



**These bags include meals for your child.  
They include food for 5 breakfast and 5 lunch meals.**

Notes to keep your food safe

**F = Store in freezer**

**R = Store in refrigerator**

**Breakfast includes a Breakfast Grain, Protein (R), Fruit (R), & Milk (R)**

**Lunch includes a Grain, Protein (R), Fruit (R), Vegetable (R) & Milk (R)**

## COOKING INSTRUCTIONS

### **Alfredo Sauce (F)**

1. Remove sauce in microwave safe bowl.
2. Microwave for 1 minute or until sauce is warm.

### **Breadsticks (F)**

1. Place frozen breadstick on a sheet pan.
2. Bake at 350 degrees for 6-8 minutes.

### **Cheeseburger/Hamburger (F)**

1. Place on lined sheet pan.
2. Bake at 350 degrees for 8-10 minutes or until internal temperature is 165 degrees.

### **Cheesy Bites (F)**

1. Thaw in refrigerator.
2. Place in oven at 350 degrees for 7-8 minutes or until internal temperature is 145 degrees.

### **Cheese Pizza (R)**

1. Pizza is pre-cooked.
2. Place pizza on microwave safe dish and microwave until temperature reaches 145 degrees.

### **Cheese Tortellini (F)**

1. Bring pot of water to a boil.
2. Add frozen tortellini to water and boil for 5 minutes or until the pasta floats.
3. Drain and set aside.

### **Chicken Giggles (F)**

1. Place chicken on unlined sheet pan.
2. Bake at 350 degrees and bake for 8-10 minutes or until reaches temp of 165 degrees.

### **Chicken Nuggets (F)**

1. Place nuggets on a sheet pan.
2. Bake at 375 degrees for 8-10 minutes or until
3. Internal temperature is 165 degrees.

**Chicken Patty on a Bun (F)**

1. Place frozen chicken patty on a sheet pan.
2. Bake at 350 degrees for 16 minutes or until the internal temperature is 165 degrees.
3. Add patty to bun.

**Chicken Tenders (Regular/Spicy) (F)**

1. Place on sheet pan.
2. Bake at 350 degrees for 15-20 minutes or until product reaches temperature of 165 degrees.

**Corn Dogs (F)**

1. Place corn dogs on sheet pan.
2. Bake at 350 degrees for 12-14 minutes or until product reaches temperature of 165 degrees.

**Curry Chicken (F)**

1. Thaw in refrigerator.
2. Warm chicken and rice in microwave safe dish for 90 seconds or until internal temperature reaches 165 degrees.

**French Toast Sticks (F)**

1. Cook from frozen in oven at 350 degrees for 5-7 minutes.

**Garlic Knot (F)**

1. Place frozen bread on sheet pan.
2. Bake at 350 degrees for 7-9 minutes.

**Ham and Cheese on a Pretzel Bun (F)**

1. Remove from freezer and place on sheet pan.
2. Bake at 325 degrees for 10 minutes or until product reaches temperature of 145 degrees.

**Hot Dogs (F)**

1. Thaw in refrigerator.
2. Place in a pot of water and simmer for 12 minutes.
3. Drain water and add hot dog to bun.

**Italian Dunkers (F)**

1. Thaw in refrigerator then remove from packaging.
2. Cook in microwave until reaches a temperature of 145 degrees.

**Lasagna Rolls (F)**

1. Remove bread from packaging.
2. Place lasagna and vegetables in oven and bake at 350 degrees for 30 minutes or until lasagna internal temperature is 145 degrees.

**Macaroni and Cheese/Cheesy Mac (F)**

1. Remove from packaging.
2. Place macaroni and cheese in an oven safe container in the oven at 350 degrees and cook for 20 minutes or until internal temperature is 145 degrees.

**Marinara Sauce (R)**

1. Remove sauce from cup and place into microwave safe bowl.
2. Microwave for 1 minute or until sauce is warm.

**Orange Chicken with Rice (F)**

1. Thaw in refrigerator.
2. Warm chicken and rice in microwave safe dish for 90 seconds or until internal temperature reaches 165 degrees.

**Pizza Crunchers (F)**

1. Place pizza crunchers on a sheet pan.
2. Bake at 350 degrees for 15 minutes or until internal temperature is 145 degrees.

**Quesadilla (F)**

1. Quesadillas are pre-cooked.
2. Place quesadilla on a microwave safe dish until temperature reaches 145 degrees.

**Sausage Links (F)**

1. Thaw in refrigerator.
2. Microwave for 30-60 seconds or until internal temperature of 165 degrees.

**Sloppy Joes (F)**

1. Place sloppy joe mixture into microwave safe dish.
2. Microwave until temperature reaches 165 degrees.
3. Then place sloppy joe on the bun.

**Sriracha Bites (F)**

1. Cook from frozen.
2. Place on sheet pan.
3. Bake at 375 degrees for 10-12 minutes until temperature reaches 165 degrees.

**Teriyaki Chicken (F)**

1. Thaw in refrigerator.
2. Warm chicken and rice in microwave safe dish for 90 seconds or until internal temperature reaches 165 degrees.

**Waffles (F)**

1. Line sheet pan with a pan liner.
2. Thaw overnight.
3. Bake at 325 degrees for 6-8 minutes.

**Walking Taco (F)**

1. Thaw meat and cheese in refrigerator.
2. Place meat in microwave safe dish and microwave until temperature reaches 165 degrees.

**DISCLAIMER.... *Oven times and temperatures may vary!***