



Pop Up Meal Service -- How to Store

Follow instructions below and adjust cooking times as needed.

Keep Refrigerated below 41°F or in Freezer below 0°F

Discard any product that is not consumed within 4 hours after heating.

*Menus are subject to change.

Breakfast - 1

Blueberry Rice Chex, 2 oz (46 g CHO)

(Allergens: Rice, Canola/Sunflower oil, Blueberry, Molasses)

Preparation Instructions: **Shelf Stable**

1. Ready to use. Best enjoyed with milk.

Applesauce, Peach (19 g CHO)

(Allergens: Apple, Carrots, Peach)

Preparation Instructions: **Shelf Stable**

1. Ready to use.

Low Fat 1% Milk (13 g CHO)

(Allergens: Milk-Fluid)

Preparation Instructions: **Shelf Stable**

1. Best refrigerated before use.

Breakfast - 2

Mini Cinnamon Bar (41 g CHO)

(Allergens: Barley, Cinnamon, Corn Ingredient, Milk (Baked), Soybean Oil, Wheat, Yeast, Gluten)

Preparation Instructions: **Frozen, may thaw before use.**

1. Thaw in refrigerator for 2 hours or overnight before use.

OR

1. Cook in the oven from frozen state. Preheat oven to 350°F.
2. Keep item in the oven-safe pouch and place directly on baking sheet.
3. Bake for 10-12 minutes or until internal temperature reaches 165°F.

OR

1. Microwave 1 pouch on high for 10-20 seconds. Let stand for 1 minute before removing from the microwave.

Dried Cranberries, Raspberry Lemonade (27 g CHO)

(Allergens: Cranberries, Sunflower Oil)

Preparation Instructions: **Shelf Stable**

1. Ready to use.

Juice Cup, Fruit Punch (15 g CHO) *(Allergens: Apple)*

Preparation Instructions: **Shelf Stable**

1. Refrigerate before use.
2. Pour 1 (4 oz) cup of Beverage into glass.

Lunch – 1

Hot Dog, Chili Cheese (33 g CHO)

(Allergens: Barley, Beef, Chicken, Citric Acid, Corn, Garlic, Milk (Baked), Cheese, Onion, Peppers, Rice, Soy Lecithin, Syrup, Tomato, Wheat, Yeast, Gluten)

Preparation Instructions: **Frozen, may thaw before use**

1. Microwave from Thawed State. Open one end of package, place on microwave safe plate, and microwave for 40-50 seconds

OR

1. Preheat the oven to 275°F.
2. Product may be left in the package.
3. Bake thawed for 15-18 minutes or until the internal temperature reaches 165°F.

Baby Carrots (8 g CHO) *(Allergens: Carrots)*

Preparation Instructions: **Keep Refrigerated Until Use**

1. Refrigerate until use.
2. Ready to eat.

Fruit and Vegetable Juice, Mango Swirl (11 g CHO)

(Allergens: Apple, Carrots, Citric Acid, Mango, Pear, Pineapple, Sweet Potato)

Preparation Instructions: **Shelf Stable**

1. For best taste, refrigerate before use.

Fresh Gala Apple (14 g CHO) *(Allergens: Apple)*

Preparation Instructions: **Shelf Stable**

1. Wash before consumption.

Paradise Punch Slush (16 g CHO) *(Allergens: Apple, Pear, Citric Acid)*

Preparation Instructions: **Shelf Stable**

1. Freeze overnight before use. Remove and let thaw for 5-10 minutes before use.

Lunch - 2

Bean & Cheese Tamale (44 g CHO) *(Allergens: Beans/Legumes, Corn Ingredient, Lime, Milk (Cheese), Onion, Soy, Soybean Oil)*

Preparation Instructions: **May Keep Frozen or thaw overnight**

1. Heat in wrapper for 30-60 seconds per tamale depending on the strength of the microwave or until the food reaches internal temperature of 165°F.
2. Remove corn husk prior to eating.

Salsa Cup (5 g CHO) *(Allergens: Citric Acid, Peppers, Tomato)*

Preparation Instructions: **Shelf Stable**

1. Ready to eat.

Baby Carrots (8 g CHO) *(Allergens: Carrots)*

Preparation Instructions: **Keep Refrigerated Until Use**

1. Refrigerate until use.
2. Ready to eat.

Fresh Orange (12 g CHO) *(Allergens: Orange)*

Preparation Instructions:

1. Ready to eat.

Paradise Punch Slush (16 g CHO) *(Allergens: Apple, Pear, Citric Acid)*

Preparation Instructions: **Shelf Stable**

1. Freeze overnight before use.
2. Remove and let thaw for 5-10 minutes before use.



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Breakfast - 1

Blueberry Lemon Bar (41 g CHO)

(Allergens: Blueberries, Citric Acid, Corn Ingredient, Grape, Oats, Rice, Soy Lecithin, Soybean Oil, Syrup, Wheat, Gluten)

Preparation Instructions: **Shelf Stable**

1. Ready to use

Applesauce, Peach (19 g CHO)

(Allergens: Apple, Carrots, Peach)

Preparation Instructions: **Shelf Stable**

1. Ready to use.

Juice Cup, Fruit Punch (15 g CHO) *(Allergens: Apple)*

Preparation Instructions: **Shelf Stable**

1. Refrigerate before use.
2. Pour 1 (4 oz) cup of Beverage into glass.

Breakfast - 2

Mini Strawberry Cream Cheese Bagels (42 g CHO)

(Allergens: Barley, Corn Ingredient, Milk (Cheese), Soybean Oil, Strawberry, Wheat, Gluten, Yeast)

Preparation Instructions: **Frozen, may thaw before use**

1. Thaw in refrigerator for 2 hours before use. Must consume within 6 hours of preparing.

OR

1. Preheat oven to 350°F and place pouch on a baking sheet.
2. Cook in the oven for 13-14 minutes.

OR

1. Place pouch in the microwave and heat on high for 30-40 seconds.
2. Let stand one minute before removing from microwave.

Fruit Cup, Pears (19 g CHO)

(Allergens: Pears, White Grape Juice Concentrate, Citric Acid)

Preparation Instructions: **Shelf Stable**

1. Ready to use.

Juice Cup, Fruit Punch (15 g CHO) *(Allergens: Apple)*

Preparation Instructions: **Shelf Stable**

1. Refrigerate before use.
2. Pour 1 (4 oz) cup of Beverage into glass.

Lunch - 1

Corn Dog (30 g CHO)

(Allergens: Chicken, Corn Ingredient, Egg (Baked), Honey, Soy, Soybean Oil, Syrup, Wheat, Gluten)

Preparation Instructions: **Frozen, may be thawed before use.**

1. Microwave from Frozen or Thawed state.
2. Open one end of package, place on microwave safe plate, and microwave for 20-30 seconds, turn then heat for an additional 20-30 seconds.

OR

3. Preheat the oven to 350°F.
4. Product may be left in the package, vent package by opening sealed end before heating.
5. Bake frozen for 18 minutes or bake thawed for 10 minutes until the internal temperature reaches 165°F.

Baby Carrots (8 g CHO) *(Allergens: Carrots)*

Preparation Instructions: **Keep Refrigerated Until Use**

1. Refrigerate until use.
2. Ready to eat.

Fruit and Vegetable Juice, Mango Swirl (11 g CHO)

(Allergens: Apple, Carrots, Citric Acid, Mango, Pear, Pineapple, Sweet Potato)

Preparation Instructions: **Shelf Stable**

1. For best taste, refrigerate before use.

Fresh Gala Apple (14 g CHO) *(Allergens: Apple)*

Preparation Instructions: **Shelf Stable**

1. Wash before consumption.

Paradise Punch Slush (16 g CHO) *(Allergens: Apple, Pear, Citric Acid)*

Preparation Instructions: **Shelf Stable**

1. Freeze overnight before use.
2. Remove and let thaw for 5-10 minutes before use.

Lunch - 2

Bean & Cheese Tamale (44 g CHO) *(Allergens: Beans/Legumes, Corn Ingredient, Lime, Milk (Cheese), Onion, Soy, Soybean Oil)*

Preparation Instructions: **May Keep Frozen or thaw overnight**

1. Heat in wrapper for 30-60 seconds per tamale depending on the strength of the microwave or until the food reaches internal temperature of 165°F.
2. Remove corn husk prior to eating.

Salsa Cup (5 g CHO) *(Allergens: Citric Acid, Peppers, Tomato)*

Preparation Instructions: **Shelf Stable**

1. Ready to eat.

Baby Carrots (8 g CHO) *(Allergens: Carrots)*

Preparation Instructions: **Keep Refrigerated Until Use**

1. Refrigerate until use.
2. Ready to eat.

Fresh Orange (12 g CHO) *(Allergens: Orange)*

Preparation Instructions: **Shelf Stable**

1. Ready to eat.

Paradise Punch Slush (16 g CHO) *(Allergens: Apple, Pear, Citric Acid)*

Preparation Instructions: **Shelf Stable**

1. Freeze overnight before use.
2. Remove and let thaw for 5-10 minutes before use.