



# Nutrition Services

## Safe Handling & Heating Instructions:

1. Breakfast entrees, lunch entrees, juice, and milk must be refrigerated or frozen within 2 hours of receiving.
2. Breakfast entrees may be received at room temperature or frozen. Frozen items must be thawed prior to consumption.
3. Lunch items that are served hot must be consumed within 2 hours from receiving.
4. All menu items must be consumed within 5 days of receiving. **If food is not consumed within 5 days it must be discarded/thrown away.**
5. To heat lunch entrees; DO NOT remove from the plastic wrapper. If the entrée is wrapped in FOIL remove BEFORE placing in a microwave. Microwave on high for 1 minute and check internal temperature. If needed microwave an additional 30 seconds increments until the internal temperature is 165°F.

*Menu Subject to Change*

### OVEN HEATING

**Preheat oven to 350°F.** Internal temperature should be 165° F before serving.

- Bean & Cheese Burrito- frozen heat 17-19 minutes; thawed heat 10-16 minutes.
- Cheese Stuffed Pull Aparts- frozen heat 10-12 minutes; thawed heat 6-8 minutes.
- Cheeseburger Twins- 300°F oven; thawed state only- heat 20-25 minutes.
- Corn Dog- frozen heat 23-25 minutes. Do not thaw.
- Chicken Nuggets- frozen heat 20-30 minutes. Do not thaw.
- Chicken Patty- frozen heat 18-25 minutes. Do not thaw.
- Double Dogs- frozen heat 15-20 minutes; thawed heat 10-15 minutes.
- Galaxy Pizza, Tony's- frozen heat 26-28 minutes. Do not thaw.
- Grilled Cheese Sandwich- frozen heat 15-18 minutes; thawed heat 10-12 minutes.
- Hamburger on Bun prewrapped- frozen heat 30-35 minutes; thawed heat 18-20 minutes.
- Hamburger Patty- frozen heat 15-20 minutes; thawed heat 12-15 minutes.
- Pizza Crunchers- frozen heat 15-18 minutes. Do not thaw.
- Pizza Wedge- frozen heat 17-19 minutes; thawed heat 10-16 minutes.
- Popcorn Chicken- frozen heat 10-12 minutes. Do not thaw.
- Taco Nada- frozen heat 30-32 minutes. Do not thaw.