



Katy ISD Nutrition & Food Service Curbside Meals 2020-2021 Heating & Storage Instructions

Check the back of this page for heating & storage instructions for all menu items to be served during our 3-week cycle lunch menu! All breakfast items can be easily thawed and/or warmed for quality and served without cooking.

Find an electronic copy of these heating & storage instructions on www.katyisdfoodserves.com. Menus and nutrition information* for all items are available on www.schoolcafe.com/katyisd. Scan the QR codes below or download the School Cafe smart phone app for even easier access!

Menus are subject to change based on availability. Check our website and School Cafe website for the most up to date information.


For food safety and quality, cook all items before eating to an internal temperature of 165°F. Adult supervision recommended when heating food items.

Cold foods should be kept cold (below 41°F). Refrigerate or freeze cold foods as soon as possible after meal pick up, or within 2 hours. Please discard any leftovers within 2 days. Hot foods should be kept hot. After cooking, consume all hot food immediately or discard within 2 hours.


Cooking times and temperatures may vary due to variances in oven regulators.

*Allergen information posted is based on information that Katy ISD Nutrition and Food Services currently has on file. Allergen information is subject to change based on changes from manufacturers. Katy ISD is not always notified of these changes.

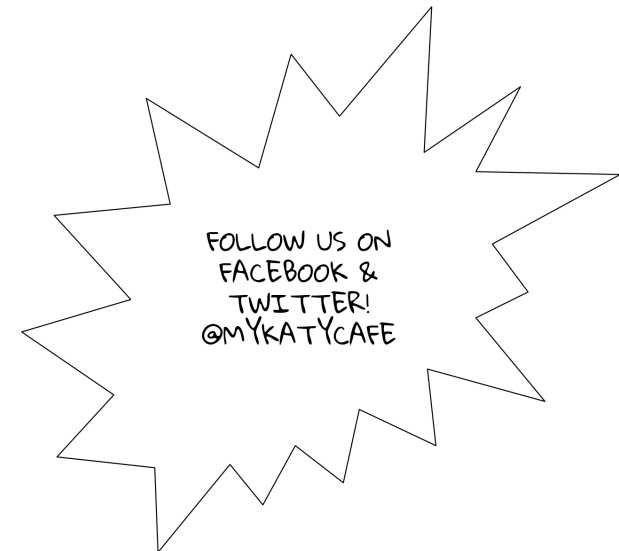
View these QR codes thru your smartphone camera to be taken to the helpful links above!



Katy ISD Food Service Website
Heating & Storage Instructions
www.katyisdfoodserves.com



School Cafe Website
Menus & Nutrition Info
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	Menu Item	Oven Heating Instructions	Microwave Heating Instructions	Allergens
ENTREES	French Bread Cheese Pizza <i>Crispy Crust, Zesty Garlic Sauce, topped with mozzarella & provolone cheese</i>	Keep frozen until ready to heat. Preheat oven to 400°F. Remove pizza from packaging and place on parchment lined or non-stick baking sheet. Bake for 18-20 minutes.	Thaw in refrigerator overnight prior to heating. Remove from packaging and place on microwave safe plate. Microwave for 20 seconds on high, turn, then 20 more seconds or until cheese is melted.	<i>Contains Corn/Corn Products, Garlic, Gluten, Milk, Peas, Soy, Wheat, Yeast</i>
	Popcorn Chicken	Keep frozen until ready to heat. Preheat oven to 350°F. Remove chicken from packaging and place on parchment lined or non-stick baking sheet. Bake for 10-12 minutes.	Thaw in refrigerator overnight prior to heating. Remove from packaging and place on microwave safe plate. Microwave for 20 seconds on high, turn, then 20 more seconds or until chicken is heated thoroughly.	<i>Contains Chicken, Corn/Corn Products, Garlic, Milk, Pepper, Rice, Soy, Wheat, Yeast.</i>
	Bean & Cheese Burrito	<i>From Thawed:</i> Thaw in refrigerator overnight prior to heating. Preheat oven to 280°F. Place foil wrapped burritos on parchment lined or non-stick baking sheet. Heat for 20-30 minutes. <i>From Frozen:</i> Keep frozen until heating. Preheat oven to 280°F. Place foil wrapped burrito on parchment lined or non-stick baking sheet. Heat for 25-30 minutes. <i>Do not overheat. Heating above 165°F may cause filling leakage. Contents will be HOT. Use caution.</i>	Thaw in refrigerator overnight prior to heating. Remove from packaging and place on microwave safe plate. Microwave for 30 seconds on high, turn, then 30 more seconds or until burrito is heated thoroughly.	<i>Contains Beans (all kinds), Cheese, Chocolate/Cocoa, Corn/Corn Products, Garlic, Gluten, Milk, Onion, Pepper (any kind), Rice, Soy, Spicy Pepper, Tomatoes, Wheat, Yeast.</i>
	Corn Dog <i>Whole Grain Batter Wrapped Chicken Frank on a Stick</i>	<i>From Thawed (recommended):</i> Thaw in refrigerator overnight prior to heating. Preheat oven to 350°F. Remove corndog from packaging and place on parchment lined or non-stick baking sheet. Heat for 24-26 minutes. <i>From Frozen:</i> Keep frozen until ready to eat. Preheat oven to 350°F. Remove corn dog from packaging and place on parchment lined or non-stick baking sheet. Heat for 34-36 minutes.	Thaw in refrigerator overnight prior to heating. Remove corn dog from packaging and place on microwave safe plate. Microwave for 20 seconds on high, turn, then 20 more seconds or until heated thoroughly.	<i>Contains Chicken, Corn/Corn Products, Egg, Gluten, Honey, Soy, Wheat.</i>
	Mozzarella Cheese Pizza Sticks	Keep frozen until ready to heat. Preheat oven to 400°F. Remove mozzarella sticks from packaging and place on parchment lined or non-stick baking sheet. Bake for 14-17 minutes.	Thaw in refrigerator overnight prior to heating. Remove from packaging and place on microwave safe plate. Microwave for 20 seconds on high, turn, then 20 more seconds or until cheese is melted.	<i>Contains Cheese, Corn/Corn Products, Gluten, Milk, Potatoes, Soy, Wheat, Yeast.</i>
	Chicken Sandwich <i>Served on a Whole Grain Bun</i>	Keep frozen until ready to heat. Preheat oven to 400°F. Remove chicken patty from packaging and place on parchment lined or non-stick baking sheet. Bake for 8-10 minutes. Place cooked patty on whole grain bun.	Thaw in refrigerator overnight prior to heating. Remove from packaging and place on microwave safe plate. Microwave for 30 seconds on high, turn, then 30 more seconds or until chicken patty is heated thoroughly. Place cooked patty on whole grain bun.	<i>Contains Carrot, Celery, Chicken, Corn/Corn Products, Garlic, Gluten, Onion, Rice, Soy, Wheat, Yeast; Processed in a facility that also processes Sesame</i>
	Chicken Nuggets	Keep frozen until ready to heat. Preheat oven to 400°F. Remove nuggets from packaging and place on parchment lined or non-stick baking sheet. Bake for 8-10 minutes.	Thaw in refrigerator overnight prior to heating. Remove from packaging and place on microwave safe plate. Microwave for 30 seconds on high, turn, then 30 more seconds or until nuggets are heated thoroughly.	<i>Contains Carrot, Celery, Chicken, Garlic, Gluten, Onion, Pepper (any kind), Rice, Soy, Wheat, Yeast.</i>
	Chicken Tenders	Keep frozen until ready to heat. Preheat oven to 400°F. Remove strips from packaging and place on parchment lined or non-stick baking sheet. Bake for 8-10 minutes.	Thaw in refrigerator overnight prior to heating. Remove from packaging and place on microwave safe plate. Microwave for 30 seconds on high, turn, then 30 more seconds or until strips are heated thoroughly.	<i>Contains Carrot, Celery, Chicken, Garlic, Gluten, Onion, Rice, Soy, Wheat, Yeast</i>
SIDE DISHES	Cheeseburger <i>All Beef Patty served with American Cheese on a Whole Grain Bun</i>	<i>From Thawed (recommended):</i> Thaw in refrigerator overnight prior to heating. Preheat oven to 350°F. Remove patty from packaging and place on parchment lined or non-stick baking sheet. Heat for 8-10 minutes. <i>From Frozen:</i> Keep frozen until ready to eat. Preheat oven to 350°F. Remove patty from packaging and place on parchment lined or non-stick baking sheet. Heat for 12-15 minutes. Place cooked patty on whole grain bun and top with cheese if desired.	Thaw in refrigerator overnight prior to heating. Remove from packaging and place on microwave safe plate. Microwave for 30 seconds on high, turn, then 30 more seconds or until patty is heated thoroughly. Place cooked patty on whole grain bun and top with cheese if desired.	<i>Contains Cheese, Corn/Corn Products, Gluten, Milk, Soy, Wheat, Yeast. Processed in a facility that also processes Sesame.</i>
	Vegetable Egg Roll <i>Whole Grain Eggroll filled with a Medley of Vegetables such as Carrots, Celery, & Cabbage</i>	Keep frozen until ready to heat. Preheat oven to 350°F. Remove egg roll from packaging and place on parchment lined or non-stick baking sheet. Bake for 15-20 minutes. Rotate tray halfway through baking.	Thaw in refrigerator overnight prior to heating. Remove from packaging and place on microwave safe plate. Microwave for 30 seconds on high, turn, then 30 more seconds or until egg roll is heated thoroughly.	<i>Contains Cabbage, Carrot, Celery, Corn/Corn Products, Egg, Gluten, Onion, Potatoes, Rice, Soy, Wheat, Yeast.</i>
	Frozen Vegetables (<i>Whole Kernel Corn, Edamame Blend, Peas & Carrots</i>)	Microwave heating recommended.	Keep frozen until ready to heat. Place frozen corn in a microwave safe container. Add 1 tablespoon of water to the frozen vegetable. Microwave on high for 1-2 minutes or until internal temperature reaches 135°F. Add desired seasonings to taste.	<i>*Edamame Blend contains edamame, corn, carrots, and red peppers</i>
	Emoji Potatoes	Keep frozen until ready to heat. Preheat oven to 425°F. Remove potato pieces from packaging and place on parchment lined or non-stick baking sheet. Bake for 9-13 minutes, turning once halfway through cooking.	Thaw in refrigerator overnight prior to heating. Remove from packaging and place on microwave safe plate. Microwave for 30 seconds on high, turn, then 30 more seconds or until potatoes heated thoroughly.	<i>Contains Corn/Corn Products, Potatoes, Seeds (any kind), Soy, Sunflower Seeds</i>