

## Cooking Instructions for Meal Kits

In an effort to be sustainable and environmentally friendly, cooking information is available on our Nutrition Services menu page [[www.highlineschools.org/departments/nutrition-services/school-menus](http://www.highlineschools.org/departments/nutrition-services/school-menus)].

Items pictured here may not be the exact same that you receive, as we have multiple vendors.

**Barley:** Dry, non-perishable item.



Add 1 cup of barley to 3 cups of boiling water. Simmer covered for 40 minutes or until liquid is absorbed. Drain any excess liquid. One-cup dry equals 3 cups cooked.

### BBQ Beef Bao Bun

Use from meal kit: BBQ beef crumbles and frozen bao bun.

**Beef crumbles:** Heat the meat mixture in a microwave, oven (350F) or on the stovetop until internal temperature is 165F. Times may vary.

**Bao bun:** Thaw bun at room temperature, unwrapped, for 30 minutes. Or, heat in microwave. Assemble the meat in the bao bun and add your favorite toppings (sliced carrot, cucumber).

**BBQ Chicken Wrap:** Keep frozen until ready to use.

THAW AND SERVE: Thaw under refrigeration overnight. Eat within 3 days of thawing.

**BBQ Rib Patty Sandwich:** Heat from frozen to internal temperature of 165°F.

Conventional Oven	350 °F	16 minutes
Convection Oven	350 °F	8 minutes
Microwave	High	1-2 minutes

**Bean & Cheese Burrito:** Heat from frozen to internal temperature of 165°F. Leave in wrapper and place on sheet pan.



Conventional Oven	325 °F	Frozen: 20-25 minutes Thawed: 14-20 minutes
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**Beef Dippers, Teriyaki:** Heat from frozen to internal temperature of 165°F.



Conventional Oven	350 °F	7-9 minutes
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**Beef, Shaved Philly Style:** Heat from frozen to internal temperature of 165°F.

Conventional Oven	350 °F	8-10 minutes
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**Beef Sliders with Cheese:** For best results, heat from thawed state to internal temperature of 165°F. Thaw frozen sandwiches in refrigerator. Sandwiches can be stored in refrigerator for up to 14 days.

Conventional Oven	275 °F	18-20 minutes
Microwave	High	1 minute

**Breakfast Burrito:** Heat from thawed state for best results. Heat to internal temperature of 165°F.

Conventional Oven	300 °F	15-17 minutes
Convection Oven	300 °F	13-15 minutes
Microwave	High	1 minute. Let rest 1 minute before consuming.

**Breakfast Pizza Bagel:** Heat from frozen to internal temperature of 165°F.

Convection Oven	350 °F	9-11 minutes
Microwave	High	1-2 minutes

### Breakfast Sandwich 'build your own'

Use from meal kit: Egg Patty, English Muffin (additional items that may be available in meal kit - turkey ham, turkey sausage, cheese slice)

**Egg Patty:** Bake at 350 F for 10-12 minutes or until internal temp is 165 F

**Turkey Sausage:** Bake at 375 F for 7-8 minutes, or until internal temp is 165 F

**Assemble Breakfast Sandwich:** English muffin can be toasted or left plain. Open muffin and layer heated egg patty, and any other topping that may be available in the kit (turkey ham, cheese, turkey sausage (heat separately)). Place other half of English muffin on top and enjoy. Add Spinach, tomato or Avocado for extra toppings.

**Brown Rice:** Dry, non-perishable item.



Rinse Rice. Add 1 cup of rice to 2 cups of water and bring to a boil. Simmer covered for 35-40 minutes or until liquid is absorbed. Turn off heat and leave lid on for about 5 minutes to finish steaming. Remove lid and fluff. One-cup dry rice equals 3 cups cooked.

**Cheese Breadstick Bites (Wild Mikes):** Heat from frozen to internal temperature of 165°F. Heat until breadsticks are golden brown and cheese is melted.



Conventional Oven	350 °F	6-8 minutes
Microwave	High	30-45 seconds

**Cheese Breadsticks:** Heat from frozen to internal temperature of 165°F.

Conventional Oven	400 °F	16-18 minutes	Refrigerate or discard any unused portion. Bake within 48 hours of thawing for best quality
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**Chicken Drumstick, BBQ:** Heat from frozen to internal temperature of 165°F



Conventional Oven	350 °F	35-40 minutes
Microwave	High (1100 watt)	3-4 minutes for one drumstick. Turn and rotate halfway through.

**Chicken Drumstick, Breaded:** Heat from frozen to internal temperature of 165°F.



Conventional Oven	375 °F	35-40 minutes
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**Chicken Drumstick, Savory:** Heat from frozen to internal temperature of 165°F.

Conventional Oven	375 °F	38-42 minutes
Convection Oven	375 °F	28-30 minutes

**Chicken Parmesan a with Penna Pasta**

Use from meal kit: breaded chicken patty, ½ cup penne pasta, half of the marinara sauce, and half of the shredded mozzarella (the rest of the sauce and cheese are for a different dish).

**Chicken patty:** Preheat oven to 350F. Place patty on a baking sheet and bake for 9-10 minutes or until internal temperature is 165F. Top patty with marinara sauce and mozzarella cheese. Heat in the oven until sauce is warm and cheese is melted. Remove from oven, let cool slightly, slice into strips and serve over the top of the penne pasta.

**Penna pasta:** Bring water to a rolling boil. Add pasta, stir gently and return to a boil. For "al dente" pasta, boil uncovered for 11 minutes, stirring occasionally. For more tender pasta, boil for 1 additional minute. Remove from heat. Drain well. Serve immediately.

**Chicken Patty Sandwich, Regular & Spicy:** Heat from frozen to internal temperature of 165°F.



Conventional Oven	400 °F	8-10 minutes
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**Chicken, Popcorn:** Heat from frozen to internal temperature of 165°F.

Conventional Oven	400 °F	8-10 minutes
Convection Oven	375 °F	6-8 minutes
Microwave	High	1-2 minutes

**Chicken Pozole, Homemade:** Heat to internal temperature of 165°F.

Microwave	Uncover soup and microwave for 1.5 – 2 minutes and stir. Microwave an additional minute or more as needed.
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**Chicken Tenders:** Heat from frozen to internal temperature of 165°F.



Conventional Oven	400 °F	11-13 minutes
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**Chicken Teriyaki Sliders:** Heat from **thawed state** to internal temperature of 165°F. Thaw frozen sandwiches in refrigerator. Sandwiches can be stored in refrigerator for up to 5 days.

Conventional Oven	275 °F	20-25 minutes, heat in sealed mylar wrapper.
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**Chile Cheese Tamales:** Tamales are precooked. For best results, steam from a refrigerated state. Heat to an internal temperature of 165°F.



Conventional Oven	350 °F	Frozen: 20-25 min (Thawed: 15-20 min)
Steamer	High	Frozen: 30-40 min, leave husks on during heating. Thawed: 20-30 min, leave husks on during heating.

**Chili, Vegetarian - Homemade:** Heat from frozen to internal temperature of 165°F.

Stove top	Medium	Heat in saucepan on medium until simmering. Stir while heating.
Microwave	High	1-2 minutes, stir. Additional 30 seconds if needed

**Chili, White Bean & Chicken - Homemade:** Heat from frozen to internal temperature of 165°F.

Stove top	Medium	Heat in saucepan on medium until simmering. Stir while heating.
Microwave	High	1-2 minutes, stir. Additional 30 seconds if needed

**Corndog, Chicken:** Heat from frozen to internal temperature of 165°F.



Conventional Oven	350 °F	Frozen: 34-36 minutes. (Thawed: 24-26 minutes)
Microwave	High (1100 watts)	Frozen: 30 seconds, turn, 30 seconds Thawed: 20 seconds, turn, 20 seconds

**Empanada, Chicken:** Heat from frozen to internal temperature of 165°F.



Conventional Oven	350 °F	8-10 minutes
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### Fajita Chicken and Rice

Use from meal kit: chicken (diced or strips), taco seasoning, onion and ½ cup dry brown rice.  
(Tip: you can cook the chicken and rice at the same time in separate pans.)

**Chicken:** Heat chicken on stovetop over medium heat. Add ¼ cup water and 1 tablespoon of taco seasoning (you'll have extra seasoning leftover). Stir chicken until evenly coated with seasoning. Add more seasoning if you like. Heat to internal temperature of 165°F. Let the chicken simmer until the liquid is absorbed and the chicken is flavorful. Transfer chicken to a plate while you sauté onions.

**Onion:** Slice onion in half and cut half moon slices to sauté with 1 tbsp of oil. If you like, you can add your own veggies, like bell peppers, to sauté with the onion. Sauté until onion is soft and add chicken back to pan.

**Rice:** Rinse Rice. Add ½ cup of dry rice to 1 cup of water and bring to a boil. Simmer covered for 20-30 minutes or until liquid is absorbed. Turn off heat and leave lid on for about 5 minutes to finish steaming. Remove lid and fluff. One-cup dry brown rice equals 1.5 cups cooked. Serve chicken and onion over rice. Topping ideas: sour cream, guacamole, avocado slices.

**Fish Sticks:** Heat from frozen to internal temperature of 165°F. Remove from bag and cook on ungreased baking sheet. For added crispiness, cook slightly longer.

Conventional Oven	425 °F	16-18 minutes
Convection Oven	400 °F	13-15 minutes

**Fish Tacos:** Heat to internal temperature of 165°F.

Use from meal kit: Two flour tortillas, fish sticks, red cabbage, and pineapple.

How to cook fish sticks:

Conventional Oven	425 °F	16-18 minutes. For added crispiness, cook slightly longer.
Convection Oven	400 °F	13-15 minutes. For added crispiness, cook slightly longer.

**Assemble the tacos.** Place two fish sticks in tortilla (warmed or toasted). Top with purple cabbage, pineapple, and cilantro (optional). Add your favorite sauce!

**French Toast:** Heat from frozen to internal temperature of 165°F.



Convection Oven	325 °F	Frozen: 13-15 minutes (Thawed: 4-7 minutes)
Microwave	High	Frozen: 40-45 seconds (Thawed: 20-25 seconds)

**Galaxy Cheese Pizza:** Heat from frozen to internal temperature of 165°F.



Conventional Oven	400 °F	24-26 minutes on sheet pan
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**Garlic Cheese Toast:** Heat from frozen to internal temperature of 165°F.

Conventional Oven	350 °F	8-11 minutes or until cheese is melted.
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**Garlic Medallion:** Heat to internal temperature of 165°F. store frozen until ready to use.

Conventional Oven	375 °F	10 minutes, or until desired color.
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**Grilled Cheese, Homemade:** Keep frozen until ready to use. Simply take out of freezer

Stove top - in skillet: Spread the outside of each side of the sandwich with butter. Heat a skillet over medium heat and add the sandwich. Cook until bread is golden and cheese starts to melt, about 2 minutes. Flip the sandwich and continue to cook until other side is toasty and cheese is melted through.

**Hamburger:** Heat to internal temperature of 165°F. wrapper can withstand heat up to 410F

Conventional Oven	375 °F	15-18 minutes
Convection Oven	350 °F	9-11 minutes
Microwave	High	Thawed. 40 – 45 seconds Frozen. 60-70 seconds

**Hot Dog, Turkey & Bun:** Heat to internal temperature of 165°F.

Conventional Oven	400 °F	Thaw hot dog in refrigerator before baking. Bake 15 minutes
Stove top	Boiling water	Thawed. Add to boiling water for 4-5 minutes Frozen. Add to boiling water for 8 minutes
Microwave	High	Thaw hot dog in refrigerator before baking. 40 – 45 seconds

**Lasagna, Homemade:** Heat to internal temperature of 165°F.

Microwave		Uncover lasagna and microwave for 1.5 – 2 minutes and stir. Microwave an additional minute or more as needed. Serve with homemade French bread, made by Highline bakers.
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**Lasagna Roll-up, Cheese with sauce:** Heat to internal temperature of 165°F. For best results bake in marinara sauce and covered to keep noodle from drying out.

Conventional Oven	325 °F	25-30 minutes
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### Mac & Cheese

Use from meal kit: Frozen Cheese sauce, dry elbow pasta

**Cook elbow pasta:** Bring water to a rolling boil. Add pasta to boiling water. Stir gently. Return to a boil. For authentic "al dente" pasta, boil uncovered, stirring occasionally for 6-8 minutes. For more tender pasta, boil an additional 1 minute. Remove from heat. Drain well

**Heat Cheese sauce:** Heat cheese sauce in microwave for 30 secs – 1 minutes, stir. When Cheese is fluid enough add drained, cooked pasta to cheese sauce. Stir well to coat noodles evenly with cheese sauce.

### 'Make your own' Pickled Carrots and Radishes:

**Pickled Carrots & radishes:** 1 cup boiling water, 1.5 teaspoon salt, 1 tablespoon sugar, ½ cup apple cider vinegar. Mix ingredients until salt and sugar are dissolved. Pour over sliced veggies in a jar. Let cool to room temperature, uncovered. Once cool, cover and refrigerate for 1 hour. Keeps for up to 1 week.

### Meatball Sub Sandwich

Use from meal kit: 4 meatballs, frozen hoagie roll, half of the marinara sauce, and half of the shredded mozzarella (the rest of the sauce and cheese are for a different dish).

**Hoagie roll:** Thaw, unwrapped, at room temperature for 30 minutes – 1 hour.

**Meatballs:** Preheat oven to 375 F. Bake from frozen for 11-13 minutes or until internal temperature reaches 165 F.

**Assemble the sandwich.** Place 4 meatballs in the hoagie roll. Top with marinara sauce and mozzarella cheese. Place back in the oven to warm the bread, sauce and cheese. When cheese is melted to your liking remove and enjoy.

**Meatballs:** Heat from frozen to internal temperature of 165°F.

Conventional Oven	375 °F	11-13 minutes
Convection Oven	350 °F	8-10 minutes

**Oatmeal with Cinnamon and Brown Sugar:** Dry, non-perishable item.



Bring 1 cup of water to a boil. Add oatmeal, cinnamon, and brown sugar to the boiling water. Turn heat down and simmer for 8-10 minutes or until liquid is absorbed, uncovered. Cover for 2 minutes, scoop and serve. ½ cup dry oats equals ¾ cup cooked.

**Omelet, Cheddar Cheese:** Heat from frozen to internal temperature of 165°F.

Conventional Oven	350 °F	18-22 minutes if thawed, 34-39 minutes if frozen
Convection Oven	250 °F	15-18 minutes if thawed, 19-22 minutes if frozen
Microwave	High	Tear corner in mylar wrap to vent omlete. Heat 1-2 minutes

### Orange Chicken with Brown Rice

Use from meal kit: breaded chicken pieces, orange sauce, and 1 cup of dry brown rice.

**Breaded Chicken:** Preheat oven to 400°. Place a single layer of chicken on the baking sheet. Bake for 16-20 minutes or until golden brown, and internal temperature reaches 165°.

**Orange Sauce:** Heat sauce in microwave 10-20 seconds. Add sauce to chicken just prior to serving. Mix thoroughly to cover all chicken pieces.

**Brown Rice:** Rinse Rice. Add 1 cup of rice to 2 cups of water and bring to a boil. Simmer covered for 35-40 minutes or until liquid is absorbed. Turn off heat and leave lid on for about 5 minutes to finish steaming. Remove lid and fluff. One-cup dry rice equals 3 cups cooked. Serve orange chicken over brown rice.

**Pancakes:** Heat from frozen to internal temperature of 165°F. Leave in pouch to heat.



Conventional Oven	350 °F	9-10 minutes
Microwave	High	45 seconds

**PB & J Uncrustable Sandwich (Peanut butter):** Keep frozen until ready to use.



**THAW AND SERVE:** Thaw under refrigeration. Eat within 24 hours of thawing. Freezer shelf life – 9 months.

**Penne Pasta (with Spaghetti Sauce and Meatballs – frozen instructions above):** Dry, non-perishable item.



Bring water to a rolling boil. Add pasta to boiling water. Stir gently. Return to a boil. For authentic "al dente" pasta, boil uncovered, stirring occasionally for 11 minutes. For more tender pasta, boil an additional 1 minute. Remove from heat. Drain well. Serve immediately with your spaghetti sauce and meatballs.

### Pepper Jack or Cheddar Quesadilla

Use from meal kit: 1 tortilla and ½ cup shredded pepper jack cheese or cheddar.

- Heat a medium skillet over medium heat. Coat the skillet with 1 teaspoon of oil or cooking spray.
- Place the tortilla on the skillet and sprinkle the cheese over half the tortilla. Fold over the empty side of the tortilla to enclose the filling. Cook until golden and crispy on the bottom, about 1 to 2 minutes, reducing the heat if necessary to prevent burning the tortilla. Flip and cook until golden and crispy on the other side.
- Immediately remove from the heat and let cool for a few minutes before slicing into 3 or 4 wedges.

**Pizza, French Bread:** Heat to internal temperature of 165°F. Defrost product at least 50%

Conventional Oven	350 °F	9-12 minutes
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**Pizza Quesadilla:** Heat from frozen to internal temperature of 165°F.



Conventional Oven	400 °F	19-23 minutes
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**Pizza Ripper, Cheese or Turkey Ham:** Heat to internal temperature of 165°F. Allow to thaw prior to cooking.

Shelf life is 5 days refrigerated.

Conventional Oven	325-350 °F	9-12 minutes
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**Pizza, School's Best - Homemade:** Heat from frozen to internal temperature of 165°F.

Conventional Oven	350 °F	9-12 minutes
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Microwave	High	1-2 minutes
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Or assemble your own pizza using School's Best Pizza Crust. Spread marinara sauce on precooked crust, sprinkle with mozzarella cheese and bake until heated through and cheese is melted.

**Pizza, whole 16", pre-cut 8 or 10 slices:** Remove from plastic wrap. Heat from frozen to internal temperature of 165°F. Cool and wrap leftovers in foil and refrigerate.

Conventional Oven	325 °F	Frozen: Bake 13-15 minutes
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**Pizza, whole 16", uncut 8 slice:** Remove from plastic wrap. Heat from frozen to internal temperature of 165°F.

Cook and cut into 8 slices. Cool and wrap leftovers in foil and refrigerate.

Conventional Oven	400 °F	30-32 minutes
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### Sandwich, Chicken or Tofu Banh Mi

Use from meal kit: hoagie roll, diced chicken or tofu, sweet chili sauce, carrots and radishes

**Hoagie roll:** Thaw, unwrapped, at room temperature for 30 minutes – 1 hour.

**Diced Chicken:** Preheat oven to 350 F and bake chicken for 10-12 minutes or until internal temperature reaches 165 F. Add sweet chili sauce and mix to coat.

**Tofu:** Stove top – skillet: Heat skillet to medium heat. Pat tofu dry and cut into cubes. Add tofu and cook until edges start to brown. Add sauce and mix to coat.

**Pickled Carrots & radishes:** 1 cup boiling water, 1.5 teaspoon, 1 tablespoon, ½ cup apple cider vinegar. Mix ingredients until salt and sugar are dissolved. Pour over sliced veggies in a jar. Let cool to room temperature, uncovered. Once cool, cover and refrigerate for 1 hour. Keeps for up to 1 week.

**Assemble the sandwich.** Place diced chicken or tofu with sauce in the room temperature or warmed hoagie roll. Top with pickled carrots and radishes, cilantro (optional).

**Spaghetti Sauce:** Heat from frozen to internal temperature of 165°F.

Microwave for 2 minutes, uncovered and stir. Microwave an additional minute or until internal temp is 165F.

**Sunbutter Sandwich (Sunflower Seed Butter):** Keep frozen until ready to use. THAW AND SERVE:

Thaw under refrigeration. Eat within 24 hours of thawing. Freezer shelf life – 9 months.

**Sweet Potato:** Heat from frozen to internal temperature of 165°F.

Conventional Oven	400 °F	25-30 minutes, flip half way through. Add a little oil and salt and pepper when roasting sweet potatoes
Microwave	High	1-2 minutes

### Taco

Use from meal kit: taco meat, ¼ c shredded mozzarella and cheddar cheese, and 1 tortilla.

**Taco meat:** Heat the meat mixture in the microwave, oven (350F) or on the stovetop until internal temperature is 165F. Times may vary.

**Tortilla:** Warm your tortilla in a skillet over medium heat or in the microwave for 20 seconds.

**Assemble your taco:** Spoon taco meat and cheese onto your taco. Other meal kit items that can be added as toppings: sliced cherry tomatoes, sliced radishes, sliced onion and corn. Along with items you may have at home: salsa, sour cream, lettuce etc.

**Tater Tot:** Heat from frozen to internal temperature of 165°F. Arrange in single layer on pan

Conventional Oven	450 °F	20-25 minutes
Convection Oven	450 °F	10-15 minutes

**Tofu with Sauce :** keep refrigerated until ready to use. Pat tofu dry and cut into cubes.

**Stove top skillet:** Heat skillet to medium heat. Add tofu and cook until edges start to brown. Add sauce and mix to coat. Cook for an additional minute and serve.

**Conventional oven:** Bake at 425 F. Toss cubed tofu with ½ tbsp oil and teriyaki sauce that is included in kit.

Add tofu to your salad, in a sandwich, or top a rice bowl.

### Tomato Soup & Toasted Cheese Sandwich



**Soup:** Uncover soup and microwave for 1.5 – 2 minutes and stir. Microwave an additional minute or until internal temperature is 165F.

**Toasted Cheese Sandwich:**

- Butter the outside of the bread and cook in the microwave, stove top, or oven.
- Microwave for 2 minutes or until all the cheese is melted. This will not toast the bread.
- For toasted bread: cook on the stove top in a skillet for 4-5 minutes on each side, until cheese is melted and bread is toasted. **OR** preheat the oven to 350 and bake for 10-12 minutes or until cheese is fully melted and bread is toasted to your desire.

**Turkey and Cheese Sandwich (Hoagie):** Keep frozen until ready to use.

**THAW AND SERVE:** Thaw under refrigeration overnight. Eat within 3 days of thawing.

Conventional Oven	350 °F	Frozen: 18-20 minutes, heat in sealed bag Thawed: 10-12 minutes, heat in sealed bag
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**Turkey Gravy, Homemade (provided in microwavable bowl):** Heat from frozen to internal temperature of 165°F

Microwave	High	Uncovered - 2 minutes, stir, 2 additional minutes. Add 1-2 tbsp. water to thin gravy, if desired.
Stove Top	Medium	Place frozen turkey gravy container in the refrigerator the night before you would like to cook it. Once thawed it will be easier to remove from the container. Place in small saucepan and heat over medium heat until internal temperature is 165F. Add 1-2 tbsp. water to thin gravy, if desired.

**Veggie Burger:** Heat from frozen to internal temperature of 165°F.

Conventional Oven	450 °F	7-10 minutes, turning once
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**Veggie Nuggets (soy):** Heat from frozen to internal temperature of 165°F.

Conventional Oven	400 °F	10-14 minutes, flip once halfway through.
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**Veggie Sliders:** For best results, heat **from thawed** state to internal temperature of 165°F. Thaw frozen sandwiches in refrigerator. Sandwiches can be stored in refrigerator for 14 days.

Conventional Oven	275 °F	18-20 minutes, Heat in sealed bag
Microwave	High	1 minute, Heat in sealed bag

**Waffle, Belgian:** Heat to internal temperature of 165°F. wrapper can withstand heat up to 410F

Conventional Oven	300 °F	4-6 minutes
Convection Oven	275 °F	4-6 minutes
Microwave	High	30 – 45 seconds

**Waffles (round):** Heat from frozen to internal temperature of 165°F. Remove from bag and cook on ungreased baking sheet.

Conventional Oven 350 °F 5-7 minutes, Bake until lightly toasted.

**WowButter Sandwich (Soybutter):** Keep frozen until ready to use.



THAW AND SERVE: Thaw under refrigeration overnight. Eat within 3 days of thawing.

Updated 5/18/2021, Cooking Instructions for Meal Kit