

Reheating Instructions for Grab-and-Go & Mobile Meals

MENU ITEM	MICROWAVE INSTRUCTIONS	CONVENTIONAL OVEN INSTRUCTIONS	COMMENTS
Pancakes, Waffles, French Toast, Breakfast Pizza, Breakfast on a Stick, Omelet	Remove from packaging. Place on microwave-safe plate. Cook for 1-2 minutes.	Remove from packaging. Place on baking sheet or oven safe shallow pan. Bake @ 350°F for 8-12 minutes.	Serve breakfast grains with one portion maple syrup.
Breakfast Burrito, Taco, Tornado	Remove from packaging. Place on microwave-safe plate. Cook for 1-2 minutes.	Remove from packaging. Place on baking sheet or oven safe shallow pan. Bake @ 350°F for 13-18 minutes.	
Frudel, Mini Cinnis, Mini Bagel,	Remove from packaging. Place on microwave-safe plate. Cook for 15 – 30 seconds.	Remove from packaging. Place on baking sheet or oven safe shallow pan. Bake @ 350°F for 5 minutes.	Reheating optional – may be consumed once thawed.
Pop-Tart	Not recommended. Toast to your preference using toaster oven for best quality.	Remove from packaging. Place on baking sheet or oven safe shallow pan. Bake @ 350°F for 5 minutes.	Heating is optional.
Breakfast Sandwich	Remove from packaging. Separate and place protein on microwave-safe plate Cook for 1-2 minutes.	Remove from packaging. Place on baking sheet or oven safe shallow pan. Bake @ 350°F for 8-12 minutes.	Place meat and/or eggs on bread provided.
Burritos	Frozen: Heat on high for 50 seconds. Let rest for 15 seconds. Heat for another 30 seconds. Cool for 1 minute before consuming. Refrigerated: Heat for 45 seconds. Let rest for 15 seconds. Heat for another 15 seconds. Cool for 1 minute before consuming.	Remove from packing. Place burrito on a baking sheet facing down. Preheat Oven to 300°F. Frozen: Heat for 24-28 min. Refrigerated: Heat for 13-15 min. Heat to an internal temperature of 160°F.	For best results heat from a refrigerated state.
Hamburger, Cheeseburger, Chicken Sandwich, Spicy Chicken	Remove from packaging. Separate meat from bread. Place	Remove from packaging. Place on baking sheet or oven safe shallow pan. Bake @ 350°F for 8-12 minutes.	

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Sandwich, Meatball Sandwich, Hot Dog	meat on microwave-safe plate Cook for 1-2 minutes.		
Popcorn Chicken, Chicken Nuggets, Chicken Drumstick, Chicken Tenders, Steak Fingers, Corn Dog	Remove from packaging. Place on microwave-safe plate Cook for 1-2 minutes.	Remove from packaging. Place on baking sheet or oven safe shallow pan. Bake @ 350°F for 8-12 minutes.	
Mozzarella Stuffed Breadsticks, Pizza, Quesadilla	Remove from packaging Place on microwave-safe plate. Cook for 1-2 minutes.	Remove from packaging. Place pizza on oven-safe pan. Bake @ 300°F for 15-18 minutes.	
Chicken & Waffles, Totchos, Hot Rice Bowls	Remove from packing. Place on microwave-safe plate with protein on top assembled. Cook for 1-2 minutes.	Remove from packaging. Assemble protein on top on a baking sheet or oven safe shallow pan. Bake @ 350°F for 10-12 minutes.	Serve with accompaniments.
Hot Vegetables, Beans with Pork, Black Beans	Remove from packaging. Place on microwave- safe plate Cook covered for 1-2 minutes, stirring halfway through.	Remove from packaging. Place on baking sheet. Bake @ 350°F for 10-12 minutes.	
American Sandwich, Turkey and Cheese Sandwich	Not recommended.	Remove from packaging. Place on baking sheet or oven safe shallow pan. Bake @ 350°F for 5-8 minutes.	Heating is optional.

Reheating of items is optional and recommended for best quality.

Reheating and the use of kitchen tools and/or equipment should be done under adult supervision.