



Carroll County Public Schools

Food Services

Food Safety Tips and Heating Instructions for Breakfast and Lunch Kits

- ⇒ Store all perishable foods in the refrigerator until you are ready to eat them. Perishable food items include yogurt, milk, cheese, meats, pasta bowls, pasta pouches, pizza items, sandwiches, fruits and vegetables.

- ⇒ Remove foil or plastic packaging before microwaving items (unless otherwise noted). Pasta bowls and pouches can be heated in their containers. Items wrapped in foil can be heated in the oven.

- ⇒ Wash your hands before eating!

Heating Instructions

Chicken Nuggets	1. Arrange FROZEN chicken product on microwave safe plate.
Chicken Tenders	2. Heat on HIGH: for 1 to 1 1/2 minutes
Chicken Patty	3. Let stand 1 to 2 minutes before serving.
Popcorn Chicken	*Microwave ovens vary. Times are approximate
Pizza Crunchers and Calzones	Do Not Thaw Before Cooking; Preheat oven to 400 Bake for 13-18 minutes. Turn halfway for even crisping.
Cheeseburger	1. Open one end of wrapper. Microwave on high for 60-70 seconds. 2. Let stand for 1 minute and enjoy.
Tony's Deep Dish Pizza	1. Remove Plastic from Pizza 2. Place frozen pizza on a microwave safe plate. 3. Place in microwave and cook for 2:15 - 2:45 minutes on HIGH.
JTM Portion Bowl Pasta	1. Place one frozen bowl in the microwave 2. Heat on high for 6 minutes. 3. Carefully remove the vented film top and stir.
JTM Pasta Pouch	1. Thaw prior to heating. 2. Cut 1/2" slit in bag and place slit side up in microwave 3. Heat on high for 60 seconds 4. Allow bag to cool, carefully remove from microwave, pour into bowl and serve.
Taco Stick	1. Open one end of the package or pierce with ½ to 1" cut 2. Place on microwave safe plate 3. Microwave 40-50 seconds; or until heated thoroughly
Corn Dog	1. Wrap Corn Dog in a paper towel and place on microwave safe plate 2. Cook on high for 40-50 seconds.
Grilled Cheese	1. Preheat oven to 350. 2. Heat for 18-20 minutes in oven.