

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

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

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| <p>BLUEBERRY PANCAKE ON A STICK</p> | <p><b><u>Blueberry Pancake on a Stick:</u></b></p> <p>Microwave –</p> <ol style="list-style-type: none"> <li>1. Remove the wrapper and place the pancake on a microwave safe plate.</li> <li>2. Heat for 60-65 seconds and the internal temperature reaches 165°F.<br/>Let it rest before serving, so you do not burn yourself.</li> </ol> <p>Oven –</p> <p>From frozen –</p> <ol style="list-style-type: none"> <li>1. Remove from packaging/wrapper. Preheat the oven to 350°F.</li> <li>2. Place the frozen pancake on a baking pan.</li> <li>3. Heat for 18-20 minutes and the internal temperature reaches 165°F.</li> </ol> <p>From thawed –</p> <ol style="list-style-type: none"> <li>1. Remove from packaging/wrapper. Preheat the oven to 350°F.</li> <li>2. Place the thawed pancake on a baking pan.</li> <li>3. Heat for 8-12 minutes and the internal temperature reaches 165°F.</li> </ol> |
| <p>SAUSAGE ROLL</p>                 | <p><b><u>Sausage Roll: *Best from Thawed*</u></b></p> <p>Microwave –</p> <p>Thawed –</p> <ol style="list-style-type: none"> <li>1. Place the thawed unopened package on a microwave safe plate.</li> <li>2. Heat for 25-35 seconds and the internal temperature reaches 165°F.</li> </ol> <p>Frozen –</p> <ol style="list-style-type: none"> <li>1. Place the frozen unopened package on a microwave safe plate.</li> <li>2. Heat for 90 seconds and the internal temperature reaches 165°F.</li> </ol> <p>Oven –</p> <ol style="list-style-type: none"> <li>1. Preheat the oven to 350°F.</li> <li>2. Place the thawed unopened package on a baking pan.</li> <li>3. Heat for 10-12 minutes and the internal temperature reaches 165°F.</li> </ol>   |
| <p>BANANA BREAD</p>                 | <p><b><u>Banana Bread:</u></b></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><b><u>Mini Cinnis: *Heat from Frozen*</u></b></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"> <li>1. Preheat the oven to 350°F.</li> <li>2. Place the frozen unopened package on a baking pan and heat for 10-12 minutes.</li> </ol>   |
| CHICKEN NUGGETS  | <p><b><u>Chicken Nuggets: *Bake from Frozen*</u></b></p> <p>Oven –</p> <ol style="list-style-type: none"> <li>1. Remove from packaging/wrapper. Preheat the oven to 350°F.</li> <li>2. Place the frozen chicken nuggets on a baking pan.</li> <li>3. Bake uncovered for 12-16 minutes and the internal temperature reaches 165°F.</li> </ol>   |
| BREADSTICK       | <p><b><u>Breadstick:</u></b></p> <p>Oven –</p> <p>Thawed-</p> <ol style="list-style-type: none"> <li>1. Remove from packaging/wrapper. Preheat the oven to 350°F.</li> <li>2. Place the thawed breadstick on a baking pan and heat for 6-8 minutes.</li> </ol> <p>Frozen –</p> <ol style="list-style-type: none"> <li>1. Remove from packaging/wrapper. Preheat the oven to 350°F.</li> <li>2. Place the frozen breadstick on a baking pan and heat for 9-12 minutes.</li> </ol> |
| TATOR TOTS       | <p><b><u>Tator Tots: *Bake from Frozen*</u></b></p> <p>Oven –</p> <ol style="list-style-type: none"> <li>1. Remove from packaging/wrapper. Preheat the oven to 450°F.</li> <li>2. Place the frozen tator tots in a single layer on a baking pan.</li> <li>3. Bake for 20-25 minutes and the tator tots are crispy on the outside.</li> </ol>   |
| TATOR TOT SMILES | <p><b><u>Tator Tot Smiles: *Bake from Frozen*</u></b></p> <p>Oven –</p> <ol style="list-style-type: none"> <li>1. Remove from packaging/wrapper. Preheat the oven to 425°F.</li> <li>2. Place the frozen Potato Tot Smiles in an even layer on a baking pan.</li> <li>3. Bake for 10-13 minutes. For even baking turn the pan halfway through the cooking time.</li> </ol>   |

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| UNCRUSTABLE                 | <p><b><u>Uncrustable:</u></b></p> <p>Thaw at room temperature for 30-40 minutes before eating.<br/>                 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><b><u>Beef &amp; Chicken Empanadas:</u></b></p> <p>Oven –</p> <ol style="list-style-type: none"> <li>1. Remove from packaging/wrapper. Preheat the oven to 450°F.</li> <li>2. Place the frozen empanada on a baking pan.</li> <li>3. Heat for 25-35 minutes and the internal temperature reaches 165°F.</li> </ol>   |
| BURRITO                     | <p><b><u>Burrito: *Heats best when thawed in the refrigerator overnight*</u></b></p> <p>Microwave – For best heating flip halfway through the heating time.</p> <p>Thawed –</p> <ol style="list-style-type: none"> <li>1. Place the thawed unopened package on a microwave safe plate.</li> <li>2. Heat for 1-2 minutes and the internal temperature reaches 160°F.</li> </ol> <p>Frozen –</p> <ol style="list-style-type: none"> <li>1. Place the frozen unopened package on a microwave safe plate.</li> <li>2. Heat for 2-3 minutes and the internal temperature reaches 160°F.</li> </ol> <p>Oven – For the best heating flip halfway through the heating time.</p> <p>Thawed –</p> <ol style="list-style-type: none"> <li>1. Preheat the oven to 325°F.</li> <li>2. Place the thawed unopened package on a baking pan.</li> <li>3. Heat for 15-20 minutes and the internal temperature reaches 160°F.</li> </ol> <p>Frozen –</p> <ol style="list-style-type: none"> <li>1. Preheat the oven to 325°F.</li> <li>2. Place the frozen unopened package on a baking pan.</li> <li>3. Heat for 20-25 minutes and the internal temperature reaches 160°F.</li> </ol> |

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

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

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





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| GARLIC KNOT         | <p><b><u>Garlic Knot: *Heat from Frozen*</u></b></p> <p>Oven –</p> <ol style="list-style-type: none"> <li>1. Remove from packaging/wrapper. Preheat the oven to 375°F.</li> <li>2. Place the frozen garlic know on a baking pan.</li> <li>3. Bake for 7-10 minutes and the internal temperature reaches 165°F.</li> </ol>  |
| EGG & CHEESE BOWTIE | <p><b><u>Egg &amp; Cheese Bowtie:</u></b></p> <p>Oven –</p> <p>Thawed –</p> <ol style="list-style-type: none"> <li>1. Preheat the oven to 375°F.</li> <li>2. Place the thawed bowties on a baking pan. Leave in film wrapper.</li> <li>3. Heat for 8-12 minutes and the internal temperature reaches 165°F.</li> </ol> <p>Frozen –</p> <ol style="list-style-type: none"> <li>1. Preheat the oven to 375°F.</li> <li>2. Place the frozen bowties on a baking pan. Leave in film wrapper.</li> <li>3. Heat for 15-22 minutes and the internal temperature reaches 165°F.</li> </ol> |

### 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 |

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|              |  |
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| 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 |