

<b>BEVERAGES</b>	
Milk and Juice	Keep refrigerated at a temperature of 41 degrees or below
<b>BREAKFAST ITEMS</b>	
Cereal	Shelf stable. Does not require refrigeration
Breakfast Muffin	Keep frozen. Thaw at room temperature before eating
Mini Donuts	Keep frozen. Thaw at room temperature before eating
Breakfast Bread	Keep frozen. Thaw at room temperature before eating
Toaster Pastry	Shelf stable. Does not require refrigeration
Cinnamon Roll	Keep frozen. Thaw at room temperature before eating
Biscuit	Keep frozen. Thaw at room temperature before eating
Dunkin Stix	Keep frozen. Thaw at room temperature before eating
Goody Ring	Keep frozen. Thaw at room temperature before eating
Benefit Bar	Keep frozen. Thaw at room temperature before eating
Breakfast Pizza	Keep frozen. Preheat oven to 375 degrees. Cook from a frozen state. Place frozen pizza on baking sheet. Place on middle rack and cook for 20-23 min.
Waffle Sandwiches	Keep frozen. Thaw under refrigeration overnight prior to cooking. Preheat oven to 350 degrees. The wrapping is oven safe. Heat for 10-12 minutes.
Pancake Sausage Stick (looks like a corn dog)	Keep frozen. Thaw under refrigeration overnight prior to cooking. Preheat oven to 375 degrees. Heat for 20-25 minutes until internal temperature of 165 is reached. For children under 5 years of age, remove stick and cut product lengthwise then into small pieces.
Dutch Waffle (looks like a funnel cake)	Keep frozen. Preheat oven to 450 degrees. Cook from a frozen state. Place on baking sheet. Place on middle rack and cook for 3-4 min.
<b>LUNCH- ENTREES</b>	
Chicken Nuggets, Tenders, Popcorn, Sticks & Patties	Keep frozen until ready to use. These are pre-cooked products and can be warmed quickly in the microwave or heated in a 400 degree oven for 8-10 minutes.
Fish Sticks	Keep frozen until ready to use. Preheat oven to 425 degrees and Bake for 15-20 minutes. Sticks should reach an internal temperature of 165 degrees F.
Mini Waffles w/ Blueberry Pie Parfait Mini Pancakes w/ Smoothie	Keep waffles/pancakes frozen until ready to use. Refrigerate Parfait/Smoothie until ready to use. Heat waffle and/or Pancakes, in their bag, on baking sheet in pre-heated 350 degree oven for 11-13 minutes or microwave on high for 30-35 seconds
Chicken Alfredo Pasta Ravioli Pasta w/ Meat Sauce Macaroni & Cheese w/ Broccoli	All pasta dishes should be kept refrigerated until ready to use. They are served in microwavable containers. Heat in microwave for 1 minute, stir and heat for an additional 1-2 minutes until hot. Let sit for 1 minute.
Meatball & Mozzarella Hoagie	Keep meatballs frozen until ready to use. This is a pre-cooked product and can be warmed quickly in the microwave or heated in a 350 degree oven for 15-18 minutes. Mix meatballs with marinara sauce spread on Hoagie roll and sprinkle with mozzarella cheese.
Personal Cheese Pizza French Bread Pizza	Keep pizza frozen until ready to use. Pre-heat oven to 350 degrees. Place pizza on baking sheet and cook for 8-11 minutes or until cheese is melted and crust edges are golden brown.
Cheeseburger	Keep burger frozen until ready to use. Keep cheese topped bun in refrigerator until ready to use. This burger is a pre-cooked product and can

	be warmed in the microwave or heated in a 375 degree oven for 15-18 minutes. Place on cheese topped bun and add your favorite toppings.
Ham & Cheese Pretzel Turkey & Cheese Croissant Italian Hoagie	These cold sandwiches should be kept refrigerated until ready to eat.
Mozzarella Cheese Sticks	Keep frozen until ready to use. Preheat oven to 400 degrees. Place frozen cheese sticks on a baking sheet and bake for 7 minutes. Remove from oven and allow to sit for 1-2 minutes before serving.
French Toast Sticks w/ Parfait	Keep French toast frozen until ready to use. Refrigerate Parfait until ready to use. Place on baking sheet and bake in pre-heated 325 degree oven for 10-12 minutes.
General Tso Chicken w/ Rice and Stir Fry Veggies	Keep refrigerated until ready to use. Served in microwavable container. Heat in microwave for 1 minute, stir and heat for an additional 1-2 minutes until hot. Let sit for 1 minute.
Sloppy Joe Meat BBQ Pulled Pork Meat Egg Patty w/ Cheese & Bacon	Keep refrigerated until ready to use. These items are fully cooked and can be quickly heated in the microwave and then placed on bun/croissant for service.
Hot Dog (pork & beef)	Keep refrigerated until ready to use. Use your favorite cooking method. Heat on stove top in boiling water for 2-3 minutes Cover with water in a microwave safe bowl and heat for 2-3 minutes Grill or heat in 350 degree oven for 8-12 minutes
Taco Meat	Keep refrigerated until ready to use. This item is fully cooked and can be quickly heated in the microwave for service.
Roasted Chicken/Breaded Drumbsticks	Keep refrigerated until ready to use. This item is fully cooked and can be quickly heated in the microwave or eaten cold.
<b>Cold Vegetables, fruits and sides</b>	Keep refrigerated until ready to use.
<b>Hot Vegetables</b> Peas Corn Baked Beans	Keep refrigerated until ready to use. These items can be heated in the microwave.

### **STAY HEALTHY, CLEAN, AND SAFE**

Below are some simple food safety guidelines for your meals.

- Wash your hands before eating this meal or handling the food.
- Cold meals should be eaten immediately or refrigerated within 2 hours of receiving the meal. Foods like dairy (milk, cheese, etc.) and meats should be quickly refrigerated at a temperature of 41° F or lower.
- Hot foods should be reheated to a minimum temperature of 165°F or higher before eating.
- Any leftovers from this meal should be thrown out after 7 days of receiving it! Throw out any meal is left out for 4 hours or longer at room temperature.
- Any FROZEN items should be quickly placed into a freezer within 30 mins of receiving the food.
- Frozen food should be prepared properly. General guidelines would be to cook all meats and items containing dairy (Ex. Macaroni and Cheese) to 165°F or higher and frozen vegetables to 135°F or higher.

**We are honored to be able to serve you during this time!**

