

TAKE HOME SCHOOL MEAL DIRECTIONS

Baked Beans or Fiesta Beans

Thaw in the refrigerator overnight. Place baked beans in a microwave safe dish, covered. Microwave for 1½-2 minutes.

Beef Crumbles for Tacos

Place beef in microwave safe dish. Heat in microwave for 1-1½ minutes. Alternatively, cook beef in a pan on the stovetop.

Beef or Chicken Burrito

Place burrito in microwave safe dish, covered. Heat in the microwave for 2-3 minutes. Alternatively, cook in the oven. Preheat oven to 350°. Place burrito on a baking sheet. Cook for 10-15 minutes.

Breadstick

Place breadstick on a microwave safe plate. Microwave for 1 minute. Alternatively, cook in the oven. Preheat oven to 375°. Place breadstick on a baking sheet. Cook for 5-8 minutes or until golden brown.

Breakfast Calzone

Place calzone on microwave safe plate. Microwave for 2-3 minutes. Alternatively, cook in the oven. Preheat oven to 350°. Place calzone on a baking sheet. Cook for 10-15 minutes.

Breakfast Sandwich

Place sandwich in microwave safe dish, covered. Microwave for 1½-2½ minutes.

Cheesy Garlic Flatbread

Place flatbread on microwave safe plate. Microwave for 1-2 minutes. Alternatively, reheat in the oven. Preheat oven to 350°. Place flatbread on baking sheet. Cook for 10-15 minutes.

Chicken for Tacos

Place chicken on microwave safe plate. Cook in the microwave for 2-3 minutes. Alternatively, cook in the oven. Preheat oven to 350°. Place chicken in oven safe dish. Cook for 10-15 minutes.

Chicken Sandwich

Place chicken on a microwave safe plate. Microwave for 2-3 minutes. For crispier chicken, cook in the oven. Preheat oven to 375°. Place chicken on a baking sheet. Cook for 14-16 minutes. Turn over halfway through cooking.

Chicken Tenders

Place chicken on a microwave safe plate. Microwave for 2-3 minutes. For crispier chicken, cook in the oven. Preheat oven to 375°. Place chicken tenders on baking sheet. Cook for 14-16 minutes. Turn over halfway through cooking.

Chili

Place chili in microwave safe dish, covered. Microwave for 2-3 minutes.

Cinnamon Blueberry Twisted Stix

Place item on microwave safe plate. Heat in microwave for 45 seconds-1½ minutes. Alternatively, cook in the oven. Preheat oven to 375°. Place stix on a baking sheet. Cook for 7-9 minutes.

Egg & Cheese Wrap

Place wrap in microwave safe dish, covered. Heat in the microwave for 2-3 minutes. Alternatively, cook in the oven. Preheat oven to 350°. Place wrap on a baking sheet. Cook for 10-15 minutes.

Fish Nuggets

Place fish nuggets on a microwave safe plate. Microwave for 1-2 minutes. For crispier fish, cook in the oven. Preheat oven to 375°. Place fish on a baking sheet. Cook for 10-12 minutes, Turn over halfway through cooking.

French Toast Sticks

Place sticks on a microwave safe plate. Microwave for about 2 minutes. For crispier sticks, cook in the oven. Preheat oven to 400°. Place sticks in a single layer on a baking sheet. Cook for 5-8 minutes. Turn over halfway through cooking.

Fries

Place fries on microwave safe plate. Microwave for 2-3 minutes. Alternatively, reheat in the oven. Preheat oven to 375°. Place fries on a baking sheet. Cook for 15-20 minutes, until fries are crispy.

Fries - Smile

Place fries on microwave safe plate. Microwave for 2-3 minutes. Alternatively, reheat in the oven. Preheat oven to 350°. Place fries on baking sheet. Cook for 10-15 minutes.

Grilled Cheese Sandwich

Thaw in the refrigerator overnight. Preheat oven to 350°. Spread butter or cooking spray on top and bottom piece of bread. Cook for approximately 6-8 minutes or until bread crisps up and cheese is melted. Alternatively, fry in a pan until bread crisps and cheese is melted.

Hamburger/ Cheeseburger

Place hamburger on microwave safe plate. Heat in microwave for 1½-2 minutes. Alternatively, cook in the oven. Preheat oven to 350°. Place hamburger on baking sheet. Cook for 14-18 minutes.

Hot Dog

Thaw hot dog in the refrigerator overnight. Place hot dog on a microwave safe plate. Heat in microwave for 45 seconds - 1½ minutes. Alternatively, heat pan of water on stovetop to boiling. Cook hot dog for 14-18 minutes.

Hot Italian Sandwich

Thaw in the refrigerator overnight. Place sandwich in microwave safe dish, covered. Microwave for 1½-2½ minutes.

Italian Dunker

Place dunker on microwave safe plate. Microwave for 2-2½ minutes. Alternatively, for crispier crust, cook in the oven. Preheat oven to 375°. Place Dunker on baking sheet. Cook for 15-25 minutes, rotating dunker halfway through cook time.

**All items
should be stored
in the freezer.**

**Directions are for
a conventional
oven.**

Jasmine Rice

Place rice on microwave safe plate. Microwave for 3-5 minutes.

Lasagna

Place lasagna in microwave safe dish and cover. Heat in microwave for 3-4 minutes. Alternatively, cook in the oven. Place lasagna in oven safe dish, covered. Preheat oven to 375°. Cook for 20-25 minutes.

Macaroni & Cheese

Place mac & cheese in microwave safe dish, covered. Heat in microwave for 2½-3½ minutes. Alternatively, cook in the oven. Place mac & cheese in oven safe dish, covered. Preheat oven to 350°. Cook for 15-20 minutes.

Mandarin Orange Chicken

Place chicken on microwave safe plate. Cook in the microwave for 2-3 minutes. Alternatively, for crispier chicken, cook in the oven. Preheat oven to 400°. Place chicken on baking sheet. Cook for 18-22 minutes. When finished cooking, pour the orange sauce over the chicken.

Marinara Sauce

Thaw in the refrigerator overnight. Place marinara sauce in microwave safe dish, covered. Cook in the microwave for 30 seconds - 1 minute.

Mashed Potatoes & Gravy

Place mashed potatoes in a microwave safe dish, covered. Cook in the microwave for 2-2½ minutes.

Mini Corn Dogs

Place corn dogs on a microwave safe plate. Microwave for 1-2 minutes. For crispier corn dogs, cook in the oven. Preheat oven to 375°. Place corn dogs on a baking sheet. Cook for 10-12 minutes, Turn over halfway through cooking.

Omelet

Place omelet on microwave safe plate. Microwave for 2-2½ minutes. Alternatively, cook in the oven. Preheat oven to 350°. Place omelet on baking sheet. Cook for 8-12 minutes.

Pancake Wrapped Sausages

Place pancake wrapped sausages on a microwave safe plate. Microwave for 1-2 minutes. For crispier sausages, cook in the oven. Preheat oven to 375°. Place item on a baking sheet. Cook for 10-12 minutes, Turn over halfway through cooking.

Panini

Thaw in the refrigerator overnight. Place panini on microwave safe plate. Microwave for 1-3 minutes, until meat is warm and cheese is melted. Alternatively, fry in a pan.

Pasta w/ Chicken Alfredo

Place pasta in microwave safe dish, covered. Microwave for 2-3 minutes. Alternatively, cook in the oven. Preheat oven to 350°. Place pasta in oven safe dish, covered. Cook for 15-20 minutes.

Pasta w/ Red Sauce & Meatballs

Place pasta in microwave safe dish, covered. Microwave for 3-5 minutes. Alternatively, cook in the oven. Preheat oven to 350°. Place pasta in oven safe dish, covered. Cook for 15-20 minutes.

Pasta with Bolognese Sauce

Place pasta in microwave safe dish, covered. Microwave for 2-3 minutes. Alternatively, cook in the oven. Preheat oven to 350°. Place pasta in oven safe dish, covered. Cook for 15-20 minutes.

Pizza - Big Daddy's/ Hangry Bear

Place pizza on microwave safe plate. Microwave for 2-3 minutes. Alternatively, reheat in the oven. Preheat oven to 350°. Place pizza on a baking sheet. Cook for 10-15 minutes.

Pizza - Breakfast

Place pizza on microwave safe plate. Heat in the microwave for 1½-2 minutes. Alternatively, reheat in the oven. Preheat oven to 350°. Place pizza on baking sheet. Cook for 10-15 minutes.

Pizza - Individual Deep Dish

Place pizza on microwave safe plate. Microwave for 2-2½ minutes. Alternatively, for crispier crust, cook in the oven. Preheat oven to 400°. Place pizza on baking sheet. Cook for 26-28 minutes, rotating pizza halfway through cook time.

Pizza Stick

Place pizza stick on microwave safe plate. Microwave for 1-2 minutes. Alternatively, cook in the oven. Preheat oven to 350°. Place stick on baking sheet. Cook for 7-10 minutes.

Popcorn Chicken

Place chicken on a microwave safe plate. Microwave for 2-3 minutes. For crispier chicken, cook in the oven. Preheat oven to 375°. Place popcorn chicken on baking sheet. Cook for 14-16 minutes. Turn product over at 7 minutes.

Pulled Pork Sandwich

Place pulled pork on a microwave safe plate. Microwave for 2-3 minutes.

Quesadilla

Place quesadilla on a microwave safe plate. Microwave for 2-3 minutes. Alternatively, cook in the oven. Preheat oven to 375°. Cook for 15-25 minutes. Turn product over halfway through cooking.

Ravioli

Place ravioli in a microwave safe dish, covered. Microwave for 3-4 minutes. Alternatively, cook in the oven. Place ravioli in oven safe dish, covered. Preheat oven to 375°. Cook for 15-20 minutes.

Refried Beans

Thaw in the refrigerator overnight. Place beans in microwave safe dish, covered. Microwave for 1½ - 2 minutes.

Rib Sandwich

Place rib on microwave safe plate. Heat in microwave for 1½-2 minutes. Alternatively, cook in the oven. Preheat oven to 350°. Place rib on baking sheet. Cook for 14-18 minutes.

Sesame Ginger Chicken

Place chicken on a microwave safe plate. Microwave for 2-3 minutes.

Steamed Vegetables

Place vegetables on microwave safe plate. Microwave for 3-5 minutes.

Tater Tots

Place tots on microwave safe plate. Microwave for 2-3 minutes. Alternatively, reheat in the oven. Preheat oven to 375°. Place tots on a baking sheet. Cook for 15-20 minutes.

Teriyaki Chicken

Place chicken on microwave safe plate. Cook in the microwave for 2-3 minutes. Alternatively, cook in the oven. Preheat oven to 350°. Place chicken on baking sheet. Cook for 10-15 minutes.

Since all types of cooking equipment and equipment's settings may vary, heating time may require adjustment. All food should be cooked to an internal temperature of 165° for 15 seconds. It is recommended that all oven use be supervised by an adult. Refrigerate or discard any leftovers ASAP.