

THANK YOU FOR CHOOSING SCHOOL MEALS THIS WEEK.

In your kit:

4 Bags of Food Per Student

- **Freezer** - 5 Breakfast Entrees and 5 fruit
- **Freezer** - 5 Lunch Entrees
- **Fridge** - 5 servings Fruit and Veggies (**please wash before eating**)
- **Fridge** - 10 Milk Cartons *can be optional for the family

Frozen entrees should be returned to the freezer within one hour of pick up. Please also refrigerate perishable foods within one hour of pick up. Perishable items should always be kept at 41 degree or below.

Recipe or Nutrition Tip:

Kitchen & Food Safety Tips Reminders:









- Wash hands with soap and water before starting meal preparation tasks
- Keep cold food 41 degrees and below
- Always ask for assistance when using the oven to heat food and follow the provided instructions



 *Cooking Instructions on other side*



Entree Preparation Instructions:

Items in your bag:		Prep Instructions:
ITEMS TO THAW & ENJOY		
	Benefit Bar Banana/Pumpkin Bread Muffin Cinnamon Bun Cinnamon Crumble Square Burger Bun Tortilla	Take out of the freezer to thaw at ROOM TEMPERATURE for approximately 2 hours or until no longer frozen. Item may be stored at room temperature for up to 1 week.
	Garlic Toast, Breadstick or Roll Chicken Caesar Mix Cup Turkey or Ham & Cheese Sandwich Sunbutter & Jelly Sandwich	Take out of the freezer and thaw in the FRIDGE until no longer frozen. Eat within 4 days of being thawed.
ITEMS TO HEAT & ENJOY		
	Beef Patty Cheesy Breadsticks Cheese Pizza Pockets	Preheat the oven to 350F. Remove item from freezer and remove from plastic wrapping. Place the item on a non-stick or lightly greased cookie sheet. Cook in the oven for 9-12 minutes until the internal temperature reaches 165F.
	Pizza Slice Mini Pancakes French Toast Sticks Waffles	Take out of the freezer and thaw in the FRIDGE until no longer frozen. Eat cold or remove from packaging and heat in the microwave until warm.
	Fries or Tater Tots	Preheat the oven to 425F. Place fries or tater tots on a non-stick or lightly greased cookie sheet. Season fries with seasoning salt if desired. Cook in the oven for 18-23 minutes until golden and crispy, turning over half way through cook time.
	Cheese Stuffed Sandwich	Remove the item from the plastic wrap and place on a microwave safe plate. Heat 2 min 30 sec in the microwave until internal temperature reaches 165F. Let sit for 2 minutes before eating. Be careful, the product will be hot.
	Sausage Links or Patty Chicken Nuggets Chicken Tenders Popcorn Chicken Chicken Patty	Preheat the oven to 400F. Remove item from freezer and remove from plastic wrapping. Place the item on a non-stick or lightly greased cookie sheet. Cook in the oven for 8-12 minutes (or 18-20 minutes for the Chicken Patty), turning over half way through cook time, until internal temperature reaches 165F.
	Cheese Quesadilla Corn Dog Breakfast Burrito	Remove from the plastic wrapper. Place on a microwave safe plate. Heat for 40 seconds on one side, turn then 45 more seconds until internal temperature reaches 165F. Let sit for 1 minute before eating. Be careful, the product will be hot.