLERGENS: soy and wheat

INGREDIENTS: Chicken, water, isolated soy protein, salt, sodium phosphates. **BREADED WITH:** Whole wheat flour, water, enriched wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, dextrose, spices, garlic powder, mustard, extractives of paprika and annatto, spice extractives. Breeding set in vegetable oil.

Chicken tenders are fully cooked and can be eaten cold if preferred or heated in the microwave or oven.

To Heat: For Microwave - Remove from packaging and place on microwave safe plate, napkin or paper towel. Microwave chicken on high for 45 seconds until steaming hot. If not hot, heat another 30 seconds till 165 degrees internally. For Oven - Remove chicken from packaging and wrap in foil. Place chicken on an oven safe baking pan and bake in a preheated oven to 325 degrees for 15-20 minutes until steaming hot at 165 degrees internally. Eat within 2 hours. Refrigerate any uneaten chicken and discard after 3 days in the refrigerator.

HAMBURGER – ALLERGENS: no allergen information

INGREDIENTS: Beef, Seasoning (Salt, Dextrose, Natural Flavors, Spice), Natural Flavoring.

To Heat: Place beef patty on microwave safe plate and heat for 1-2 minutes till hot and reaches 165 degrees internally.

HAMBURGER 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

HAMBURGER BUNS, continued

(monoglycerides, sodium stearoyl lactylate, ascorbic acid, calcium sulfate, enzymes), monocalcium phosphate, calcium propionate (preservative).

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 DRUMSTICK – ALLERGENS: wheat

INGREDIENTS: Chicken drumsticks, water, whole wheat flour, contains 2% or less of the following: autolyzed yeast extract, chicken fat, citric acid, disodium inosinate and disodium guanylate, dried chicken, dried chicken broth, enriched wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), extractives of paprika and turmeric, flavoring, garlic powder, leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), maltodextrin, modified food starch, onion powder, salt, sodium phosphates, spices, wheat gluten, yellow corn flour. Breading set in vegetable oil.

To Heat: For Microwave – Remove from packaging and place chicken on a microwave safe plate. Heat on high for 4 minutes until chicken reaches 165 degrees internally. **For Oven** - Remove from packaging and place frozen chicken drumstick on oven safe pan. Bake in preheated oven to 375 degrees and bake uncovered for 25-30 minutes to 165 degrees internally.

BOSCO CHEESE STICKS – ALLERGENS: wheat, milk

INGREDIENTS: Crust: Flour blend [Whole-wheat flour, Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, enzyme, folic acid)], Water, Brown sugar, Corn oil, Dough conditioner (soybean oil, mono and diglycerides, soy shortening flakes), Salt, vital wheat gluten, Yeast, L-cysteine. Cheeses: Mozzarella cheese (pasteurized part skim milk, cheese cultures, salt, enzymes). Reduced fat/reduced sodium mozzarella cheese (pasteurized part skim milk, nonfat milk, modified food starch*, cheese culture, salt, potassium chloride*, natural flavors*, annatto, vitamin A palmitate, enzymes), *Ingredients not in regular mozzarella cheese.

To Heat: For Oven - Remove cheese sticks from packaging and place thawed sticks on an oven safe pan. Bake in a preheated oven to 400 degrees for 7-9 minutes to 165 degrees internally. **CAUTION: FILLING MAY BE HOT!**

UNLABELLED BREAKFAST ITEMS

BANANA CHOCOLATE CHIP SNACK BREAD – ALLERGENS: egg, wheat, milk, soy

INGREDIENTS: whole wheat flour, sugar, eggs, soybean oil, water, chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla, salt), banana puree, chocolate icing (sugar, partially hydrogenated palm kernel oil, cocoa powder processed with alkali, nonfat milk solids, soy lecithin, salt, artificial flavor), palm oil, buttermilk, artificial flavoring, modified food starch, butter, salt, sodium bicarbonate, sodium aluminum phosphate, sodium acid pyrophosphate, mono and diglycerides, carboxymethylcellulose.