

SAISD CHILD NUTRITION CURBSIDE MEAL PICK UP SAFE HANDLING INSTRUCTIONS FOR FOOD ITEMS



READY TO HEAT FROZEN ITEMS

ITEM	INSTRUCTIONS
MINI PANCAKES (MAPLE OR STRAWBERRY)	<p><u>Mini Pancakes: *Bake from Frozen*</u></p> <p>Microwave –</p> <ol style="list-style-type: none"> 1. Place the frozen unopened package on a microwave safe plate. 2. Heat for 55-65 seconds. <p>Oven –</p> <ol style="list-style-type: none"> 1. Preheat the oven to 350°F. 2. Place the frozen unopened package on a baking pan. 3. Heat for 16-18 minutes. <p>For even baking flip the package halfway through the cooking time.</p>
LARGE PANCAKES	<p><u>Large Pancakes – *Heat from Frozen*</u></p> <p>Microwave –</p> <ol style="list-style-type: none"> 1. Remove from packaging/wrapper. Place the frozen pancake on a microwave safe plate. 2. Heat for 25-30 second. Then flip over and heat for another 20-25 seconds. <p>Oven –</p> <ol style="list-style-type: none"> 1. Remove from packaging/wrapper. Preheat the oven to 350°F. 2. Place the frozen pancakes on a backing pan sprayed with non-stick spray. 3. Cover the pancakes with foil and bake for 12-15 minutes.
BISCUIT	<p><u>Biscuit: *Bake from Thawed*</u></p> <p>Oven -</p> <ol style="list-style-type: none"> 1. Remove from packaging/wrapper. Preheat oven to 425°F. 2. Place the thawed biscuits on a baking tray and heat for 5-8 minutes.

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<p>CRISPITOS</p>	<p><u>Crispito:</u> Oven (From Frozen) –</p> <ol style="list-style-type: none"> 1. Remove from packaging/wrapper. Preheat oven to 375°F. 2. Place the frozen crispito on a baking pan and bake for 16-20 minutes and the tortilla is crispy. Heat until the internal temperature reaches 165°F. <p>Oven (From Thawed) –</p> <ol style="list-style-type: none"> 1. Remove from packaging/wrapper. Preheat the oven to 375°F. 2. Place the thawed crispito on a baking pan and bake for 12-15 minutes and the tortilla is crispy. Heat until the internal temperature reaches 165°F.
<p>MINI PANCAKE WRAPS</p>	<p><u>Mini Pancake Wraps: *Heat from Frozen*</u></p> <p>Microwave –</p> <ol style="list-style-type: none"> 1. Place frozen unopened package on a microwave safe place. 2. Heat for 25 – 30 seconds, flip over and heat for another 25 – 30 seconds and the internal temperature reaches 165°F. <p>Oven –</p> <ol style="list-style-type: none"> 1. Preheat oven to 350°F. 2. Place frozen unopened package on a baking pan. 3. Heat for 20-25 minutes and the internal temperature reaches 165°F. For even baking flip the package halfway through the cooking time.
<p>BLUEBERRY WAFFLES</p>	<p><u>Blueberry Waffles: *Bake from Frozen*</u></p> <p>Microwave –</p> <ol style="list-style-type: none"> 1. Place the frozen unopened package of frozen waffles on a microwave safe plate. 2. Heat for 30-35 seconds. <p>Oven –</p> <ol style="list-style-type: none"> 1. Preheat the oven to 350°F. 2. Place the frozen unopened package on a baking pan and heat for 10-15 minutes. For even baking flip the package halfway through the cooking time.

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<p>BLUEBERRY PANCAKE ON A STICK</p>	<p><u>Blueberry Pancake on a Stick:</u></p> <p>Microwave –</p> <ol style="list-style-type: none"> 1. Remove the wrapper and place the pancake on a microwave safe plate. 2. Heat for 60-65 seconds and the internal temperature reaches 165°F. Let it rest before serving, so you do not burn yourself. <p>Oven –</p> <p>From frozen –</p> <ol style="list-style-type: none"> 1. Remove from packaging/wrapper. Preheat the oven to 350°F. 2. Place the frozen pancake on a baking pan. 3. Heat for 18-20 minutes and the internal temperature reaches 165°F. <p>From thawed –</p> <ol style="list-style-type: none"> 1. Remove from packaging/wrapper. Preheat the oven to 350°F. 2. Place the thawed pancake on a baking pan. 3. Heat for 8-12 minutes and the internal temperature reaches 165°F.
<p>SAUSAGE ROLL</p>	<p><u>Sausage Roll: *Best from Thawed*</u></p> <p>Microwave –</p> <p>Thawed –</p> <ol style="list-style-type: none"> 1. Place the thawed unopened package on a microwave safe plate. 2. Heat for 25-35 seconds and the internal temperature reaches 165°F. <p>Frozen –</p> <ol style="list-style-type: none"> 1. Place the frozen unopened package on a microwave safe plate. 2. Heat for 90 seconds and the internal temperature reaches 165°F. <p>Oven –</p> <ol style="list-style-type: none"> 1. Preheat the oven to 350°F. 2. Place the thawed unopened package on a baking pan. 3. Heat for 10-12 minutes and the internal temperature reaches 165°F.
<p>BANANA BREAD</p>	<p><u>Banana Bread:</u></p> <p>Thaw the banana bread in the cooler overnight or at room temperature the morning you plan to eat it.</p>



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MINI CINNIS	<p><u>Mini Cinnis: *Heat from Frozen*</u></p> <p>Oven – *DO NOT place the package directly on the oven rack or let the package touch the sides of the oven*</p> <ol style="list-style-type: none">1. Preheat the oven to 350°F.2. Place the frozen unopened package on a baking pan and heat for 10-12 minutes.
CHICKEN NUGGETS	<p><u>Chicken Nuggets: *Bake from Frozen*</u></p> <p>Oven –</p> <ol style="list-style-type: none">1. Remove from packaging/wrapper. Preheat the oven to 350°F.2. Place the frozen chicken nuggets on a baking pan.3. Bake uncovered for 12-16 minutes and the internal temperature reaches 165°F.
BREADSTICK	<p><u>Breadstick:</u></p> <p>Oven –</p> <p>Thawed-</p> <ol style="list-style-type: none">1. Remove from packaging/wrapper. Preheat the oven to 350°F.2. Place the thawed breadstick on a baking pan and heat for 6-8 minutes. <p>Frozen –</p> <ol style="list-style-type: none">1. Remove from packaging/wrapper. Preheat the oven to 350°F.2. Place the frozen breadstick on a baking pan and heat for 9-12 minutes.
TATOR TOTS	<p><u>Tator Tots: *Bake from Frozen*</u></p> <p>Oven –</p> <ol style="list-style-type: none">1. Remove from packaging/wrapper. Preheat the oven to 450°F.2. Place the frozen tator tots in a single layer on a baking pan.3. Bake for 20-25 minutes and the tator tots are crispy on the outside.
TATOR TOT SMILES	<p><u>Tator Tot Smiles: *Bake from Frozen*</u></p> <p>Oven –</p> <ol style="list-style-type: none">1. Remove from packaging/wrapper. Preheat the oven to 425°F.2. Place the frozen Potato Tot Smiles in an even layer on a baking pan.3. Bake for 10-13 minutes. For even baking turn the pan halfway through the cooking time.

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UNCRUSTABLE	<p><u>Uncrustable:</u></p> <p>Thaw at room temperature for 30-40 minutes before eating. These can also be place in the refrigerator in the morning to thaw until you are ready to eat for lunch. Enjoy within 6 hours of thawing.</p>
EMPANADAS (CHICKEN OR BEEF)	<p><u>Beef & Chicken Empanadas:</u></p> <p>Oven –</p> <ol style="list-style-type: none"> 1. Remove from packaging/wrapper. Preheat the oven to 450°F. 2. Place the frozen empanada on a baking pan. 3. Heat for 25-35 minutes and the internal temperature reaches 165°F.
BURRITO	<p><u>Burrito: *Heats best when thawed in the refrigerator overnight*</u></p> <p>Microwave – For best heating flip halfway through the heating time.</p> <p>Thawed –</p> <ol style="list-style-type: none"> 1. Place the thawed unopened package on a microwave safe plate. 2. Heat for 1-2 minutes and the internal temperature reaches 160°F. <p>Frozen –</p> <ol style="list-style-type: none"> 1. Place the frozen unopened package on a microwave safe plate. 2. Heat for 2-3 minutes and the internal temperature reaches 160°F. <p>Oven – For the best heating flip halfway through the heating time.</p> <p>Thawed –</p> <ol style="list-style-type: none"> 1. Preheat the oven to 325°F. 2. Place the thawed unopened package on a baking pan. 3. Heat for 15-20 minutes and the internal temperature reaches 160°F. <p>Frozen –</p> <ol style="list-style-type: none"> 1. Preheat the oven to 325°F. 2. Place the frozen unopened package on a baking pan. 3. Heat for 20-25 minutes and the internal temperature reaches 160°F.

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<p>CHICKEN TENDERS</p>	<p><u>Chicken Tenders: *Bake from Frozen*</u> Oven –</p> <ol style="list-style-type: none"> 1. Remove from packaging/wrapper. Preheat the oven to 400°F. 2. Place the frozen chicken tenders on a baking pan. 3. Heat uncovered for 12-15 minutes and the internal temperature reaches 165°F.
<p>TEXAS SIZED TOTS</p>	<p><u>Hash brown Rounds (Texas Sized Tots): *Bake from Frozen*</u> Oven –</p> <ol style="list-style-type: none"> 1. Remove from packaging/wrapper. Preheat the oven to 425°F. 2. Place the frozen hash brown rounds in a single layer on a baking pan. 3. Bake for 16-20 minutes and the outside is crispy and golden brown. For even cooking flip the rounds halfway through the cooking time.
<p>PIZZA (CHEESE OR PEPPERONI)</p>	<p><u>Personal Pizza: *Heats best from thawed*</u> Oven – Thawed – Allow the pizza to thaw for 2 hours in the refrigerator before cooking.</p> <ol style="list-style-type: none"> 1. Remove from packaging/wrapper. Preheat the oven to 400°F. 2. Place the thawed pizza on a baking pan. 3. Bake for 10-15 minutes and the internal temperature reaches 165°F. <p>Frozen –</p> <ol style="list-style-type: none"> 1. Remove from packaging/wrapper. Preheat the oven to 350°F. 2. Place the frozen pizza on a baking pan. 3. Bake for 15-20 minutes and the internal temperature reaches 165°F.

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<p>LARGE CORNDOG ON A STICK</p>	<p>Large Corndog: Microwave – Thawed – 1. Remove from packaging/wrapper. Place thawed corndog on a microwave safe plate. 2. Heat for 60 seconds and the internal temperature reaches 165°F. Frozen – 1. Remove from packaging/wrapper. Place the frozen corndog on a microwave safe plate. 2. Heat for 90 seconds and the internal temperature reaches 165°F. Oven – Thawed – 1. Remove from packaging/wrapper. Preheat the oven to 375°F. 2. Place the thawed corndog on a baking pan. 3. Heat for 15-18 minutes and the internal temperature reaches 165°F. Frozen – 1. Remove from packaging/wrapper. Preheat the oven to 375°F. 2. Place the frozen corndog on a baking pan. 3. Heat for 25-30 minutes and the internal temperature reaches 165°F.</p>
<p>MINI CORNDOGS</p>	<p>Mini Corndogs: *Heat from Frozen* Microwave – 1. Remove from packaging/wrapper. Place the frozen corndogs on a microwave safe plate. 2. Heat for 20-25 seconds, turn over, heat for another 20-25 seconds and the internal temperature reaches 165°F. Oven – 1. Remove from packaging/wrapper. Preheat the oven to 350°F. 2. Place the frozen corndogs on a baking pan. 3. Heat for 20-25 minutes and the internal temperature reaches 165°F.</p>

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CALZONE	<p><u>Calzone: *Bake from Frozen*</u></p> <p>Oven –</p> <ol style="list-style-type: none"> 1. Remove from packaging/wrapper. Preheat the oven to 350°F. 2. Place the frozen calzone on a baking pan. 3. Bake for 18-22 minutes and the internal temperature reaches 165°F.
MINI CHICKEN TACOS	<p><u>Mini Chicken Tacos: *Heat from Frozen*</u></p> <p>Oven –</p> <ol style="list-style-type: none"> 1. Remove from packaging/wrapper. Preheat the oven to 375°F. 2. Place the frozen mini tacos on a baking pan. 3. Heat for 12-15 minutes and the internal temperature reaches 165°F. For even heating flip the mini tacos halfway through the cooking time.
SPICY BONELESS WINGS	<p><u>Spicy Boneless Wings: *Bake from Frozen*</u></p> <p>Oven –</p> <ol style="list-style-type: none"> 1. Remove from packaging/wrapper. Preheat the oven to 400°F. 2. Place the frozen boneless wings on a baking pan. 3. Heat for 18-20 minutes and the internal temperature reaches 165°F.
STEAK FINGERS	<p><u>Steak Fingers: *Bake from Frozen*</u></p> <p>Oven –</p> <ol style="list-style-type: none"> 1. Remove from packaging/wrapper. Preheat the oven to 400°F. 2. Place the frozen steak fingers on a baking pan. 3. Heat for 16-20 minutes and the internal temperature reaches 165°F. For even cooking flip halfway through the cooking time.
TACO QUESADILLAS	<p><u>Taco Quesadillas: *Bake from Frozen*</u></p> <p>Oven –</p> <ol style="list-style-type: none"> 1. Remove from packaging/wrapper. Preheat the oven to 400°F. 2. Place the frozen taco quesadillas on a baking pan sprayed with non-stick spray. 3. Bake for 18-22 minutes and the internal temperature reaches 165°F. Turn the pan halfway through the cooking time for even cooking.

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<p>GARLIC KNOT</p>	<p><u>Garlic Knot: *Heat from Frozen*</u> Oven – 1. Remove from packaging/wrapper. Preheat the oven to 375°F. 2. Place the frozen garlic know on a baking pan. 3. Bake for 7-10 minutes and the internal temperature reaches 165°F.</p>
<p>EGG & CHEESE BOWTIE</p>	<p><u>Egg & Cheese Bowtie:</u> Oven – Thawed – 1. Preheat the oven to 375°F. 2. Place the thawed bowties on a baking pan. Leave in film wrapper. 3. Heat for 8-12 minutes and the internal temperature reaches 165°F. Frozen – 1. Preheat the oven to 375°F. 2. Place the frozen bowties on a baking pan. Leave in film wrapper. 3. Heat for 15-22 minutes and the internal temperature reaches 165°F.</p>
<p>BLUEBERRY CINNAMON STICK</p>	<p><u>Blueberry Cinnamon Stick</u> *Bake from frozen* 1. Preheat the oven to 375 degrees F. 2. Place the frozen breakfast stick on a baking sheet and heat for 10 – 15 minutes and the internal temperature reaches 165 degrees F. *For a crispier stick bake without the bag. *For a softer stick bake inside the bag.</p>
<p>PUMPKIN OR APPLE CINNAMON EMPANADA</p>	<p><u>Pumpkin or Apple Cinnamon Empanada</u> 1. Leave the frozen Pumpkin or Apple Cinnamon Empanada in the wrapper and allow to thaw in the refrigerator overnight. 2. Preheat the oven to 200°F. 3. Place the thawed Pumpkin or Apple Cinnamon Empanada on a baking pan and heat for 5 – 8 minutes and the empanada has warmed to 145°F.</p>



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DUMPLINGS	<p>Dumplings: Microwave – Frozen –</p> <ol style="list-style-type: none"> 1. Remove from packaging/wrapper. Place the frozen dumplings on a microwave safe plate. Add 1 Tbsp of water to the plate then cover it with plastic wrap. 2. Place plate in microwave and cook on high for 2 minutes. Let sit for 1 minute in microwave. 3. Carefully remove plastic wrap. 4. Internal temperature should be 165°F before eating.
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READY TO EAT REFRIGERATED ITEMS

ITEM	INSTRUCTIONS
MILK & JUICE	STORE IN REFRIGERATOR IMMEDIATELY AND USE BY DATE ON CARTON
YOGURT/CHEESE STICKS	STORE IN REFRIGERATOR IMMEDIATELY AND USE BY DATE ON PACKAGE
TURKEY STICKS	STORE IN REFRIGERATOR AND ENJOY BY THE END OF THE WEEK
TURKEY COINS	STORE IN REFRIGERATOR AND ENJOY BY THE NEXT DAY AFTER RECEIVING THEM
SLICED CHEESE/SHREDDED CHEESE	STORE IN REFRIGERATOR AND ENJOY BY THE NEXT DAY AFTER RECEIVING THEM
PINTO BEAN, CORN, PEA OR BROCCOLI SALAD	STORE IN REFRIGERATOR AND ENJOY WITHIN 2 DAYS AFTER RECEIVING THEM
FRESH CUT VEGGIES (CELERY, BROCCOLI FLORETS, AND CARROT STICKS)	STORE IN REFRIGERATOR AND ENJOY WITHIN 2 DAYS AFTER RECEIVING THEM
MAYO PACKETS	STORE IN REFRIGERATOR AND ENJOY BY DATE ON PACKAGE
TURKEY OR HAM SANDWICHES	STORE IN REFRIGERATOR AND ENJOY BY THE NEXT DAY AFTER RECEIVING THEM
CANNED FRUIT	STORE IN REFRIGERATOR AND ENJOY BY THE NEXT DAY AFTER RECEIVING THEM

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READY TO EAT PANTRY ITEMS

ITEM	INSTRUCTIONS
GRAHAMS/CRACKERS/CHIPS/CEREAL/BREAKFAST BARS/APPLESAUCE CUPS	STORE IN PANTRY OR ON THE COUNTER AND ENJOY BY DATE ON PACKAGE
JELLY, KETCHUP, MUSTARD	STORE IN PANTRY OR ON THE COUNTER AND ENJOY BY DATE ON PACKAGE
SALSA CUPS	STORE IN PANTRY OR ON THE COUNTER AND ENJOY BY DATE ON PACKAGE
APPLESAUCE CUPS	STORE IN PANTRY OR ON THE COUNTER AND ENJOY BY DATE ON PACKAGE
WHOLE FRUIT	STORE IN PANTRY OR ON THE COUNTER AND ENJOY WITHIN A WEEK
RAISINS	STORE IN PANTRY OR ON THE COUNTER AND ENJOY BY DATE ON PACKAGE
HUMMUS/BEAN DIP CUP	STORE IN PANTRY OR ON THE COUNTER AND ENJOY BY DATE ON PACKAGE