

Nutrition Services

REHEATING INSTRUCTIONS FOR BOXED MEALS DISTRIBUTED ON MONDAY

WARNING: REMOVE ALL FOIL WRAPPINGS FROM FOOD ITEMS BEFORE HEATING!

Keep ALL products under refrigeration until ready to heat. If items have started to thaw, do not refreeze but cooking times may be shorter. Products with manufacturer's wrapping is oven and microwave safe. Products contain no raw food ingredients and are fully cooked.

FIESTA EGG & CHEESE SANDWICH

Oven Method: Preheat oven to 275°F. Do not remove from wrapper. Bake from frozen for 15-17 minutes.**

Microwave Method: Do not remove from wrapper. Microwave from frozen for 30-45 seconds.**

TURKEY PANCAKE WRAPS

Oven Method: Preheat oven to 325°F. Bake from frozen for 10-12 minutes.**

Microwave Method: Microwave from frozen for 45 seconds.**

BEEF SAUSAGE SANDWICH

Oven Method: Preheat oven to 350°F. Do not remove from wrapper. Bake from frozen for 15-20 minutes.**

Microwave Method: Do not remove from wrapper. Microwave from frozen for 45 seconds.**

BREADSTICK BITES

Oven Method: Preheat oven to 325°F. Bake from frozen for 10-12 minutes.**

Microwave Method: Microwave from frozen for 45 seconds.**

GREEN CHILI TAMALES

Oven Method: Preheat oven to 325°F. Bake from frozen. Sprinkle with water and cover with foil. Bake for 15-20 minutes.**

Microwave Method: Microwave from frozen for 2 -2 ½ minutes. **

CHICKEN TENDERS

Oven Method: Preheat oven to 325°F. Bake from frozen for 25-30 minutes until hot.**

BEAN AND CHEESE PUPUSA

Oven Method: Preheat oven to 350°F. Bake from frozen for 8-10 minutes. **

Microwave Method: Wrap with damp paper towel. Microwave from frozen for 1 ¾ minutes.**

QUESADILLA

Oven Method: Preheat oven to 350°F. Bake from frozen for 15-20 minutes.**

Microwave Method: Microwave from frozen for 2- 2 ½ minutes.**

ALL FROZEN VEGETABLES

Stove Top: Pour vegetables in saucepan. Cover with water. Simmer for 5-10 minutes.**

** Microwaves and ovens vary in temperature. Heat until internal temperature is 165 °F.