



# Cooking & Heating Instructions

## Mini Waffles

For optimal quality:  
Preheat oven to 325°F.  
Place unopened package on sheet pan and cook approx. 14-16 min from frozen, or microwave 55 seconds.

## Mini Pancakes

For optimal quality:  
Preheat oven to 350°F.  
Place unopened package on sheet pan and cook approx. 17-18 min from frozen, or microwave 55 seconds.

## Fruit Frudel

\*Product ready to eat  
For optimal quality:  
Preheat oven to 350°F.  
Place unopened package on sheet pan and cook approx. 7-9 min. from frozen.

## Mini Pancake Pup

Preheat oven to 350°F. Place on sheet pan and cook approx. 31-33 min. frozen, 23-25 thawed, or microwave 40-45 sec. thawed.

## Sausage Breakfast Sandwich or Egg & Cheese Breakfast Sandwich

Preheat oven to 275°F.  
Place package on sheet pan and cook approx. 15-17 min., or microwave thawed on high for 30-40 seconds.

## Corn Dog & Mini Corn Dogs

Preheat oven to 350°F. Place on sheet pan and cook approx. 31-33 min. frozen, 23-25 thawed, or microwave 40-45 sec. thawed.

## Personal Pizza Cheese/Pepperoni

Preheat oven to 325°F.  
Place product on sheet pan and cook approx. 10-15 min.

## Chicken Poppers

Preheat oven to 375°F.  
Place product on sheet pan and cook approx. 10-12 min.

## French Bread Pizza

For a softer crust:  
Preheat oven to 325°F. Place pizza on a baking sheet. Cook for 8 to 11 minutes or until cheese is melted and crust edges are golden brown.

## Cheese Calzonettes

Preheat oven to 325°F.  
Place thawed product on sheet pan and cook approx. 8-10 min.

## Macaroni & Cheese

**Microwave:** from thawed, 60 seconds on high power. Allow the bag to cool and pour into a bowl to serve.

**Stove top:** from thawed, empty in to a small saucepan and heat over medium/low heat for 2-3 minutes.

## Rotini & Meat Sauce

**Microwave:** from thawed, 60 seconds on high power. Allow the bag to cool and pour into a bowl to serve.

**Stove top:** from thawed, empty in to a small saucepan and heat over medium/low heat for 2-3 minutes.

Please ensure that an internal temperature of at least 165°F is achieved for all cooked products.



## Meal Storage Instructions:

**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.**

**All Fresh Milk:** Refrigeration required. Consume by the "Best By" date located on the product.

**All Juice:** Refrigeration required. Consume within 5 days.

**Grain-Based Breakfast Pastries:** Previously frozen. Shelf-stable, but consume within 5 days

**String Cheese:** Refrigeration required. Consume within 5 days.

**Fresh Whole Fruit:** Refrigeration recommended, but not required.

**Fresh Processed/Bagged Fruit & Vegetables as well as cold fruit cups:** Refrigeration required, consume within 5 days or by the "Best By" date if located on the product.

**All Shelf-Stable Items** (e.g. Applesauce cups, dried fruit, cereal, etc.): No refrigeration required. Consume by the "Best By" date located on the product.

**Cold Sandwiches (e.g. PB&J, Sub Sandwich):** Refrigeration required. Consume within 5 days.

**Lunch Items that Require Heating:** Store in freezer or refrigerator until ready to heat & consume. Store in refrigerator no longer than 5 days. Heat up following the heating instructions on the cooking/heating instructions page. Consume within 2 hours.

**NOTE:** Since the type of products vary, and all microwaves and ovens vary in power, all cooking times are approximate and may need to be adjusted. Products are safe to consume when an internal temperature of at least 165°F is reached.

*Menu items are subject to change and may vary by location.*

## Allergy Disclaimer:

**During this emergency situation, AlachuaCounty Schools Food and Nutrition Services will be operating under a USDA special waiver for meal distribution.**

This option does not allow us to identify students by name and therefore we are not able to identify special food allergies.

Please contact the Food & Nutrition District Office if you have questions.

352.955.7539

Visit our website at [www.yourchoicefresh.com](http://www.yourchoicefresh.com)

Follow us on Social Media @yourchoicefresh

Meals are for Children 18 & Younger

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