

**Cannon Falls Public Schools Pick Up Meals
Heating Instructions & Allergy Information**

KEEP FOR YOUR FUTURE REFERENCE

All frozen items should be kept frozen until preparation. Cooking instructions are listed below unless otherwise noted on the food package. Fresh fruit, packaged vegetables, fruit cups, juice, breakfast breads, muffins, and milk should be refrigerated until consumption. Wash all fruit before consuming. **All frozen food should be cooked to an internal temperature of 165°F before consuming. Heating times may vary due to variation in equipment used. Our To-Go containers are not microwave safe. Please use a microwave safe container for reheating foods. Consume or refrigerate cold foods within 1 hour of receiving them. Leftover foods should be stored in the refrigerator until reheated. Discard all refrigerated foods after 5 days of receiving them.**

Frozen Food Items	Heating Instructions	Allergens
Cheese Pizza	From frozen, bake at 425°F 10-15 minutes.	milk, soy, wheat
Breaded Cheese Stick	From frozen, bake at 400°F 10-15 minutes., let stand for 2 minutes before consuming. Filling will be hot.	milk, wheat, soy
Pizza, Cheese Quesadilla	From frozen, bake at 400°F 17-21 minutes.	milk, soy, wheat
French Bread Pizza	From frozen, bake at 400°F for 18-20 minutes.	milk, soy, wheat
Corn Dogs	From frozen, Place in a microwave safe container for 20-25 seconds, turn, and microwave for 20-25 seconds more OR bake at 350°F for 34-36 minutes.	wheat, soy, eggs
Hotdog on Bun	Hotdog: heat in boiling water. Bun: thaw at room temperature.	wheat
Hamburger on Bun	Hamburger Patty: From frozen, place in a microwave safe container for 60-70 seconds OR bake in 350°F oven for 11-12 minutes. Bun: Thaw at room temperature.	wheat
Breaded Chicken Tenders or Chunks	From frozen, bake at 375°F for 14-16 minutes.	milk, soy, wheat
Chicken Strips	From frozen, bake at 350°F for 20 minutes.	milk, wheat
Popcorn Chicken	From frozen, bake at 350°F for 10-12 minutes.	milk, soy, wheat
Chicken Patty on Bun	Chicken Patty: Preheat the oven to 375°F, bake at 375°F for 20-25 minutes. Let sit for 3-5 minutes as the product will be hot. Bun: Thaw at room temperature.	milk, wheat
Beef Burrito	FOR BEST RESULTS, HEAT FROM A REFRIGERATED STATE.THAW IN REFRIGERATOR FOR 24-48 HOURS. Preheat the oven to 375°F, bake at 375°F for 20-25 minutes. Let sit for 3-5 minutes as the product will be hot. MICROWAVE – Place in a microwave safe tray with sauce. Heat for 4 minutes on high. Let sit for 3-5 minutes as the product will be hot.	milk, wheat

Mashed Potatoes with Meat Gravy, Stuffing, Veg.	FOR BEST RESULTS, HEAT FROM A REFRIGERATED STATE.THAW IN REFRIGERATOR FOR 24-48 HOURS. Preheat the oven to 375°F, bake at 375°F for 20-25 minutes. Let sit for 3-5 minutes as the product will be hot. MICROWAVE – Place in a microwave safe tray with sauce. Heat for 4 minutes on high. Let sit for 3-5 minutes as the product will be hot.	wheat
Cheese Ravioli, Lasagna Roll-up, Tortellini with Chicken Alfredo Sauce, Spaghetti with Sauce	FOR BEST RESULTS, HEAT FROM A REFRIGERATED STATE.THAW IN REFRIGERATOR FOR 24-48 HOURS. Preheat the oven to 375°F, bake at 375°F for 20-25 minutes. Let sit for 3-5 minutes as the product will be hot. MICROWAVE – Place in a microwave safe tray with sauced pasta. Heat for 4 minutes on high. Let sit for 3-5 minutes as the product will be hot.	milk, soy, wheat
Pork Roast or Turkey Roast, Gravy, Stuffing, Veg.	FOR BEST RESULTS, HEAT FROM A REFRIGERATED STATE.THAW IN REFRIGERATOR FOR 24-48 HOURS. Preheat the oven to 375°F, bake at 375°F for 20-25 minutes. Let sit for 3-5 minutes as the product will be hot. MICROWAVE – Place in a microwave safe tray. Heat for 4 minutes on high. Let sit for 3-5 minutes as the product will be hot.	wheat
BBQ Chicken or Pork on Bun	FOR BEST RESULTS, HEAT FROM A REFRIGERATED STATE.THAW IN REFRIGERATOR FOR 24-48 HOURS. Chicken or Pork: Microwave for 30 seconds, stir, and microwave for 30 seconds more. Let sit for 3-5 minutes as the product will be hot. Bun: Thaw at room temperature.	Milk, wheat
Roast Pork on Bun	FOR BEST RESULTS, HEAT FROM A REFRIGERATED STATE.THAW IN REFRIGERATOR FOR 24-48 HOURS. Roast Pork: Microwave for 30 seconds, stir, and microwave for 30 seconds more. Let sit for 3-5 minutes as the product will be hot. Bun: Thaw at room temperature.	Milk, wheat
Sloppy Joe on Bun	FOR BEST RESULTS, HEAT FROM A REFRIGERATED STATE.THAW IN REFRIGERATOR FOR 24-48 HOURS. Sloppy Joe: Microwave in a safe container for 30 seconds, stir, and microwave for 30 seconds more. Let sit for 3-5 minutes as the product will be hot. Bun: Thaw at room temperature.	Milk, wheat
Walking Taco, Soft Shell Taco, Nachos	FOR BEST RESULTS, HEAT FROM A REFRIGERATED STATE.THAW IN REFRIGERATOR FOR 24-48 HOURS. Microwave the meat in a safe container for 30 seconds, stir, and microwave for 30 seconds more. Serve over chips or a tortilla shell.	Milk, wheat, dairy
Frozen Fruit, Juice, Breakfast Breads, Bars, Pastries	Thaw and store in the refrigerator.	
Shelf Stable Items	Raisins, snack crackers, cereal, marinara cup, salsa cup and breakfast bars.	