

EXTRA EATS!

Item	Allergens	Storage C=COOLER D=Dry F=FROZEN	Storage Length	Best Cooking Method	Cook Time/Temp	Internal Temp
Chicken Smackers	Gluten, Milk, Soy, Wheat	F	12 months	Oven	350°F 10-14 minutes	165°F
Chicken Tenders	Gluten, Wheat	F	12 months	Oven	350°F 10-14 minutes	165°F
Roasted Chicken Wings	Gluten, Milk, Soy, Wheat	F	12 months	Oven	375°F 38 minutes	165°F
General Tso Chicken	Egg, Gluten, Soy, Wheat	F	12 months	Oven	400°F 18-22 minutes. Heat sauce in hot water 5-7 minutes	165°F
Freshly Prepared Ranch	Egg, Milk, Soy	C	3-5 days	N/A	N/A	<40°F
Head of Lettuce	None	C	1 week	N/A	N/A	<40°F
Baby Carrots	None	C	Up to 2 weeks	N/A	N/A	<40°F
Canned Corn	None	D	See Expiration Date	Microwave	Microwave until hot	165°F
Rice	None	F	12 months	Microwave	1 cup of rice to 2 cups of water. Microwave on high for 5 minutes. Then cover and cook at medium power for 15 minutes or until water is absorbed and texture is tender.	165°F

*Once food has left site, Norwalk-La Mirada USD
is not responsible for improper food handling resulting in illness.



EXTRA EATS!

Item	Allergens	Storage C=COOLER D=Dry F=FROZEN	Storage Length	Best Cooking Method	Cook Time/Temp	Internal Temp
Homemade Croutons	Milk, Gluten, Wheat	D	Up to 3 days	N/A	N/A	N/A
Sliced Turkey	None	C	Up to 3 days	N/A	N/A	<40°F
American Cheese	Milk	C	Up to 3 days	N/A	N/A	<40°F
Fresh Hoagie	Gluten, Wheat	D	Up to 5 days	N/A	N/A	N/A
Pepperoni Pizza	Gluten, Milk, Wheat	F	12 months	Oven	400°F Remove from packaging. Place on Sheet pan with Parchment paper. Heat 20-24 minutes	165°F
Whole Apple	None	C	Up to 1 week	N/A	N/A	<40°F
Juice	None	C	Up to 1 week	N/A	N/A	<40°F
Milk	Dairy	C	See Expiration Date	N/A	N/A	<40°F



*Once food has left site, Norwalk-La Mirada USD is not responsible for improper food handling resulting in illness.



EXTRA EATS!

SNACKS

Item	Allergens	Storage C=COOLER D=Dry F=FROZEN	Storage Length	Internal Temperature
Whole Grain Crackers	Gluten, Milk, Wheat	D	See Expiration Date	N/A
Whole Grain Grahams	Gluten, Wheat	D	See Expiration Date	N/A
Blueberry Break Bar	Gluten, Soy, Wheat	D	See Expiration Date	N/A
Sour Cherry Cyclone Pop	Milk	F	12 months	<0°F
Low Fat Chips	Milk	D	See Expiration Date	N/A
Sunflower Seeds	Soy, Tree Nuts	D	See Expiration Date	N/A
Cereal Bowl	Gluten, Soy, Wheat	D	See Expiration Date	N/A
Cereal Bar	Gluten, Soy, Wheat	D	See Expiration Date	N/A
String Cheese	Milk	C	Up to 2 days	<40°F



*Once food has left site, Norwalk-La Mirada USD is not responsible for improper food handling resulting in illness.

