

FALL 2020

Take Home Menu

Meal Storage and Preparation Instructions:

All Shelf Stable items: No refrigeration required. Consume by the “best by” date on the product.

Grain-Based Breakfast (Previously Frozen): Shelf stable, but consume within 5 days.

All Fresh Milk, Juice and Cheese: Refrigeration required. Consume by the “best by” date on the product or within 5 days, whichever comes first.

-All foods requiring refrigeration need to be kept at a temperature of 41°F or lower.

Lunch Items That Require Heating: Store in freezer or refrigerator until ready to heat & consume. Store in the refrigerator no longer than 5 days. Follow the cooking instructions above, and consume within two hours of heating.

Frankfort High School Food Service Department



Breakfast

Menu Item	Cooking Instructions	Carbs (grams)
Cereal Bowl (Honey Nut Cheerios)		45
Cereal Bowl (Cinnamon Toast Crunch)		44
Cereal Bowl (Lucky Charms)		46
Yogurt (Danimals)		14
Cereal Bar		30
Crumb Cake (Blueberry)		45
Crumb Cake (Chocolate Chip)		49
Granola, Indiv		20
J&J Bar		47
Muffin		Blueberry: 30 Chocolate: 32 Banana: 30
Apple Cinnamon Bread	COOK FOR 6-9 MINUTES IN A 325 F - 350 F CONVECTION OVEN. PRODUCTS APPEAR TO BE COOKED BUT ARE NOT AND NEED TO BE COOKED TO AN INTERNAL TEMPERATURE OF 165	45
Sausage Pancake Stick	Place a frozen breakfast stick on a microwave safe dish. Make a ¼ inch slit on top of film to vent. Microwave on high (1000 watts) for 50-55 seconds or until internal temperature of 165°F is reached. Let stand in the microwave for 1 minute before serving. CAUTION: Product will be hot!	16
Eggo Pancakes	Thaw & Serve: Thaw at room temperature for 60 minutes; serve within 1 hour of thawed state. Microwave: Place 1 frozen pouch, picture side up, on a microwave-safe dish. Heat on HIGH for 45 seconds.	35
French Toast Sticks	Preheat Temp 350F; Time from Frozen 10 min; Time from Thawed Not recommended; Preheat oven. Place a single layer of frozen French toast packages, glaze side up, on baking sheet. Do not remove or open outer	26

	wrap. Bake until product reaches an internal temperature of 165F.	
Breakfast Bagel	For a softer crust: Preheat oven to 325 F. Place pizza directly on center oven rack. Cook for 7 to 10 minutes or until cheese is melted and crust edges are golden brown. For a crispy crust: Preheat oven to 325 F. Place pizza on a baking sheet. Cook for 8 to 11 minutes or until cheese is melted and crust edges are golden brown.	30
Breakfast Pizza	Place frozen pizzas on prepared pans. Heat oven to 350F. Bake for 15 to 17 minutes. Rotate pan halfway through bake time. Refrigerate or discard any unused portion. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments	25
Snackin Waffle	THAW AND SERVE: Waffles are pre-baked and ready to eat. Simply thaw waffles to room temperature. Waffles may be pulled out of the cooler or freezer the night before, so they're fully thawed for the morning. MICROWAVE: Open one end of the bag, and microwave for about 15 seconds (can finish in the toaster). Waffles may also be warmed or toasted outside their bags for a crisper waffle.	37
Cinni Mini	THAW AND SERVE: Cinni Minis are pre-baked and ready to eat. Simply thaw cinni minis at room temperature. CONVENTIONAL OVEN: Preheat the oven to 350°F. Place pouches flat on a baking sheet and heat for 10-12 minutes. *DO NOT place pouches directly on the oven rack or let pouches touch oven sides. Consume within 6 hours of preparing.	39

Lunch

Menu Item	Cooking Instructions	Carbs
PBJ Uncrustable		32
Cheese Stick (Mozzarella)		1
Cheese Stick (Colby Jack)		1

Cheddar Goldfish		14
Baked Doritos		19
Dinner Roll		14
Taco Meat	<p>Microwave: Transfer taco or burrito filling into a microwave safe bowl or container. Cover bowl with damp paper towel. Heat on high for 60 seconds or until the product reaches the desired serving temperature or until product reaches 145°F</p> <p>Stove Top: Transfer taco or burrito filling into an 8-inch sauté pan or small pot. Heat over medium/low heat for 2-3 minutes or until product reaches 145°F</p> <p>Oven: Preheat oven to 350°F. Transfer taco or burrito filling into an oven approved container. Place a lid or aluminum foil on the container and heat for 12-15 minutes or until product reaches 145°F</p>	2
Chicken Patty on Bun	<p>FROM FROZEN: Conventional oven: Preheat oven to 350°F. Place frozen chicken patty on a baking sheet. Bake uncovered for 30 minutes or until the product reaches a minimum internal temperature of 165°F. *The product can be heated in a microwave until the product reaches a minimum internal temperature of 165°F, but the manufacturer recommends using an oven for the best quality product.</p>	39
Chicken Smackers	<p>Remove chicken smackers from packaging, and place the smackers on a microwave-safe dish. Microwave on high for 1-3 minutes and until a minimum internal temperature of 165°F.</p>	17
Chicken Tenders	<p>FROM FROZEN: Conventional oven: Preheat oven to 350°F. Place frozen chicken pieces in a single layer on a baking sheet. Bake uncovered for 10-14 minutes or until the product reaches a minimum internal temperature of 165°F. *The product can be heated in a microwave until the product reaches a minimum internal temperature of 165°F, but the manufacturer recommends using an oven for the best quality product.</p>	17
Chicken Fajita	<p>Microwave: Transfer into a microwave safe bowl or container. Cover bowl with damp paper towel. Heat on high for 60 seconds or until the product reaches the desired serving temperature or until product reaches 145°F</p> <p>Stove Top: Transfer into an 8-inch sauté pan or small pot. Heat over medium/low heat for 2-3 minutes or until product reaches 145°F</p> <p>Oven: Preheat oven to 350°F. Transfer into an oven approved container. Place a lid or aluminum foil on the container and heat for 12-15 minutes or until product reaches 145°F</p>	9

Pepperoni & Cheese Calzone	FROM FROZEN: Remove calzone from the wrapper prior to cooking. Wrap calzone with a paper towel and place the product on a microwave safe dish. Cook in the microwave on High for 2 minutes or until the minimum internal temperature of 165°F is reached. CAUTION: Calzone will be hot! Allow the calzone to cool for at least 2 minutes prior to eating.	32
Jumbo Corn Dog	Remove frozen corn dog from packaging and place corn dog on a microwave-safe dish. Microwave on high for 90 seconds or until a minimum internal temperature of 165°F is reached.	31
Round Pizza 5"	Remove pizza from any packaging. Place pizza on a microwave-safe dish. Cook for 2:30-3:00 minutes on high power or until a minimum internal temperature of 135°F has been reached. Additional cooking time may be required.	31
Cheese Pizza (French Bread)	Remove pizza from the box. Place pizza on a microwave-safe dish. Start cooking for 1 minute while keeping an eye on your pizza as it cooks. The pizza is done cooking when the cheese has melted, and a minimum internal temperature of 135°F has been reached. Additional cooking time may be required.	29
Pull Apart Pizza	Cook for 9-12 minutes in a 350°F convection oven. If individually wrapped, cook in ovenable film. Cook to an internal temperature of 165°F as measured by a food thermometer. CAUTION: Product will be hot. Let stand for 2 minutes.	29
Pizza Sticks	Preheat oven to 350F. Place one frozen breadstick sheet on parchment lined half sheet pan. Bake for 26-28 minutes. NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion.	28
Ham and Cheese Sandwich	Remove from packaging. This item can be served cold or heat in the microwave until cheese melts.	28
Sausage Patties	To Bake (convection oven): Preheat oven to 325F, heat for 3 - 3 1/2 minutes if frozen, 2 1/2 - 3 minutes if thawed.	0
Turkey Wrap	Remove from packaging. Serve cold.	22
Baked Beans	Pour baked beans into a microwave safe dish, and cover with a paper towel. Heat for 60 seconds or until heated all the way through.	29

Corn	Pour frozen corn kernels into a microwave safe dish, and cover with a paper towel. Cook for 1 minute. Stir corn in the dish. Place back in the microwave and heat for 1-1 ½ more minutes or until heated through. Season as desired.	16
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*Note: Appliances vary, so adjust cooking times as needed.