

Cooking Instructions - Page 1

Cooking times are based on meal items being frozen. If thawed/defrosted, reduce cooking time by 1/2 and check temperature, cooking until hot or when meats reach 165 degrees. Appliances vary. Heating times approximate.

Lasagna Roll-up

Oven: Preheat oven to 350F. Pour ½ of the marinara cup into oven safe dish. Place lasagna roll onto marinara and top with the other half of the sauce. Cover with foil, bake for 35 minutes. Internal temperature should be 155 degrees.

Microwave: Pour ½ of the marinara cup into a microwave safe bowl. Place lasagna roll onto marinara and top with the other half of the sauce. Cover with plastic wrap and microwave for 4 minutes.

Stir and microwave for 2 more minutes. Internal temperature should be reach 155.

Mini Pancakes

Oven: Preheat oven to 350 degrees

Place frozen pouch on baking tray, bake for 14-15 minutes

Microwave: Place pouch on a microwave safe pan, heat on high for 45 seconds, carefully remove heated pancakes from pouch to a plate

Mini Eggo Waffle

Oven: Preheat oven to 350 degrees

Place pancakes in a single layer on a baking tray, bake for 15-16 minutes

Carefully remove heated waffles from pouch to a plate

Turkey & Cheese Croissant Melt

Oven: Preheat oven to 350 degrees, place sandwich onto oven safe pan, bake for 15 minutes or until internal temperature reaches 155 degrees

Microwave: Open the sandwich and place onto a microwave safe plate, cook for 1 minute 45 seconds

Turkey Ham & Cheese Croissant Melt

Oven: Preheat oven to 350 degrees, place sandwich onto oven safe pan, bake for 15 minutes or until internal temperature reaches 155 degrees

Microwave: Open the sandwich and place onto a microwave safe plate, cook for 1 minute 45 seconds

Teriyaki Chicken with Brown Rice

Oven: Preheat oven to 350 degrees. Place ingredients in an oven safe pan and cover with foil. Bake for 20 minutes or until the internal temperature of the protein reaches 165 degrees.

Microwave: Place ingredients into microwave safe bowl. Cook for 3 ½ minutes until the internal temperature of the protein reaches 165 degrees.

Breakfast Bowl

Oven: Preheat oven to 350 degrees. Place ingredients onto oven safe pan. Bake for 15 minutes or until internal temperature of protein reaches 165 degrees

Microwave: Place breakfast bowl and cook for 1min 45 seconds or until internal temperature of protein reaches 165 degrees

Swedish Meatballs

Oven: Preheat oven to 350 degrees. Place meatballs into an oven safe pan and bake for 20 minutes or until internal temperature reaches 155 degrees

Microwave: Place meatballs into a microwave safe bowl, cook for 3 minutes or until internal temperature reaches 155 degrees

Bean & Rice Empanada

Oven: Preheat oven to 350°F. Place empanada on baking tray, bake for 18-23 minutes or until temperature reaches 210 degrees and bottom of empanada is golden. Let stand for 5 minutes before serving.

BBQ Beef Taco

Oven: Preheat oven to 350 degrees. Place taco meat and shells onto oven safe pan, bake for 12 minutes or until internal temperature reaches 155 degrees. Microwave: Place BBQ Beef onto a microwave safe pan, cook for 3 minutes until internal temperature reaches 155 degrees.

Three Cheese Spiral Noodle Bake

Microwave: Place pasta into a microwave safe container and cook for 2 ½ minutes.

Turkey Bacon Grilled Cheese

Oven: Preheat oven to 350 degrees. Place sandwich onto a lined oven safe baking sheet. Bake for 10 minutes until the cheese is melted.

Stove Top: Preheat a saute pan on medium heat. Add ½ tbsp. of butter to the pan. Add the sandwich and cook for 4 minutes on each side until golden brown.

Sweet & Sour Chicken

Oven: Preheat oven to 350 degrees. Place ingredients in an oven safe pan and cover with foil. Bake for 20 minutes or until the internal temperature of the protein reaches 165 degrees.

Microwave: Place ingredients into microwave safe bowl. Cook for 3 ½ minutes until the internal temperature of the protein reaches 165 degrees.

Sausage and Mozzarella Pizza

Oven: Preheat oven to 350degrees. Place pizza on an oven safe pan, bake for 14 minutes until golden brown. Internal temperature should read 155 degrees.

Microwave: Place pizza onto an microwave safe dish. Cook in microwave for 2 ½ minutes. Internal temperature should read 155 degrees.

Grilled Chicken Sandwich

Oven: Preheat oven to 350 degrees. Place chicken on an oven safe baking tray and bake for 10 minutes or until internal temperature reaches 165 degrees

Microwave: Place chicken on a microwave safe pan, cook for 3 minutes

Be Safe! Use oven mitts or cloths to remove hot trays/pans from the oven or microwave. Be careful of steam or hot air when you open an oven door. Place hot food on a stable, heat resistant surface. Don't forget to wash your hands! It's important to wash your hands with soap and water before and after cooking and before eating.

Cooking Instructions - Page 2

Cooking times are based on meal items being frozen. If thawed/defrosted, reduce cooking time by 1/2 and check temperature, cooking until hot or when meats reach 165 degrees. Appliances vary. Heating times approximate.

Turkey and Cheese Pizza Bagel

Oven: Preheat Oven to 325 degrees
Place unwrapped bagel with turkey and cheese on it on a baking tray.

Bake for 10 minutes until cheese is melted.

Remove from oven and let sit until safe to handle.

Chicken Nuggets

Oven: Preheat oven to 350 degrees

Place nuggets on a baking tray, bake for 15 minutes or until internal temperature reaches 165 degrees

Microwave: Place nuggets on a microwave safe pan, cook for 2 minutes or until internal temperature reaches 165 degrees

Beef Chili and Cheese Nachos

Microwave: Place beef chili in a microwave safe pan and cook for 2 minutes, or until internal temp reaches 165 degrees.

Place nacho chips on a plate, top with chili and sprinkle cheese on top.

Hamburger

Oven: Preheat oven to 350 degrees

Place hamburger patty on a baking tray and Bake for 10 minutes

Microwave: Place patty on a microwave safe pan, cook for 2 minutes

Individually Wrapped Pizza Bagel

Oven: Preheat oven to 325 degrees

Place wrapped pizza on a baking tray, bake pizza in ovenable wrapper for 12-16 minutes or until cheese is melted

Let pizza sit in wrapper for 1 minute before opening and removing pizza

Crispy Chicken Sandwich

Oven: Preheat oven to 350 degrees

Place chicken patty on a baking tray and bake for 10 minutes or until internal temperature reaches 165 degrees

Microwave: Place chicken patty on a microwave safe pan, cook for 3 minutes

Turkey Bacon Scrambler Pizza

Oven: Preheat oven to 425 degrees

Place pizza on a baking tray, bake for 25-27 minutes, rotating on pan halfway through cooking

Microwave: Place patty on a microwave safe pan, cook for 2 minutes

Make-your-own Cheese Quesadilla

Oven: Preheat oven to 350 degrees

Place tortillas flat on a baking tray, place half of shredded cheese on half of each tortilla and fold other half over, bake for 10 minutes. Slice into triangles and serve

Egg & Chicken Patty Biscuit Sandwich

Oven: Preheat oven to 350 degrees

Remove ingredients from package. Cut biscuit in half. Place biscuit, egg and chicken patty separately on baking tray, bake for 10 minutes. Chicken should reach 165 degrees. Put egg and chicken patty between biscuit top and bottom

Tater Tots

Oven: Preheat oven to 400 degrees

Arrange tots in a single layer on a baking tray and bake for 20-25 minutes or until light golden in color

Macaroni & Cheese

Microwave: Place mac & cheese into a microwave safe container and cook for 2 ½ minutes.

French Fries

Oven: Preheat oven to 400 degrees

Arrange tots in a single layer on a baking tray and bake for 22-26 minutes

Make-your-own Chicken Nachos

Microwave: Place chicken taco meat on a microwave safe pan, cook for 2 ½ minutes, chicken should reach 165 degrees.

Place chips on a plate and top with chicken taco meat and then cheese

Meatball Sub

Microwave: Remove meatballs from bun and place in microwave safe bowl and top with marinara. Microwave for 3 minutes.

Spoon meatballs and sauce into the bun and serve

Chicken Bites

Oven: Pre-heat oven to 375 degrees

Arrange chicken bites in an even layer on baking tray, bake for 14-16 minutes turning halfway through cooking

Breakfast Chicken Patty

Oven: Preheat oven to 375 degrees

Place chicken patty on a baking tray, bake for 12-14 minutes turning halfway through cooking. Chicken should reach 165 degrees.

Waffle

Oven: Preheat oven to 350 degrees

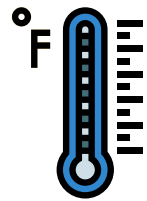
Place waffle on a baking tray, bake for 5-7 minutes or until lightly toasted.

Toaster: Place waffle into traditional toaster at lowest setting, repeat if needed until lightly toasted.

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Meal Storage Instructions

All foods requiring refrigeration need to be kept at a temperature of 40°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.

Cheese sticks:

Refrigeration required. Consume within 5 days.

Fresh whole fruit:

Refrigeration recommended, but not required.

Fresh processed/bagged fruit & vegetable items, cold fruit cups:

Refrigeration required, consume within 5 days or by the “Best By” date if located on the product.

All shelf-stable fruit and vegetable items:

No refrigeration required. Consume by the “Best By” date located on the product.

Cold sandwiches:

Refrigeration required. Consume within 5 days.

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 reverse cooking 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.

Allergy Disclaimer:

Duval County Public Schools Nutrition Program 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.

This institution is an equal opportunity provider. Items are subject to change and may vary by location.