

Cooking & Heating Instructions

Chicken Tenders

Oven Temp: 375° F

Cook Time: 7-10 Minutes

1. Spray pan with cooking spray
2. Unwrap frozen chicken and lay flat on a sheet pan
3. Bake in oven at 375°F for 7-10 minutes or until internal temp is 165°F

Notes:

Do not thaw before cooking.

Max Sticks (Mozz Breadsticks)

Oven Temp: 375° F

Cook Time: 10-12 Minutes

1. Spray pan with cooking spray
2. Unwrap frozen sticks and lay flat on a sheet pan
3. Bake in oven at 350°F for 10-12 minutes or until internal temp is 165°F

Notes:

Do not thaw before cooking.
Serve with marinara.

Pizza

Oven Temp: 400° F

Cook Time: 26-28 Minutes

1. Place frozen pizza in wrapper on sheet pan
2. Bake at 400° f from 26-28 minutes or until pizza reaches 165°F
3. Rotate pan half way through cooking

Notes:

Cook from frozen.

Corn Dogs

Oven Temp: 350° F

Cook Time: 25-35 Minutes

1. Spray small baking pan with cooking spray
2. Unwrap corn dog and place on pan
3. Bake at 350°F for 25-35 minutes or until 165°F is reached

Garlic Cheese Bread

Oven Temp: 325° F

Cook Time: 8-11 Minutes

1. Spray pan with cooking spray
2. Place bread on pan and bake at 325° for 8-11 minutes or until cheese is melted

Notes:

Do not thaw before cooking.

Southern Chicken

Oven Temp: 350° F

Cook Time: 30-35 Minutes

1. Spray pan with cooking spray
2. Unwrap chicken and place pan baking sheet
3. Bake at 350°F for 30-35 minutes or until it reaches 165°F

Notes:

Cook from frozen.

Lasagna

Oven Temp: 375° F

Cook Time: 30-40 Minutes

1. Spray small baking pan with cooking spray
2. Pour small amount of marinara sauce on pan where lasagna roll will be
3. Put lasagna roll on top of sauce
4. Pour remaining marinara on top. Cover with foil.
5. Bake at 375°F for 30-45 minutes or until 165°F is reached
6. Optional: If you have cheese, sprinkle on top for last 5 minutes of baking

Fiestada Pizza

Oven Temp: 350° F

Cook Time: 11-14 Minutes

1. Spray pan with cooking spray
2. Unwrap frozen fiestada and lay flat on a sheet pan
3. Bake in oven at 350°F for 11-14 minutes or until internal temp is 165°F

Notes:

Do not thaw before cooking.

Mashed Potatoes

Hot Water (170-190°F)

1. Pour 1 Cup hot water in a boil or shallow dish
2. Add pouch of potatoes and stir for 15 seconds
3. Let potatoes stand for 5 minutes

Baked Potato

Oven Temp: 400° F

Cook Time: 60 Minutes

1. Rinse and scrub potato
2. Dry with clean towel
3. Pierce potato with fork or knife about 4 times on each side
4. Rub outside of potato with olive oil, vegetable oil, or butter
5. Turn potatoes half-way through cooking
6. Cook until tender and the internal temperature is 165 degrees F.

Notes:

- * If you wrap potato in foil, remove immediately after cooking
- * Eat potato within 4 hours cooking
- * Refrigerate potato directly after cooking if you are not eating it, if reheating the potato make sure it reaches 165 degrees F.



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Apple Cinnamon Toast

Oven Temp: 350° F
Cook Time: 6-9 Minutes

1. Place toast in wrapper glaze side down on sheet pan
2. Bake for 6-9 minutes or until internal temp is 165° F

Pancake Slider

Oven Temp: 350° F
Cook Time: 20-22 Minutes

1. Place sandwich in wrapper on sheet pan
2. Bake for 20-22 minutes or until internal temp is 165° F

Mini Pancakes

Oven Temp: 350° F
Cook Time: 4-5 Minutes

1. Place mini pancakes in bag on a sheet pan
2. Heat pancakes in oven at 350°F for 4-5 minutes

Notes:

Pancakes may also be thawed and eaten without heating

Mini Waffles

Oven Temp: 350° F
Cook Time: 7-9 Minutes

1. Spray pan with cooking spray
2. Unwrap mini waffles and lay flat on a sheet pan
3. Bake in oven at 350°F for 7-9 minutes or until internal temp is 165°F

Notes:

Serve with syrup.

Mini Cinnamon Roll

Oven Temp: 350° F
Cook Time: 5-7 Minutes

1. Spray pan with cooking spray
2. Place package of mini cinnamon roll on pan and bake at 350° for 5-7 minutes

Notes:

Do not thaw before cooking.

Breadstick

Oven Temp: 350° F
Cook Time: 6-8 Minutes

1. Unwrap frozen breadsticks and lay flat on a sheet pan
2. Bake in oven at 350°F for 6-8 minutes

Notes:

Do not thaw before cooking.

Thaw and Serve Items

1. Remove item from freezer
2. Let thaw
3. Serve and enjoy!

Super Round

Muffins

Pumpkin Bread

Banana Bread

Sandwich

Turkey Lunchable

Frozen Canned Vegetables

- Green Beans
- Baked Beans
- Corn

Microwave

Cook Time: 4-5 Minutes

1. Put vegetable into a microwave-safe bowl
2. Cover with lid. Add a small amount of water if desired (2-3 teaspoons).
3. Microwave on high for 4-5 minutes. Stir. Repeat until desired tenderness is achieved.
4. Season to desired taste.

Biscuit

Oven Temp: 375° F
Cook Time: 20-25 Minutes

1. Spray pan with cooking spray
2. Unwrap biscuit and place on pan
3. Bake at 375°F for 20-25 minutes or until golden brown



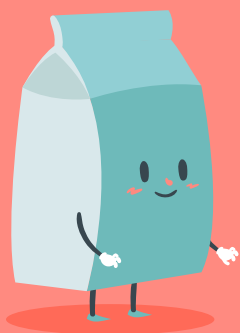
FOOD SAFETY

All foods that require refrigeration need to be kept at 41°F or below. Shelf-stable foods should be kept at 85°F or below. All foods that are frozen need to be kept at 0 degrees F or below.

1. Keep foods in freezer or refrigerator until they are cooked or consumed
2. Eat food within 2 hours of cooking
3. Discard leftover food or put it back in the refrigerator immediately
4. Clean counters in cooking area before and after cooking
5. Wash hands before and after cooking

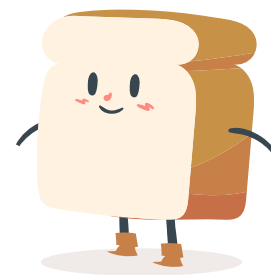
MEAL STORAGE

- **Milk** – Keep in the refrigerator. Use by the “Best BY” date on the carton
- **Juice** - Keep in the refrigerator. Use within 5 days
- **Bagged or Cupped Fruits and Vegetable** - Keep in the refrigerator. Use within 5 days or by the “Best BY” date on the container
- **Fresh Fruit** – Keep in the refrigerator or at room temperature
- **Cold sandwiches or cold lunch items** - Keep in the refrigerator. Use within 5 days
- **Frozen Bagged Vegetables** – Keep in freezer. Follow heating instructions and eat within 2 hours of being cooked
- **Frozen Entrees or Bread Items** – Keep in Freezer. Follow heating instructions and eat within 2 hours of being cooked



ALLERGIES

During this emergency Food & Nutrition Services will be operating under a USDA special waiver for meal distribution. This option does not allow us to identify students by name and therefore we are not able to identify special food allergies. Please identify this for your children.



If you have any questions call
Food & Nutrition Services
(941) 739-5700

