

### School Nutrition Food Heating Guide

**Eat, refrigerate, or freeze items within 2 hours of receiving meals.** The following items are served to you with the intent for heating at home. Please read the heating instructions below carefully. Any items not consumed within 5 days should be discarded. All protein foods (beef, chicken, pork, turkey products) are fully cooked.

Item	Heating Instructions
<b>Mini Pancakes &amp; Waffles</b>	May be eaten cold or heated. Leave in wrapper for heating. <b>Oven:</b> Bake at 350 degrees F Pancakes for 14-15 minutes, waffles for 17-18 minutes. <b>Microwave:</b> Cook pancakes or waffles on high for 30-45 seconds.
<b>Sausage Biscuit</b>	Remove from wrapper. <b>Microwave:</b> Wrap in paper towel and cook for 1 minute on high. <b>Oven:</b> Place on sheet pan. Bake at 350 degrees F for 8-10 minutes. Internal temperature should reach 165 degrees F.
<b>Mini Cinnis</b>	May be eaten cold or heated. Leave in wrapper for heating. <b>Oven:</b> Bake at 350 degrees F for 10-12 minutes. <b>Microwave:</b> Heat on high for 30-45 seconds.
<b>French Bread Pizza</b>	Remove from packaging. <b>Oven:</b> Place on baking sheet. Bake at 400 degrees F for 18-20 minutes. <b>Microwave:</b> Not recommended.
<b>Stuffed Crust Pizza</b>	Remove from packaging. <b>Oven:</b> Place on baking sheet. Bake at 400 degrees F for 18-20 minutes. <b>Microwave:</b> Not recommended.
<b>Hot Dog</b>	Remove from wrapper. <b>Microwave:</b> Wrap in paper towel. Heat on high for 1 minute. <b>Oven:</b> Place on baking sheet. Bake at 350 degrees F for 8-10 minutes. Internal temperature should reach 165 degrees F.
<b>Spaghetti with Meatsauce</b>	Remove lid from container. Remove garlic toast from container. <b>Microwave:</b> Heat on high for 1-2 minutes until hot. <b>Stove:</b> Empty sauce and noodles into small sauce pan. Heat 3-4 minutes over medium heat. Cook until internal temperature reaches 165 degrees F.
<b>Garlic Toast</b>	Remove from packaging. <b>Oven:</b> Place on baking sheet. Bake at 425 degrees F for 4-6 minutes until golden brown. <b>Microwave:</b> not recommended.
<b>Chicken Wings</b>	Remove from packaging <b>Oven:</b> Place on baking sheet. Cook at 350 degrees F for 8-10 minutes. <b>Microwave:</b> Heat on high for 1 to 2 minutes. Internal temperature should reach 165 degrees F.
<b>Corn Dog Nuggets</b>	Remove from packaging. <b>Microwave:</b> Heat on high for 45-60 seconds. <b>Oven:</b> Place on baking sheet. Cook for 14-16 minutes at 375 degrees F. Internal temperature should reach 165 degrees F.
<b>Cooked Vegetables</b>	<b>Stove:</b> Remove from packaging. Place into small saucepan and heat over medium until hot. <b>Microwave:</b> Remove lid from package. Cook on high for 30-60 seconds until hot.
<b>Spiced Apples</b>	<b>Stove:</b> Remove from packaging. Place into small saucepan and heat over medium until hot. <b>Microwave:</b> Remove lid from package. Cook on high for 30-60 seconds until hot.



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Mini Pancakes & Waffles	May be eaten cold or heated. Leave in wrapper for heating. <b>Oven:</b> Bake at 350 degrees F. Pancakes for 14-15 minutes, waffles for 17-18 minutes. <b>Microwave:</b> Heat pancakes or waffles on high for 30-45 seconds.
Blueberry Pancake & Sausage Stick	<b>Oven:</b> Leave in wrapper. Bake at 375 degrees F for 20-25 minutes. <b>Microwave:</b> Leave in wrapper. Cut small slit in wrapper to vent. Cook on high for 50-55 seconds. Let stand for 1 minute. Internal temperature should reach 165 degrees F.
Pancake & Sausage Stick	<b>Oven:</b> Leave in wrapper. Bake at 350 degrees F for 12- 15 minutes. <b>Microwave:</b> Leave in wrapper. Cut small slit in wrapper to vent. Cook on high for 30-45 seconds. Let stand for 1 minute. Internal temperature should reach 165 degrees F.
Chicken Filet Sandwich Spicy or Plain	Remove from wrapper. <b>Microwave:</b> Wrap in paper towel. Cook on high for 1-2 minutes. <b>Oven:</b> Place on baking sheet. Bake at 350 degrees F for 8-10 minutes. Internal temperature should reach 165 degrees F.
Beef Soft Taco	Tortilla can be eaten cold or heated: <b>Microwave:</b> Place tortilla on microwave safe plate and cover with a paper towel. Heat for 10-15 seconds. Beef taco filling can be eaten cold or heated. <b>Microwave:</b> remove lid from container and heat on high for 1 minute. <b>Stove:</b> Empty meat into small saucepan. Heat over medium for 3-4 minutes or until hot. Internal temperature of meat should reach 165 degrees F.
Calzonettes	Remove from packaging. <b>Oven:</b> Place on baking sheet. Bake at 350 degrees F for 6-8 minutes. <b>Microwave:</b> Cook on high for 1-2 minutes. Internal temperature should reach 165 degrees F.
Fish Nuggets & Fish Sticks	Remove from packaging. <b>Oven:</b> Place on baking sheet. Bake at 425 degrees F for 16-18 minutes. Internal temperature should reach 165 degrees F. <b>Microwave</b> not recommended.
Mac & Cheese	<b>Microwave:</b> Remove lid from container. Cover with a damp paper towel. Heat on high for 60-90 seconds. <b>Stove:</b> Remove from packaging. Place into small saucepan. Heat over medium for 2-3 minutes or until hot. Internal temperature of meat should reach 145 degrees F.
French Fries	Remove from packaging. <b>Oven:</b> Place on baking sheet. Bake at 425 degrees F for 10-14 minutes until golden brown. <b>Microwave</b> not recommended.
Cheesy Beef Sliders	Remove from wrapper. <b>Microwave:</b> Wrap in paper towel. Cook on high for 1-2 minutes. <b>Oven:</b> Place on baking sheet. Bake at 350 degrees F for 8-10 minutes. Internal temperature should reach 165 degrees F.
Cooked Vegetables	<b>Stove:</b> Remove from packaging. Place into small saucepan and heat over medium until hot. <b>Microwave:</b> Remove lid from package. Cook on high for 30-60 seconds until hot.



School Nutrition Services