



Please keep this for your records!!
Additional options maybe added
Oven cooking time may vary.
Menu is subject to change without notice.

All foods requiring refrigeration need to be kept at a temperature of 41°F or below. Shelf-stable items should be stored at a temperature of 85°F or below.

Wash your hands before eating meals or handling food.

All Fresh Milk (cartons or plastic bottles) - Refrigeration required. Consume by the “Best By” date located on the product.

Juice – Always keep chilled and use by 10 days after thawing

Whole Grain Breakfast Pastries (e.g.: Ultimate Breakfast Round, Benefit Bars, Muffin Tops, Mini Donuts, Cinnamon Rolls, Breakfast Pastries etc.) - Previously frozen product. Shelf-stable but consume within 5 days.

Whole Grain Eggo Mini Pancakes and Waffles - Keep frozen, must be heated in oven or thaw and serve prior to consumption. Package is ovenable.

Fresh Whole Fruit – **WASH BEFORE CONSUMING** - Refrigeration recommended, but not required.

Fresh Processed/Bagged Fruit & Vegetables as well as cold fruit cups – Refrigeration required. Consume by the “Best By” date located on the product

All Shelf-Stable Fruit, Vegetable & Milk Items (e.g.: Applesauce cups, Craisins, fruit cups, Shelf-Stable Milk Boxes, etc.) - Shelf-stable. No refrigeration required. Consume by the “Best By” date located on the product.

Bread Items (roll, biscuit, bun etc.) and toast separately for best quality!

Frozen Vegetables – In Square Black dish - Microwavable, cook until tender.

French Fries & Tater Tots – 1. Preheat oven to 425°F. 2. Bake for 21-30 minutes. Cook to a light golden color.

Pizza Kit

Thaw Dough overnight in refrigerator. Preheat oven to 400°F, Spray baking sheet or pizza pan. Roll out dough on a lightly floured surface. Spread 3-4 TBSP of Pizza sauce over rolled-out dough. Sprinkle 3-4 TBSP of cheese add pepperoni or other toppings – Get Creative with your toppings from your refrigerator. Bake for 8-10 minutes

Lunch 1 – Personal Pizza – Serve with a side salad

Lunch 2 – English Muffin Pizza – preheat oven to 375°F. Split English Muffin. Place English Muffin halves cut side up on a baking sheet. Bake first for just a few minutes. Remove from oven. Place 1-2 TBSP of Pizza sauce on top the English Muffin, now sprinkle 1-2 TBSP of cheese on top of the sauce. Add pepperoni or other toppings. Bake for 8-10 minutes or until the cheese melts and browned on the edges. Serve with a side salad

Lunch 3 – Personal Pizza – Pizza – Serve with a side salad

Taco Kit

Heat Taco Meat directions: Thaw overnight in refrigerator. Microwave or cook on stovetop. Always cook food to an internal temperature of 165°F. Oven and microwave temperatures may vary.

Taco meat will be provided in one container for all 3 meals. Do not reheat more than once.

Lunch 1 – Soft Tacos, 2 each – Place 2 TBSP of Beef Taco Meat into each soft Tortilla, top with 1 TBSP shredded cheese, diced tomatoes, shredded lettuce, and sour cream

Lunch 2 – 2 Quesadillas – Place 2 TBSP Taco meat onto one side of the tortilla. Sprinkle with 1 TBSP shredded cheese. Fold in half. Grill for 2 minutes per side. Serve with lettuce, diced tomatoes and sour cream.

Lunch 3 – Walking Tacos – Cut open the bag of Doritos down the side, Spoon taco meat (3-4 TBSP) inside and top with shredded cheese, diced tomatoes, shredded lettuce, and sour cream. Stir and Eat straight out of the bag!

Popcorn Chicken Rice Bowl – Instructions: Microwave only one at a time. 1. Cook on high 4 minutes. 2. Stir. 3. Cook an additional 1 minute. 4. Cook all food thoroughly to 165°F.

Turkey & Gravy – Instructions: Microwave only one at a time. 1. Cook on high 4 minutes. 2. Stir. 3. Cook an additional 1 minute. 4. Cook all food thoroughly to 165°F.

Chicken Patty – Instructions: Oven cook - From Frozen - 1. Preheat oven to 350°F. 2. Place frozen patty on baking pan. 3. Bake for 10-14 minutes or until hot. Internal temperature 165°F

Burger Patty – Instructions: Oven cook - From Frozen - 1. Preheat oven to 350°F. 2. Place frozen patty on baking pan. 3. Bake for 8-9 minutes or until hot. Internal temperature 165°F

Pulled Pork – Microwave: Heat on high for 2 to 3 minutes. Cook all food thoroughly to 165°F. Remove from microwave and let stand for 1 minute.

Cheesy Pasta & Chicken Parmesan Casserole - Instructions: Microwave only. 1. Cook on high for 3 minutes. 2. Stir 3. Cook on high for 2-3 minutes. 5. Let stand in microwave 1 minute.

Mac & Cheese - Instructions: Microwave only. 1. Cook on high for 5 ½ - 6 ½ minutes. 2. Cook all food thoroughly to 165°F. 3. Let stand in microwave 1 minute

Pasta with Meatballs or Meat sauce - Instructions: Microwave only. 1. Cook on high for 3 minutes. 2. Stir 3. Cook on high for 2-3 minutes. 5. Let stand in microwave 1 minute. Internal temperature 165°F

Twisted Mozzarella Sticks - for best results From Frozen. 1. Preheat oven to 375°F 2. Place sheet pan. 3. Bake 7 – 9 minutes. Cook all food thoroughly to 165°F.

Taco Rice Bowls – Instructions: Microwave only one at a time. 1. Cook on high 4 minutes. 2. Stir. 3. Cook an additional 1 minute. 4. Cook all food thoroughly to 165°F.

Mashed Potato Bowl - Instructions: Microwave only. 1. Cook on high for 4-5 minutes. 2. Stir 3. Cook an additional 2-3 minute. 4. Cook all food thoroughly to 165°F.

Lasagna Rollups & Stuffed Shells- From Frozen. 1. Preheat oven to 375°F. 2. Place on sheet pan. 3. Bake 20-25 minutes. Let sit for 3-5 minutes. Cook all food thoroughly to 165°F. **Lasagna Rollups & Stuffed Shells** - From Frozen. 1. Microwave. 2. Heat for 4 minutes. 3. Let sit for 3-5 minutes. Cook all food thoroughly to 165°F.

Mozzarella Sticks- From Frozen. 1. Preheat oven to 375°F. 2. Place on sheet pan. 3. Bake 9-11 minutes. Let sit for 2-3 minutes. Cook all food thoroughly to 165°F.

Chicken Drumstick- 1. Preheat oven to 375F. 2. From frozen lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 35-40 minutes. Cook all food thoroughly to 165°F