

Nutrition Services

REHEATING INSTRUCTIONS FOR BOXED MEALS DISTRIBUTED ON THURSDAY

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 less. Products with manufacturer's wrapping is oven and microwave safe. Products contain no raw food ingredients and are fully cooked.

BLUEBERRY PANCAKES

Method: Serve at room temperature or warm slightly in oven or microwave.

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.**

BREAKFAST TACO

Oven Method: Preheat oven to 280°F. Do not remove wrapper. Bake from frozen 15-20 minutes.**

Microwave Method: Microwave from frozen for 30-45 seconds (not recommended).**

CALZONE

Oven Method: Preheat oven to 325°F. Bake from frozen 15-20 minutes.**

Microwave Method: Microwave from frozen for 1½-2 minutes.**

QUESADILLA

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

Microwave Method: Microwave from frozen for 2- 2½ minutes.**

CHICKEN EMPANADAS

Oven Method: Preheat oven to 350°F. Bake from frozen for 20-25 minutes.**

Microwave Method: Microwave from frozen for 1¾ minutes.**

CHICKEN NUGGETS

Oven Method: Preheat oven to 350°F. Bake from frozen for 20-25 minutes.**

Microwave Method: Microwave from frozen for 1 minute.**

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 1¾ minutes.**

BREADSTICKS BITES

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

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

ALL 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.