

Heating Directions (Microwave power level High)

All food should be stored in the refrigerator at 41 F or below until ready to eat

Food item	Directions
BREAKFAST	
Chicken Biscuits-	<ul style="list-style-type: none"> Place wrapped chicken biscuit in microwave and heat for 25 seconds. Let sit for 2 minutes before eating. Be careful, the food will be hot.
Breakfast Pizza- (Turkey Sausage pizza)	<ul style="list-style-type: none"> Place wrapped breakfast pizza in microwave and heat for 30 seconds. Let sit for 2 minutes before eating. Be careful, the food will be hot.
Prepackaged cinnamon roll	<ul style="list-style-type: none"> Can be eaten at room temperature or warm. To warm: place prepackaged cinni mini in microwave and heat for 15 seconds. Be careful, the food will be hot.
French Toast-	<ul style="list-style-type: none"> Place wrapped French toast in microwave and heat for 35 seconds. Let sit for 2 minutes before eating. Be careful, the food will be hot.
Fruit Frudel	<ul style="list-style-type: none"> Can be eaten at room temperature or warm. To warm: Place prepackaged Fruit Frudel in microwave and heat for 15 seconds. Be careful, the food will be hot.
Prepackaged Pancakes (mini)-	<ul style="list-style-type: none"> Place prepackaged mini pancakes in microwave and heat for 20 seconds. Let sit for 2 minutes before eating. Be careful, the food will be hot.
Pancake Wrap (mini Turkey)	<ul style="list-style-type: none"> Place wrapped Pancake Wraps in microwave and heat for 30 seconds. Let sit for 2 minutes before eating. Be careful, the food will be hot.
Prepackaged Mini Waffles-	<ul style="list-style-type: none"> Place prepackaged mini Waffles in microwave and heat for 20 seconds. Let sit for 2 minutes before eating. Be careful, the food will be hot.
LUNCH	
BBQ Rib Sandwich (Beef):	<ul style="list-style-type: none"> Place wrapped BBQ rib sandwich in microwave and heat for 50 seconds. Let sit for 2 minutes before eating. Be careful, the food will be hot.
Beef Hamburger:	<ul style="list-style-type: none"> Place wrapped Hamburger in microwave and heat for 45 seconds. Let sit for 2 minutes before eating. Be careful, the food will be hot.
Breaded Beef Steak sandwich	<ul style="list-style-type: none"> Place wrapped Breaded Beef Steak Sandwich in microwave and heat for 50 seconds. Let sit for 2 minutes before eating. Be careful, the food will be hot.
Cheesy Breadstick Bites	<ul style="list-style-type: none"> Place wrapped Cheesy Breadstick Bites in microwave and heat for 45 seconds. Let sit for 2 minutes before eating. Be careful, the food will be hot.
Chicken Mega Minis bites with garlic bread stick	<ul style="list-style-type: none"> Place wrapped chicken mini bites w/garlic bread stick in microwave and heat for 50 seconds. Let sit for 2 minutes before eating. Be careful, the food will be hot.

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Chicken Nuggets with garlic breadstick	<ul style="list-style-type: none"> Place wrapped Chicken Nuggets w/ garlic bread stick in microwave and heat for 50 seconds. Let sit for 2 minutes before eating. Be careful, the food will be hot.
Chicken Filet Sandwich- Elementary/Intermediate/Middle school	<ul style="list-style-type: none"> Place wrapped Chicken sandwich in microwave and heat for 1 minute and 20 seconds. Let sit for 2 minutes before eating. Be careful, the food will be hot.
Chicken Filet Sandwich: High School	<ul style="list-style-type: none"> Place wrapped Chicken sandwich in microwave and heat for 2 minutes. Let sit for 2 minutes before eating. Be careful, the food will be hot.
Chicken Tenders with garlic bread stick : Elementary/Intermediate/Middle school	<ul style="list-style-type: none"> Place wrapped Chicken Tenders w/ garlic bread stick in microwave and heat for 50 seconds. Let sit for 2 minutes before eating. Be careful, the food will be hot.
Chicken Tenders with garlic breadstick: High School	<ul style="list-style-type: none"> Place wrapped Chicken Tenders w/ garlic bread stick in microwave and heat for 1 minute. Let sit for 2 minutes before eating. Be careful, the food will be hot.
Chicken tenders & waffles	<ul style="list-style-type: none"> Place wrapped chicken tenders w/ waffles in microwave and heat for 1 minute and 10 seconds. Let sit for 2 minutes before eating. Be careful, the food will be hot.
Mini Turkey Corn Dogs	<ul style="list-style-type: none"> Place wrapped mini corn dogs in microwave and heat for 35 seconds. Let sit for 2 minutes before eating. Be careful, the food will be hot.
FRUITS/VEGETABLES	
Baked Beans (Vegetarian)	<ul style="list-style-type: none"> Place bowl of baked beans in microwave and heat for 45 seconds. Stir and heat for 45 more seconds. Let sit for 2 minutes before eating. Be careful, the food will be hot.
Mashed potatoes	<ul style="list-style-type: none"> Place bowl of mashed potatoes in microwave and heat for 1 minute. Stir Let sit for 2 minutes before eating. Be careful, the food will be hot.
Roasted Diced Potatoes	<ul style="list-style-type: none"> Remove diced potatoes from plastic bag and microwave for 30 seconds. Let sit for 2 minutes before eating. Be careful, the food will be hot.
Apples slices	Store in refrigerator at or below 41 F
Whole Fruit and Fruit cups	Store in refrigerator at or below 41 F
Fresh Vegetables	Store in refrigerator at or below 41 F

**Food intended to be eaten hot should reach 165 F for at least 15 seconds before eating. Adult supervision required when heating as food will be hot.

This institution is an equal opportunity provider.