

Summer Distribution Cooking/Heating/Holding Instructions

Stay healthy, clean and safe

Wash your hands before eating & preparing food

Any leftovers from meal bag should be thrown out after 5 days of receiving

Wash all uncut fresh fruits & vegetables

Throw out any meal left out for 4 hours or longer at room temp.

BREAKFAST

Item	Cooking Instructions	Holding
Banana Bread	Thaw and serve at room temperature.	Keep frozen until ready to thaw.
Strudel Frudel	Thaw and serve OR Oven bake in wrapper for 7-11 minutes @ 350°F.	Keep frozen until ready to thaw.
Breakfast Pizza	Oven bake frozen and unopened at 375°F for 15-17 minutes.	Keep frozen.
Pop Tarts	May heat in toaster. Remove product from wrapper, place into toaster for one heating cycle.	Shelf Stable
Mini Donuts	Thaw and serve at room temperature	Keep frozen until ready to thaw.
Cereal Cup	N/A	Shelf Stable
Mini Pancakes	Thaw and serve OR Microwave in package for 45 seconds.	Keep frozen until ready to thaw.
Keep cold foods refrigerated within 2 hours of receiving.		Heating times may vary depending on equipment.
Foods like dairy (milk, cheee, etc) and meats should be quickly refrigerated at a temp of 41° or lower		Menu is subject to change based on product availability from supplier.

LUNCH ENTRÉES & Vegetables

ITEM	Cooking Instructions	Holding
Mini Cheeseburger	Thaw, oven bake in package 40 minutes @ 275°F OR Heat in microwave on high for 1-2 minutes.	Keep frozen until ready to thaw. Thaw under refrigeration under 41°
Chicken Products	Thaw, heat in microwave on high for 2-3 minutes.	Keep frozen until ready to thaw. Thaw under refrigeration under 41°
Taco Meat & Pasta Products	Portion 1/2 cup of meat or 1 Cup pasta into a microwave safe bowl, cover, heat on high for 90 seconds. Stove top directions: simmer in small pan for 2-3 minutes over medium to low heat or until product reaches 165°F.	Keep under refrigeration at 41° or below.
Pulled Pork	Place 1/2cup of Pork into a microwave safe bowl, cover and heat on high for 90 seconds. Stove top directions: simmer in small pan for 2-3 minutes over medium to low heat or until product reaches 165°F.	Keep under refrigeration at 41° or below.
Pepperoni Calzone	Allow to thaw prior to cooking. Cook for 12 - 15 minutes in a 350- 375° F oven. Heat to 165° internal temp.	Keep under refrigeration at 41° or below.
Corn on cob	Add Cob to boiling water, cook for 7-9 minutes.	Keep frozen.
Broccoli	Add Broccoli to boiling water, cook for 4 minutes. Steam broccoli in microwave safe bowl on high for 90 seconds.	Keep frozen.

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