

Food Handling & Preparation Instruction

Not all items shown below are served each week.
Look for the Weekly Menu on the Arlington ISD Website.

Refrigerator Items:

Place items into refrigerator immediately, at 41°F or below, until ready to consume.
 Discard all perishable food items that have been left out longer than 2 hours.

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| Fresh Vegetables | Pickles |
| Cheese Sticks | Milk |
| Fruit Juice | Sub Sandwich |

Frozen Items:

Place items into freezer immediately until ready to consume.
 Discard all perishable food items that have been left out longer than 2 hours.

When cooking item(s) contents will be hot. Children should be supervised.
Styrofoam container and plastic bags are not suitable for microwave or oven

FROZEN BREAKFAST ITEMS

Recipe Name	Preparation Instructions - MICROWAVE
Cinnamon French Toast Breakfast Burrito	<ol style="list-style-type: none"> Place frozen item(s) in its microwave-safe pouch on a microwave-safe dish. Heat on HIGH for 90 seconds. Let rest for 1 minute.
French Toast Sticks Dutch Waffle Pancakes Little Smokies Sausage Roll Scrambled Eggs Bulk Pancakes	<ol style="list-style-type: none"> Place frozen item(s) on a microwave-safe dish. Heat on HIGH for 90 seconds. Let rest for 1 minute.
Sausage Turkey Patty	<ol style="list-style-type: none"> Place frozen item(s) on a microwave-safe dish. Heat on HIGH for 60 seconds. Let rest for 1 minute.
Recipe Name	Preparation Instructions - OVEN
Breakfast Pizza	<ol style="list-style-type: none"> Preheat oven to 400 °F. Place frozen pizza on sheet pan. Bake for 20-25 minutes.
Hashbrowns	<ol style="list-style-type: none"> Preheat oven to 475 °F. Place frozen hashbrowns on baking sheet. Bake for 11-13 minutes.
Scrambled Egg Patty	<ol style="list-style-type: none"> Preheat oven to 350 °F. Place frozen egg patty on baking sheet. Bake for 12-15 minutes.
Recipe Name	Preparation Instructions - THAW & SERVE
Cinnamon Roll Muffin - Blueberry & Chocolate Panini Toast Fruit Cup - Apple	<ol style="list-style-type: none"> Place item(s) in refrigerator, at 41°F or below, overnight to thaw. Thawed item(s) must be consumed within 3 days. <p><i>Suggested Preparation:</i></p> <ul style="list-style-type: none"> For the cinnamon roll and muffin, place item(s) in microwave for 30 seconds to warm before you eat. For the panini bread try placing in the toaster on medium before eating to warm and crisp item.

FROZEN LUNCH ITEMS

Recipe Name	Preparation Instructions - MICROWAVE
Mac n' Cheese	<ol style="list-style-type: none"> Empty frozen item(s) into microwave-safe dish. Heat on HIGH 2 ½ minutes. Stir contents. Heat on HIGH for 1 minute. Let rest for 1 minute.
Mixed Vegetables California Blend Carrots Corn & Black Bean Fiesta	<ol style="list-style-type: none"> Empty frozen vegetables into microwave-safe dish. Heat on HIGH 3 – 4 minutes. Let rest for 1 minute.
Recipe Name	Preparation Instructions - OVEN
Personal Cheese Pizza	<ol style="list-style-type: none"> Preheat oven to 400 °F. Place frozen pizza on sheet pan. Place on middle oven rack. Bake for 20 minutes. Pizza is done when all cheese is melted.
Oven Fries	<ol style="list-style-type: none"> Preheat oven to 400 °F. Place frozen fries on baking sheet. Bake for 8-12 minutes.
Fish Sticks	<ol style="list-style-type: none"> Preheat oven to 450 °F. Place frozen Fish on a lightly oiled baking sheet. Bake for 14-16 minutes.
Chicken Fried Steak	<ol style="list-style-type: none"> Preheat oven to 375 °F. Place frozen Chicken Fried Steak on a baking sheet. Bake for 20-25 minutes.
Breaded Chicken Patty	<ol style="list-style-type: none"> Preheat oven to 400 °F Place frozen Breaded Chicken Patty on a baking sheet. Bake for 8-10 minutes.
Recipe Name	Preparation Instructions - THAW & SERVE
Fruit Cup – Apple Wheat Roll Turkey Ham	<ol style="list-style-type: none"> Place item(s) in refrigerator, at 41°F or below, overnight to thaw. Thawed item(s) must be consumed within 3 days. <p><i>Suggested Preparation:</i> <i>For the wheat roll, place items in microwave for 20 seconds to warm before you eat.</i></p>

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