



# Cooking & Heating Instructions

## Breakfast

### **Southern Biscuit w/ Chicken**

Bake chicken patty at 375°F for 13-15 min. Cook biscuit on a greased or lined baking sheet at 325°F for 19-23 min.

### **French Toast Sticks**

Preheat oven to 350°F. Arrange product in a single layer on lined baking sheet. Bake for 10-11 minutes.

### **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 after thawing. For optimal quality: Preheat oven to 350°F. Place unopened package on sheet pan and cook approx. 7-9 min. from frozen.

### **Breakfast Pizza**

Heat oven to 350°F for 11-14 min. Heat to an internal temp. of 165°F.

### **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.

### **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.

### **Thaw & Serve Breakfast & Lunch Items**

- Cinnamon Rolls
- Banana Bread Slice
- Coco Cherry Bar
- Turkey Bologna/Turkey Salami & Cheese Sandwich

## Lunch

### **Corn & Green Beans**

Heat stove top or microwave until internal temperature reaches a minimum of 135°F.

### **Sweet Potato Tots & Fries**

**Tots:** Bake Convection Oven 9 - 12 min 400°F. Check after 8-9 min. **Fries:** Bake at 450°F for 30-40 min. Bake until golden, browned at the edges, and crispy. Internal temperature must reach 165°F.

### **Personal Pizza Cheese/Pepperoni**

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

### **Slice Pizza Cheese/Pepperoni**

Bake pizza at 325°F for 13-15 minutes or until golden and crispy at edges.

### **Turkey Ham & Cheese Pocket**

Heat oven to 350°F and bake thawed product for 10-12 or internal temp. is 160°F.

### **Stromboli**

Bake thawed product at 380°F for 8-10 min. or until internal temp. is 165°F.

### **Popcorn Chicken**

Poppers cook at 10-12 min at 375°F. Turn poppers after 6 minutes for even cooking.

### **Corn Dog**

350°F for 14-17 minutes. Heat corn dog to 165°F, or microwave 40-45 sec. thawed.

### **Cheese Quesadilla**

Preheat oven to 375°F. Bake on parchment lined pan 15 to 20 minutes or until internal temperature reaches a minimum of 165°F.

### **Crinkle Cut Fries,**

### **Crosstrax Fries, Tater Tots**

Spread evenly on a baking sheet. Bake at 425°F for 10-15 minutes or until crispy and golden brown.

### **Cheese Calzonettes**

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

### **Bean & Cheese Burrito**

Bake 300°F: Frozen - 14-20 minutes; Thawed -12-18 minutes. Microwave: Frozen 2 min., Thawed 1 min.

### **BBQ Rib Sandwich**

Preheat oven to 350°F. Bake frozen product for 10-12 minutes or until internal temperature reaches 165°F. Toast Bun and place patty on bun.

### **Chicken & Waffle**

Preheat oven to 350°F. Bake chicken for 6-8 min. or until crispy and heated to 165°F. Bake waffle 5-7 min. until lightly toasted.

### **Hamburger**

Preheat oven to 350°F. Bake **pre-cooked** hamburger patty for 9-11 minutes if frozen or 5-7 minutes if thawed or until 155°F internal for 15 seconds. Serve on toasted hamburger bun.

**Raw Burger:** Bake 350F for 12 minutes from frozen. Must be 165F internal temp at finish.

### **Breaded Chicken Sandwich**

Place chicken patty on baking sheet. Bake at 350°F for 15 minutes if frozen or 10-15 minutes if thawed. Heat to 165°F or higher. Serve on bun.

### **Pizzaboli Calzone**

Preheat oven to 375°F. Place frozen on sheet pan and bake 20-25 min. or until golden brown and heated to internal temp. of 165°F. Or microwave frozen for 1 min. 30 sec. Let sit for 3-5 Min.

**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, 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)

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Meals are for Children 18 & Younger

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