



Cooking instructions for our meals for home

Keep entrées frozen until day before or of consumption

****Menu's for 5 day remote or hybrid in school are located on the Child Nutrition web site***

Please note- entrees should stay frozen until plan for consumption

Transfer all items to microwave or oven-able dishware

- Most breakfast items are shelf stable with the exception of juice, and dairy items.
- For pizza, stuffer, chicken, and burgers- can be cooked in a moderate oven at 350 degrees for 10-15 minutes, from frozen.
- If you have an air fryer, it should be set for 350 degrees for 4-6 minutes.
- Pizza works best in oven or toaster oven
- Turkey and cheese hoagie- thaw in refrigerator overnight. Eat cold or heat in microwave/ or toaster oven
- All frozen veggies can be microwaved for 2-3 minutes.
- All fresh vegetables can be eaten raw or cooked
- Taco meat, meat sauce, casseroles etc. most main entrées can be easily microwaved for 2-4 minutes.
- Diced chicken can be thawed in refrigerator overnight- (1 serving is ½ cup) mix with mayo, pepper, chopped celery for chicken salad/ or add gravy and served with mashed potatoes

Fresh vegetables packed bulk – ½ cup is one serving

Canned fruit packed bulk- ½ cup is one serving

½ gallon of milk- 8 oz is one serving- additional ½ pts are available upon request.