

Hall County 12-9 5 Day Meal Bag Storage/Cooking Instructions (*Items subject to change based on availability)

BREAKFAST

Breakfast Entrees (Manager's Choices): Cereal, Poptart, Cheese Sticks, Cinni Mini, Frudel, Mini Donuts, Mini Pancakes, Mini Waffles, Cereal Bars, Mini French Toast, Breakfast Buns

Breakfast Fruit Sides (Manager's Choices): 100% fruit juice, applesauce cups, whole fruit, raisins, dried cranberries, frozen fruit cups, cut whole fruit

Milk (Optional for student): 1% chocolate or plain

Room Temperature Storage: Cereal, Poptart, cereal bars, whole fruit, applesauce cups, raisins, dried cranberries, 100% fruit juice

Refrigerator Storage: Cheese Sticks, cut whole fruit, milk

Freezer Storage: Cinni Mini, Frudel, mini donuts, mini pancakes, mini waffles, mini French toast, breakfast buns, frozen fruit cups (for all of these items, thaw at room temperature overnight and consume within 1-2 days; breakfast entrees can also be warmed in a 350F oven for 7-8 minutes)

LUNCH

Lunch Entrees: Uncrustable Kit x2 (Uncrustable sandwich, chips, cheese stick), corndog x1, pizza x2

Lunch Vegetable Sides (Manager's Choices): Baby carrots, cut celery, cut broccoli, beans (pinto or baked), frozen French fries, kernel corn, baking potato

Lunch Fruit Sides (Manager's Choices): 100% fruit juice, applesauce cups, whole fruit, raisins, dried cranberries, frozen fruit cups, cut whole fruit

Milk (Optional for student): 1% chocolate or plain

Room Temperature Storage: Chips, whole fruit, applesauce cups, 100% juice, raisins, dried cranberries, baking potato

Refrigerator Storage: Cheese sticks, cut vegetables, beans, cut whole fruit corn, milk

Freezer Storage: Uncrustable sandwiches (leave at room temp overnight to thaw, eat within 1 day), corndog, pizza, frozen fruit cups, frozen French fries

COOKING INSTRUCTIONS

Corndog: Cook from frozen. Preheat oven to 375F. Remove any plastic wrap or packaging from corndog before putting product on a baking sheet and in the oven. Place corndog on a baking sheet. Cook for 25 minutes.

Pizza: Cook from frozen. Preheat oven to 350F. Remove any plastic wrap or packaging from pizza before putting product in the oven. Place pizza on a baking sheet. Cook for 10-15 minutes or until cheese is melted and crust edges are golden brown.

Baked/Pinto Beans: In a microwave safe bowl, heat for 1 minute.

Corn: Cook from frozen. Stove top instructions: In a pan, add 2 tbsp water per serving of corn and heat for 5-10 minutes. Microwave instructions: In a microwave safe bowl, add 2 tbsp water per serving of corn and heat for 1 minute.

Baking Potato: Microwave instructions: Pierce 3-4 times with a fork. Heat in the microwave for 5 minutes, then use TONGS to flip potato and heat for another 3 minutes. Oven instructions: Pierce 3-4 times and heat in a 400F oven for 40-50 minutes on a baking sheet.