



Meal Bundle Storage and Heating Instructions

Items in your meal bundle	Food Storage and Preparation Instructions
Beverages	
Milk	Refrigeration required 40 degrees or below. Consume by the "Best By" date located on product.
Juices	Refrigeration required. Consume within 10 days.
Breakfast	
Bagel, Pillsbury Cream Cheese	Keep frozen. For best quality, heat in the oven at 350°F for 7 - 8 minutes or until warm or microwave for 45 seconds.
Banana Bread	May be stored at room temperature for up to 5 days.
Biscuit, Chicken	Keep frozen. Place biscuit on baking sheet. Heat in an oven at 300°F for 20 - 30 minutes or until hot.
Biscuit, Sausage	Keep frozen. Place biscuit on baking sheet. Heat in an oven at 300°F for 20 - 30 minutes or until hot.
Cereal	Shelf Stable. Store at room temperature.
Chicken & Waffle	Chicken & Waffle: Place sealed sandwich on baking sheet. Preheat oven to 325°F. Cook for 10-15 minutes or until hot.
Cinnamon Roll	Keep frozen. To serve at room temperature, remove from freezer 1 day prior. To microwave, remove from wrapper and heat for 8-10 seconds.
French Toast Sticks	Preheat oven to 350°F. Place frozen pouches on baking sheet heat for 9-10 minutes. Microwave on High for 45 seconds.
Fruit Frudel	Keep frozen. For best quality, heat in the oven at 350°F for 7 - 10 minutes or until warm or microwave for 45 seconds.
Honey Bun	May be stored at room temperature for up to 3 days.
Muffin	May be stored at room temperature for up to 5 days.
Pancake Minis OR Waffles	Keep frozen. For best quality, heat in the oven at 350°F for 7 - 10 minutes or until warm or microwave for 45 seconds.
Pancake Sausage on Stick	Keep frozen. Heat in an oven at 350°F for for 31-33 minutes frozen, 16-18 minutes thawed, until hot (food temp 160°F). Microwave on High for 75-85 seconds if frozen, 40-50 seconds if thawed.
Chicken Ssg Pancake Sandwich	Keep Frozen. Place sandwich on baking sheet. Heat in a 300°F oven for 20-30 minutes or until hot.
Super Donut	May be stored at room temperature for up to 3 days.
Turkey Ham & Cheese on Hawaiian Bun	May be stored in the refrigerator for up to 2 days. May be eaten cold. For a hot sandwich: Place wrapped sandwich on baking sheet. Heat in the oven at 350°F for 30 - 35 minutes if frozen and 18-20 minutes if thawed.
Waffles	Keep frozen. For best quality, heat in the oven at 350°F for 7 - 10 minutes or until warm or microwave for 45 seconds.
Lunch Entrees	
Beef Fiestada	Keep frozen. Remove from package. Place on a baking sheet. Beef Fiestada: Heat in the oven at 425°F for 18-22 minutes.
Beef & Cheese Spanish Rice	Keep frozen. Microwave in black heat resistant bowl for 3 minutes or until hot Do not put bowls in the oven. If this is packed in a styrofoam bowl, remove from the bowl prior to heating. Serve with tortilla chips and enjoy.

Biscuit	Keep frozen. Thaw at room temperature. Eat within 3 days of thawing. May be warmed.
Catfish "Po Boy" w/Hoagie Roll	Keep frozen. Place catfish in a single layer on a baking sheet. Bake in oven at 350°F for 25 minutes. Thaw Hoagie Roll at room temperature or lightly toast bun. Place cooked catfish in the hoagie roll. Top with tartar sauce or add your favorite toppings like lettuce, tomato, coleslaw, mayonnaise, hot sauce.
Cheese Calzone	Keep frozen. Remove from package. Thaw in the refrigerator. Place calzone on baking sheet. Heat in the oven at 400°F for 10-12 minutes.
Cheese Dunkers	Keep frozen. Remove from package. Place on a baking sheet. Heat in the oven at 350°F for 13-15 minutes.
Chicken & Gravy w/Rice	Keep frozen. Microwave in black heat resistant bowl for 3 minutes or until hot. Do not put bowls in the oven. If this is packed in a styrofoam bowl, remove from the bowl prior to heating. Serve with tortilla chips and enjoy.
Chicken & Rice Casserole	Keep frozen. If the product is served in a styrofoam or clear bowl, remove prior to heating. Casseroles in the black heat resistant bowl may be cooked in the microwave - no not pun in the oven. Microwave for 3 minutes or until hot.
Chicken Burrito Bowl	Keep frozen. Microwave in black heat resistant bowl for 3 minutes or until hot. Do not put bowl in the oven. If served in a styrofoam bowl, remove prior to heating. May be topped with taco sauce or salsa. Serve with chips.
Chicken Sandwich	Keep Frozen. Remove from package. Separate bun and chicken patty. Preheat oven 375°F, place chicken patty on sheet pan, heat for 14-16 minutes. Turn patty after 6 minutes. Bun may be served at room temperature or heated per personal preference.
Chicken Tenders	Keep frozen. Remove from package. Place on a baking sheet. Heat in the oven at 400°F for 8-10 minutes.
Corn Dog Nuggets	keep frozen. Remove from package. Heat in the oven at 350°F for 20 minutes or until hot.
Crackers and Chips	Shelf-stable. Consume by the "Best By" date located on product.
Garlic Bread	Keep Frozen. Remove from package. Preheat oven 375°F, place on baking sheet, bake 4 minutes.
Ham & Cheese Sand.	May be stored in the refrigerator for up to 2 days. May be eaten cold. For a hot sandwich: Remove from package. Place the sandwich on a baking sheet. Heat in the oven at 325°F for 15-20 minutes or until cheese is melted.
Hamburger on Bun	Keep Frozen. Remove from the package. Separate bun and hamburger patty. Preheat the oven to 375 degrees. Place hamburger patty on the sheet pan, heat for 20-25 minutes. Bun may be served at room temperature or heated.
Hot Dog on Bun, Beef	Keep frozen. Remove from package. Separate Hot Dog and Bun. Hot Dog can be boiled for 4 to 6 minutes or broiled for 7-9 minutes. (food temp 160°F). Bun may be served at room temperature or heated per personal preference.
Lasagna Rollup	Keep frozen. Microwave in black heat resistant bowl for 3 minutes or until hot. Do not put bowls in the oven. If lasagna is in a styrofoam bowl, remove prior to heating.
Oven Fried Chicken	Keep frozen. Remove from packaging. Preheat oven to 350°F. Place on a baking sheet and bake for 25-30 minutes.
Pizza, Slice	Keep frozen. Remove from package. Heat in a 325°F oven for 8-11 minutes or until cheese is melted and crust edges are golden brown.
Pizza Crunchers	Keep frozen. Remove from package. Place crunchers on a baking sheet. Heat in the oven at 350°F for 15 minutes.
Popcorn Chicken	Keep frozen. Remove from package. Place on a baking sheet. Heat in the oven at 375°F for 10 - 12 minutes.
Rib B Que with Bun	Keep Frozen. Remove from package. Separate bun and Rib B Que Patty. Preheat oven 350°F, place patty on sheet pan, heat for 15-20 minutes. Turn frequently to avoid overcooking. Bun may be served at room temperature or heated. Top with BBQ sauce after assembling the sandwich.
Roll	Keep frozen. Thaw at room temperature. Eat within 3 days of thawing. May be warmed.
Sloppy Joe Sandwich	Keep frozen. Microwave in black heat resistant bowl for 2 minutes or until hot. Do not put bowls in the oven. If sloppy joe filling is in a styrofoam bowl, remove prior to heating. Bun may be served at room temperature or heated. Top with BBQ sauce after assembling the sandwich.

Taco Bowl	Keep frozen. Microwave in black heat resistant bowl for 3 minutes or until hot. Do not put bowls in the oven. If this is packed in a styrofoam bowl, remove from the bowl prior to heating. May top with taco sauce or salsa. Serve with tortilla chips and enjoy.
Turkey & Cheese Sand.	May be stored in the refrigerator for up to 2 days. May be eaten cold. For a hot sandwich: Remove from package. Place the sandwich on a baking sheet. Heat in the oven at 325°F for 15-20 minutes or until cheese is melted.
Vegetables	
Vegetables (Broccoli, Carrot Coins, Corn, Mashed Potatoes, Mixed Vegetables, Sweet Peas, Sweet Potato Bites)	Keep frozen. If vegetables are in a styrofoam bowl, clear bowl or bag, remove from the package prior to heating. Vegetables in black heat resistant bowls may be placed in the microwave - do not put in the oven. Heat vegetables for 2 minutes or until cooked thoroughly. Season to taste.
Emoji Fries; Sweet Potato Wedges	Keep frozen. Remove from package. Place in a single layer on baking sheet. Cook in oven at 425°F for 9-13 minutes for fries and 25 minutes for wedges.
Fruit	
Applesauce Cups & Raisins	Applesauce cups and Raisins are shelf-stable. Consume by the "Best By" date located on the product.
Cold Fruit Cups	Keep fruit cups frozen. May be refrigerated for up to 3 days prior to eating.
Cool Tropics Fruit Slushy	Product is shelf-stable. For a slush-freeze prior to eating.

**Heating instructions are for best quality.
Oven temperatures and cooking times may vary.
Products may be microwaved if preferred.**

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