



Food Handling & Storage

We provide meals to all children of the community up to age 18. Food items will be served frozen, refrigerated, or ready-to eat. Meal Preparation information can be found at RowlandNutrition.org (*Menus-Other Documents*.)

All foods requiring refrigeration must be kept at a temperature of 40 degrees or below. Shelf stable items must be stored at a temperature of 85 degrees or below.

1. **Shaker Salad, Milk & Yogurt Parfait** - Refrigeration required. Consume by the "Best By" date located on the product.
2. **All Cereal, Crackers & Power Pack Lunch Entree** - Shelf table. No refrigeration required. Consume by the "Best By" date located on the product.
3. **Benefit Bar, Breakfast Cluster, Buttermilk Bar, Concha, Honey Bun, Ultimate Breakfast Round & Muffin** - Frozen product, thaw prior to consumption. Consume within 7 days or receipt.
4. **String Cheese** - Refrigeration required. Consume within 7 days of receipt.
5. **Build-Your-Own Pizza Kit or Build-Your-Own Nachos Kit** - Safe to consume cold. Components must be heated to a minimum temperature of 165 degrees if consumed hot. Consume within 7 days of receipt.
6. **Build-Your-Own Sandwich - Tuna Salad or Turkey Ham & Cheese** - Refrigeration required; consume within 7 days.
7. **"Heat at Home" Breakfast & Lunch Entrees** - (e.g. Grilled Cheese, Bean & Cheese Burrito etc.) - Will be provided provided frozen.. Refrigeration Required. Must be heated to a minimum temperature of 165 degrees prior to consumption. Consume within 7 days of receipt. Heating instructions specific to each menu item are provided in the page titled "Heating Instructions".
8. **Wrapped Sandwiches (*may contain Pork)** - Will be provided frozen. Defrost under refrigeration prior to consumption. Consume within 7 days or receipt.
9. **Hot Lunch item (e.g. Chicken Nuggets, Orange Chicken w/ Rice, etc.)** - Consume within 2 hours or receipt.
10. **Vegetable packs** - Refrigeration Required. Consume by the "Best By" date located on the product or within 5 days of receipt, whichever is sooner.
11. **Fresh Fruits** - Refrigeration recommended. Wash all fresh fruit prior to consumption.
12. **Fruit/Vegetable Cups** - Will be served frozen. Defrost under refrigeration prior to consumption. Consume within 7 days of receipt.

Rowland Unified School District is not responsible for food once it has left the district pick-up site.

"Menu is subject to change without notice. This institution is an equal opportunity provider.



Don't forget to recycle the bags in your local area! (Target, Walmart, Lowe's..)



Heating Instructions

"Heat at Home" Breakfast & Lunch Entrees:

"Heat at Home" entrees must be heated to a minimum temperature of 165 degrees prior to consumption. Heating instructions specific to each menu item are listed below.

"Heat at Home" Breakfast Entrees

- **Beef Sausage & Cheese Bagel Sandwich:** Do not remove wrap before heating. Bake for 18-20 minutes at 350F OR microwave for 30-40 seconds, or until product reaches 165F.
- **Beef Sausage Sandwich on a Hawaiian Bun:** Do not remove wrap before heating. Bake for 18-20 minutes at 350F OR microwave for 30-40 seconds, or until product reaches 165F.
- **Breakfast on a Stick:** Bake for 22-25 minutes at 350F OR microwave for 40-50 seconds, turning once, or until product reaches 165F.
- **Chicken & Waffle:** Do not remove wrapper before heating. Bake for 10 minutes at 350F OR Microwave for 40 seconds, or until product reaches 165F. If heating components separately: Waffle: bake for 3-5 minutes at 350F OR microwave for 20-30 seconds, or until product reaches 165F; Chicken: bake for 7-10 minutes at 375F OR microwave for 30-40 seconds, or until product reaches 165F.
- **Chorizo Sunrise Soft Taco:** Do not remove wrap before heating. Bake for 18 minutes at 325F OR microwave for 30-40 seconds, turning once or until product reaches 165F.
- **Colby Cheese Omelette:** Heat before serving. Remove foil wrapper. Bake for 10 mins at 350°F or until food reaches 165°. Cooking times may vary due to variances in cooking equipment.
- **Mini Pancakes:** Do not remove wrapper before heating. Bake for 5-7 minutes at 350F OR microwave for 20 seconds, or until product reaches 165F.

"Heat at Home" Lunch Entrees

- **Bean & Cheese Burrito:** Do not remove wrapper before heating. Bake for 10-16 minutes at 350F OR microwave for 40-50 seconds, turning once, or until product reaches 165F. (For Wet Burrito, warm sauce in microwave and place on top of Burrito after heating).
- **Build-Your-Own Nachos Kit:** (Tortilla Chips, Cheddar Cheese Cup, Bean Cup, Chicken or Beef Crumbles): Defrost cheese cup, bean cup and chicken or beef crumbles in refrigerator for 1-2 days prior to consumption. May be consumed cold. To consume hot, heat individual components in microwave for 20-30 seconds each or until product reaches 165F OR Assemble nachos and bake for 5-6 minutes at 325F OR Microwave for 30-40 seconds, or until product reaches 165F.
- **Cheese Bites:** Bake for 8-10 minutes at 325F OR remove wrapper and microwave for 30-40 seconds, or until product reaches 165F.
- **Cheeseburger Minis:** Bake for 15-20 minutes at 325F OR microwave for 30-50 seconds, turning once, until product reaches 165F.
- **Chicken Double Dogs:** Do not remove wrapper before heating. Bake for 20 minutes at 300F OR microwave for 40-50 seconds, turning once, or until product reaches 165F.
- **Chicken Nuggets:** Heat before serving. Remove foil wrapper. Bake for 8-10 mins at 400° or until food reaches 165°. Cooking times may vary due to variances in cooking equipment.
- **Corn Dog:** Remove foil wrapper. Bake in a 350F oven for 14-17 min until food reaches 165F.
- **Galaxy Cheese Pizza:** Cook from frozen state. Bake for 24-26 minutes at 400F OR microwave for 2-2.5 minutes, until product reaches 165F.
- **Grilled Cheese Sandwich:** Do not remove wrapper before heating. Bake for 12 minutes at 350F, or until product reaches 165F.

Heating Instructions

"Heat at Home" Breakfast & Lunch Entrees:

"Heat at Home" entrees must be heated to a minimum temperature of 165 degrees prior to consumption. Heating instructions specific to each menu item are listed below.

"Heat at Home" Lunch Entrees - CONTINUED

- **Meatball Sandwich:** Remove the lid from container and place in microwave. Heat for 90 seconds OR transfer food into the oven-safe container and bake at 350°F for 15 min; heat until food reaches 165°F.
- **Turkey Taco Nada:** Cook from frozen state. Bake for 30-32 minutes at 350F OR microwave for 1-1.5 minutes, turning once, until product reaches 165F.
- **Veggie Pinwheel:** Do not remove wrapper before heating. Bake for 12-16 minutes at 350F, or until product reaches 165F.

Breakfast & Lunch Items:

Breakfast

- **Beef Sausage & Cheese Bagel**
- **Breakfast Cluster**
- **Breakfast Muffin**
- **Buttermilk Bar**
- **Cereal Cups**
- **Chicken and Waffle**
- **Cinnamon Crumble**
- **Colby Cheese Omelette**
- **Concha Pan Dulce**
- **Dunkin Sticks**
- **Fruit Sides**
- **Honey Bun**
- **Mini Pancakes**
- **Oatmeal Chocolate Chip Benefit Bar**
- **String Cheese**
- **Ultimate Breakfast Rounds (Cinnamon)**

Lunch

- **Assorted Crackers**
- **Build-Your-Own Pizza Kit** (Flat Bread Rounds, Shredded Cheese, BBQ Sauce, Diced Onion, Chicken) - *To consume hot, assemble nachos and bake for 6-8 minutes at 325F OR microwave for 30-40 seconds, or until product reaches 165F.*
- **Build-Your-Own Yogurt Parfait Kit** (Yogurt Cup, Fruit Cup, Granola Pack & String Cheese)
- **Build-Your-Own Tuna Salad OR Deli Turkey/Turkey Ham & Cheese Sandwich** (Served cold)
- **Burrito** - Bean & Cheese (Served Cold - Heat at Home)
- **Chicken Double Dogs**
- **Cheeseburger Minis**
- **Chicken Nuggets** (Served Cold - Heat at Home)
- **Corn Dog**
- **Loaded Cheesy Beef Fries** (Served hot on day of service)
- **Meatball Sandwich** (Served cold on day of service - Heat at home)
- **Orange Chicken w/ Brown Rice** (Served hot on day of service)
- **Power Pack** (Sunflower Seeds Pack, Sun butter Cup, Dried Fruit Pack, Whole Grain Crackers)
- **Shaker Salad** (Served cold on day of service)
- **Teriyaki Chicken w/ Brown Rice** (Served hot on day of service)
- **Turkey & Cheese and Deli Turkey & Cheese Sandwich** (Served cold on day of service)
- **Turkey & Gravy w/ Mashed Potatoes** (Served hot on day of service)
- **Veggie Pinwheel** (Served cold - heat at home)

