

## 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 Place on baking sheet or oven safe shallow pan **Bake @ 350° F for 8-10 minutes	Remove from packaging Place on microwave- safe plate Cook for 1-2 minutes
Benefit Bar, Oatmeal		
Cinnamon Roll		
Concha		

LUNCH ENTRÉE MENU ITEMS	OVEN INSTRUCTIONS	MICROWAVE INSTRUCTIONS
Grilled Cheese Sandwich	Remove from packaging Place in oven on baking sheet **Bake @ 350° F for -20 minutes	Remove from packaging Place on microwave- safe plate Cook covered for 1 minute or until heated through & cheese melted
Hot Dog/Corndog	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
Beef Dippers		
Hamburger/Cheeseburger		
Chicken Nuggets/Tenders/Popcorn	Remove from packaging Place on baking sheet **Bake @ 400° F for 10-12 minutes 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		
Mozzarella Stuffed Sticks	Remove from packaging Place in oven on baking sheet **Bake @ 350° F for -20 minutes	Remove from packaging Place on microwave- safe plate Cook covered for 1 minute or until heated through & cheese melted
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		

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		

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)  1. Add water to a pot and bring to a boil 2. Add rice to boiling water and stir 3. Reduce heat to medium low and cover, then cook for 15-25 minutes. 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.

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.