

## Heating Instructions for Summer School Meal Kit Items

The following items may be in your weekly meal kit. Please see below for various heating instructions.

### **Cheeseburger/Hamburger**

Warm beef patty in oven or in pan on stove until internal temperature of 165°F is reached, or until thoroughly warmed through. Place on hamburger bun and layer with slice of cheese if desired. Discard leftovers.

### **Chicken Quesadilla**

Place chicken slices and cheese inside of tortilla. Fold tortilla in half. Warm in microwave or in pan on stove until chicken is warmed through and cheese is melted. Discard leftovers.

### **Cheesy Bread**

Preheat oven to 400F. Remove from packaging and place frozen cheesy bread on baking pan and heat for 18-20 minutes until warmed through and cheese is melted. Allow to cool before eating. Discard leftovers.

### **Bean & Cheese Burrito**

For best results, thaw in refrigerator prior to heating. Arrange burrito on oven sheet. Bake at 350°F until internal temperature reaches 140°F. Microwave - Thawed 1 min; Frozen 1 1/2 - 2 min. Allow burrito to rest for 3 minutes before eating. Discard leftovers.

### **BBQ Pulled Pork Sandwich**

Place pulled pork in microwave safe dish and heat until steaming, approximately 165°F. Place on hamburger bun and allow to cool before eating. Discard leftovers.

### **Breaded Chicken Sandwich**

Preheat oven to 375°F. Place chicken breast fillet on baking pan and heat for 14-15 minutes, turning product after 6 minutes. Allow to cool before eating. Discard leftovers.

### **Chicken Corn Dog**

For best results, thaw in refrigerator 24 hours before heating. Warm oven to 350°F and cook on baking pan for 15 minutes, or place in microwave for 30-45 seconds until warmed through. Allow to cool before eating. Discard leftovers.

### **Beef Hot Dog**

Pre-heat oven to 400 degrees. Put your hot dogs in a pan or tray and heat for 15 minutes, watching to ensure they do not burst. Allow to cool before eating. Discard leftovers.

**SDUHSD Nutrition Services**

**KEEP FOOD SAFE**

Hot Foods

Consume immediately or discard within 2 HOURS

Cold Foods

Refrigerate as soon as possible, or within 2 HOURS

Frozen Foods

Store in freezer immediately.

Please discard all remaining foods within 5 DAYS or use by expiration date.

For any questions or concerns, please contact:

**SDUHSD Nutrition Services**  
**760-753-6241, ext. 3426**  
**Leslie.Luna@sduhsd.net**  
**www.SDUHSDnutrition.com**