

## 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   |
|--|--|--|
| Banana Bread Slice   | Remove from packaging<br>Place on baking sheet or oven safe shallow pan<br>**Bake @ 350°F for 8-10 minutes                         | Remove from packaging<br>Place on microwave- safe plate<br>Cook for 1-2 minutes  |
| Benefit Bar, Oatmeal   |  |  |
| Cinnamon Roll  |  |  |
| Concha   |  |  |
| Mini French Toast & Pancakes   |  |  |
| LUNCH ENTRÉE MENU ITEMS  | OVEN INSTRUCTIONS  | MICROWAVE INSTRUCTIONS   |
| Beans  | Remove from packaging. Place on baking sheet. **Bake @ 350°F for 10-12 minutes   | Remove from packaging<br>Place on microwave- safe plate<br>Cook covered for 1-2 minutes stirring halfway through                         |
| Grilled Cheese Sandwich  | Remove from packaging<br>Place in oven on baking sheet<br>**Bake @ 350°F for -20 minutes   | Remove from packaging. Place on microwave- safe plate<br>Cook covered for 1 minute or until heated through & cheese melted               |
| Fajita Chicken   | Remove from packaging<br>Place on baking sheet<br>**Bake @ 350°F for 8-12 minutes<br>If bun frozen, allow to thaw, do not heat bun | Remove from packaging<br>Place on microwave- safe plate<br>Cook covered for 1-2 minutes<br>If bun frozen, allow to thaw, do not heat bun |
| Hot Dog/Corndog  |  |  |
| Beef Dippers   |  |  |
| Hamburger/Cheeseburger   |  |  |
| Chicken Nuggets/Tenders/Popcorn  | Remove from packaging<br>Place on baking sheet<br>**Bake @ 400°F for 10-12 minutes<br>If bun frozen, allow to thaw                 | Remove from packaging<br>Place on microwave- safe plate<br>Cook for 1-2 minutes<br>If bun frozen, allow to thaw                          |
| Chicken Sandwiches   |  |  |
| Pizza  |  |  |
| Mozzarella Stuffed Sticks  | Remove from packaging<br>Place in oven on baking sheet<br>**Bake @ 350°F for -20 minutes   | Remove from packaging<br>Place on microwave- safe plate<br>Cook covered for 1 minute or until heated through & cheese melted             |
| Nacho Cheese   | Removed from packaging. Place in oven safe shallow pan<br>**Bake @ 350°F for 8-12 minutes  | Remove from packaging. Place on microwave- safe plate<br>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<br>**Bake @ 400° F for 10-12 minutes | Remove from packaging<br>Place on microwave- safe plate<br>Cook for 1-2 minutes |
| Potato Wedges           |  |   |

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

| GRAINS     | STOVE TOP INSTRUCTIONS  |  |
|------------|---|--|
| White Rice | Use a ratio of 2 parts water to 1 part rice (ie. 1 cup water per bag of rice)<br><br>1. Add water to a pot and bring to a boil<br>2. Add rice to boiling water and stir<br>3. Reduce heat to medium low and cover, then cook for 15-25 minutes.<br>4. Turn of heat then fluff with a fork |  |

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.

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**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.

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