

**BREAKFAST AND LUNCH ARE FREE FOR ALL STUDENTS THROUGH JUNE 30th**

**Storing your items: Until ready to cook/eat, be sure to store your items safely**

**Cooking instructions - Please be sure to cook/store all items properly for safety and enjoyment!**

Food Item	Storage	Preparation
If something is frozen and defrosted, please consume within one week of defrosting	All foods requiring refrigeration need to be kept at a temperature of 41°F or below. Shelf-stable items should be stored at a temperature of 85°F or below.	APPLIANCES MAY VARY, ADJUST COOKING TIMES ACCORDINGLY
Apple Slices/ cupped fruit / quart fruit	Refrigerate. Use within one week	None needed
Applesauce Cups	shelf stable	None needed - can be chilled before enjoying
BBQ Chicken Jack Links	Shelf Stable	None needed
Bread/Rolls	Refrigerate or freeze	Thaw and serve as desired
Breakfast kit or Cheese/Cracker Kit	Shelf Stable	None needed
Breakfast Sandwich	Refrigerate or freeze	Microwave for 90 seconds if thawed, 90 seconds to 2 min if frozen
Burger	Refrigerate or freeze	Bake on pan in oven for 8-9 minutes at 350 degrees until internal temp reaches 165 degrees
Cheese Quesadilla	Refrigerate or freeze	Cook thawed in oven for 9-11 minutes
Chicken - Broiled	Refrigerate or freeze	Frozen - Oven at 325 for 30-35 minutes or until internal temp is 165 or higher, Microwave 90 seconds or until internal temp is 165 or higher Thawed - Oven at 325 for 20 to 25 minutes until temp is 165 or higher, Microwave on high 45 seconds or until internal temp is 165 or higher
Chicken - Oven Fried	Refrigerate or freeze	Frozen - Oven at 325 for 30-35 minutes or until internal temp is 165 or higher, Microwave 90 seconds or until internal temp is 165 or higher Thawed - Oven at 325 for 20 to 25 minutes until temp is 165 or higher, Microwave on high 45 seconds or until internal temp is 165 or higher
Chicken - Patty	Refrigerate or freeze	Frozen - Oven at 325 for 30-35 minutes or until internal temp is 165 or higher, Microwave 90 seconds or until internal temp is 165 or higher Thawed - Oven at 325 for 20 to 25 minutes until temp is 165 or higher, Microwave on high 45 seconds or until internal temp is 165 or higher
Chicken - Popcorn	Refrigerate or freeze	Frozen - Oven at 325 for 30-35 minutes or until internal temp is 165 or higher, Microwave 90 seconds or until internal temp is 165 or higher Thawed - Oven at 325 for 20 to 25 minutes until temp is 165 or higher, Microwave on high 45 seconds or until internal temp is 165 or higher
Chicken - Tenders	Refrigerate or freeze	Frozen - Oven at 325 for 30-35 minutes or until internal temp is 165 or higher, Microwave 90 seconds or until internal temp is 165 or higher Thawed - Oven at 325 for 20 to 25 minutes until temp is 165 or higher, Microwave on high 45 seconds or until internal temp is 165 or higher
Dairy - Milk/Yogurt/Cheese	Refrigerate	None needed
Diced Turkey Ham	Refrigerate or freeze	Thaw and serve as desired
French fries/Tater Tots/Potato Wedges	Refrigerate or freeze	Bake on pan in oven for 15 to 20 minutes at 400 degrees. Can also be heated in air fryer. Follow manufacturer's instructions.
French Toast	Refrigerate or freeze	Transfer to microwave safe dish. Microwave until warmed through
Fresh vegetables: carrots/celery/potatoes/etc.	Refrigerate	Rinse before enjoying
Fresh Whole Fruit	Refrigeration suggested but not required	WASH BEFORE CONSUMING
Frozen vegetables	keep frozen until ready to prepare	roast in oven/microwave/your fave cooking method
Grahams and other crackers	Shelf Stable	None needed
Grilled Cheese	Refrigerate or freeze	FROZEN: Heat product at 350 degrees F for 18-20 minutes. THAWED: Heat product at 350 degrees F for 10-12 minutes.
Jennie O - Turkey or Turkey Ham & Cheese Sandwich	Refrigerate or freeze	Microwave for 90 seconds if thawed, 90 sec to 2 min if frozen
Jennie O Turkey Strips - in pouch	Refrigerate or freeze	Thaw and serve as desired
Jennie-O Buffalo Turkey Breast Stick	Refrigerate or freeze	Thaw in refrigerator for 24 hours before using.
Jennie-O Turkey Coins	Refrigerate or freeze	Thaw and serve as desired
Juicy Juice	Shelf Stable- Refrigerate after opening	None needed
Mac N Cheese	Refrigerate or freeze	Transfer to microwave safe dish. Microwave until warmed through
Mac N Cheese Bowl	Shelf Stable	Frozen - Oven at 350 for 25-30 minutes, microwave on high 2 to 3 minutes remove film prior to eating Refrigerated - Oven 350 degrees for 18-22 minutes, Microwave on High 1 to 2 minutes, remove film before eating
Mashed Potatoes	Refrigerate	Warm in microwave until desired temperature achieved

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Meatballs	Refrigerate or freeze	Thaw and serve as desired
Orange Juice	Refrigerate	None needed
Pancakes	Refrigerate or freeze	Place in package on microwavable dish - heat for
Pulled Pork	Refrigerate or freeze	Transfer to microwave safe dish. Microwave until warmed through to atleast 165 degree internal temp
Slushie or Grape Juice	Shelf Stable	Chill / freeze before enjoying
Spirals with Meat Sauce Bowl	Shelf Stable	Frozen - Oven at 350 for 25-30 minutes, microwave on high 2 to 3 minutes remove film prior to eating Refrigerated - Oven 350 degrees for 18-22 minutes, Microwave on High 1 to 2 minutes, remove film before eating
Tabachnik Cheese Sauce cups	Freeze	Defrost in refrigerator for 1-2 days prior to use. Warm to 140 to 160 degrees.
Tac-Go	Refrigerate or freeze	Frozen - Bake 12 minutes in 350 degree oven Thawed - Bake 10 minutes in 350 degree oven
Taco Meat/Cheese Cups	Refrigerate or freeze	Thaw in refrigerator overnight, heat until warmed through, about 90 seconds to 2 minutes.
Tony's 5 inch Round Pizza	Refrigerate or freeze	Frozen - Heat in 375 degree oven for 13-15 minutes Thawed - Heat in 375 degree oven for 11-13 minutes
Tyson Mini Rib Sliders	Refrigerate or freeze	Thawed sandwiches can be stored for a week in refrigerator. Microwave for 1 minute. Let sit 1 minute.
UBR/Benefit Bar	Freeze	Thaw and eat. Eat thawed product within a week.
Ultra Dog	Refrigerate or freeze	Frozen - Microwave unopened for 90-120 seconds Thawed - Microwave unopened for 45-60 seconds Either way, allow to stand for 1 minute before opening and eating
Uncrustables	Freeze	Keep frozen until ready to serve
Wild Mike's Cheese Pocket	Refrigerate or freeze	Frozen - Heat in 375 degree oven for 13-15 minutes Thawed - Heat in 375 degree oven for 11-13 minutes
Wild Mike's Cheesy Bites	Refrigerate or freeze	Frozen - Heat in 375 degree oven for 10-12 minutes Thawed - Heat in 375 degree oven for 6-8 minutes
Wild Mike's Pepperoni Slice	Refrigerate or freeze	Frozen - Heat in 375 degree oven for 13-15 minutes Thawed - Heat in 375 degree oven for 11-13 minutes
Zee Zee or other granola/snack bars	Shelf Stable	None needed

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