

## Cooking and Heating Instruction

\* Please make sure that an internal temperature of at least 165F is achieved for all cooked products.

- **Cheese Pizza** – Preheat oven to 350F. Place frozen pizza on a sheet pan. Cook for 18 – 26 min.
- **Bagel Dog/ Corn Dog** – Microwave: Place frozen bagel dog in a microwave and heat for 1 -2 min on high heat.
- **Taco Nada/ Fiesta Nada** – Oven: Preheat oven to 350F. Bake for 20 min. Microwave: cook on high for 2 minutes.
- **Chicken Wing/ Drumsticks** – Preheat oven to 350F. Place Frozen Chicken wings/ drumsticks in a single layer. Cook for 10-25min.
- **Spicy Chicken Slider/ Cheeseburger slider**– Preheat oven to 375F. Place frozen buns and patty separately on a sheet pan. Cook for 6-15min.
- **Bean and Cheese Burrito** – Microwave from Frozen: Open the package and place frozen burrito in a microwave and heat for 1-2 min. Oven: Preheat oven to 300F. Place frozen burrito on a sheet pan. Cook for 16 – 23 min.
- **Grilled Cheese Sandwich**- Oven: preheat oven to 350F and cook for 18mins (frozen) or 12mins (thawed). Microwave: Open one end of the package. Place on a microwave safe plate. Microwave for 40-50 seconds.
- **Chicken Patty/ Spicy Breaded Chicken Sandwich**- Preheat oven to 375F. Place frozen buns and patty separately on a sheet pan. Cook for 6-10 min.
- **BBQ Rib Sandwich/ BBQ Pork Sandwich/ Pulled Pork Sandwich** – Microwave: Place frozen sandwich in a microwave and heat for 60 to 90 seconds on high heat.

- **Taco Stick** – Oven: Preheat oven to 325F. Place frozen taco sticks on a sheet pan. Cook for 18 min. Microwave: Place frozen taco sticks in a microwave and heat for 60 to 90 seconds on high heat.
- **Hamburger/ Cheeseburger** – Preheat oven to 375F. Place frozen buns and patty separately on a sheet pan. Cook for 6 – 15 min.
- **Bosco Stick** – Microwave from Frozen: Place two frozen Bosco sticks in a microwave and heat for 1 min. Oven: Thaw Bosco sticks in a refrigerator. Preheat oven to 400F. Place Bosco sticks on a sheet pan. Cook for 6-8 min. Let stand 2 min before serving.
- **Chicken Nuggets** - Preheat oven to 350F. Please frozen nuggets in a single layer. Cook for 7-10 min.
- **Chicken Strips**- Preheat oven to 425F. Place frozen strips on a baking sheet. Heat for 18-23min. Microwave: arrange frozen strips in a single layer on a microwave safe plate. Heat on High: 1 Strip for 1 ½ - 2minutes; 2 strips for 2 ½ to 3 minutes. ; 3 strips for 3 to 3 ½ minutes. Do not overheat. Let stand 1-2 minutes before serving.
- **Chicken Nuggets** - Preheat oven to 350F. Please frozen nuggets in a single layer. Cook for 7-10 min.
- **Tasty Subs Personal Pan Cheese Pizza**- Place pizza in microwave. Heat on high for 1 minute 30 seconds. In a convection oven, preheat oven to 320F and reheat for 12-15minutes.
- **Pasta Kit** – In a pot of boiling water, cook pasta for 8-10 minutes. Strain water from pasta.  
In a separate saucepan, heat marinara sauce on Medium-High heat for 5minutes. Combine pasta and marinara sauce.

- **Cheese/ Pepperoni Pizza-** Preheat oven to 325F. Place pizza on a baking sheet. Frozen: 13-15min; Thawed: 11-13.
- **Pizza Bites** – Preheat oven to 325F. Place frozen pizza bites on a baking sheet. Bake for 10-12 minutes. Let stand for 1-2minutes before serving.
- **Orange Chicken and Rice-** Place Single layer of chicken on baking sheet. Heat at 400F for 16-20minutes or until golden brown. Place sauce bags in hot water. Do NOT place sauce bag in rapidly boiling water. Combine sauce and chicken prior to servings.
- **Enchiladas-** In a microwaveable safe container, Heat on High for 3 minutes
- **BYO Grilled Cheese-** Heat pan on medium. Place a slice of cheese between 2 slices of bread and cook in a pan until cheese is melted and bread is golden brown.
- **BYO Hot Dog-** In a pot, bring water to a boil. Add hot dog to the boiling water and bring the water to a simmer. Simmer the hot dogs for 5 minutes. Using tongs, take hot dogs out of the water and place in the hot dog buns.

### **Chef's Special**

- **Chorizo Burrito-** Microwave from Frozen: Remove from foil and place frozen burrito in a microwave and heat for 2 min. Oven: Preheat oven to 300F. Place frozen burrito on a sheet pan. Cook for 16 – 23 min.
- **Orange Chicken & Rice Bowl-** Microwave: place microwavable black bowl into microwave and heat on high for 3 minutes.
- **BBQ Chicken-** Microwave: Transfer Chicken into a microwave safe container. Microwave on high for 3-4 minutes.
- **3 Bean Chili-** Transfer chili into a small pot, Heat on Medium-high. Constantly stir and heat for 5 minutes.

· **Cheese Lasagna-** In a microwavable safe container, microwave on high for 3 minutes. Let lasagna stand for 1-2 minutes before serving.

### **Meal Storage Instructions**

- All foods require to keep in a refrigerator or freezer need to be kept at a temperature of 41°F or below.
- All reheated foods must reach an internal temperature of 165°F or above.
- Shelf-stable items should be stored at a temperature of 85°F or below.
- All fresh milk: Refrigeration required. Consume by the “Best By” date located on the product.
- Fresh whole fruit: Refrigeration recommended, but not required.
- Farm fruits and vegetables: Refrigeration recommended. Wash well before use.
- Fresh processed/bagged fruit & vegetables as well as cold fruit cups: Refrigeration required, consumed within 5 days or by the “Best By” date if located on the product.
- Consume by the “Best By” date located on the product.
- Cold Sandwiches (e.g. PB&J, Sub Sandwich): Refrigeration required. Consume within 5 days.
- Lunch Items that Require Heating: Store in freezer or refrigerator until ready to heat & consume. Store in the refrigerator no longer than 5 days.
- Cooking times and temperatures may vary depending on personal ovens and microwaves.

For more information, visit our website: <https://scusdnutrition.net>