



Storage, Heating and Food Safety Instructions Spokane Public Schools 5-Day Meal Kits

Please Refrigerate! The foods in your meal kit should be kept refrigerated for best quality and safety. For maximum freshness and quality, some products may still be frozen when you receive your meal kit. If an item is frozen when you unpack your meal kit, you may keep frozen until ready to heat and enjoy. Please follow the simple heating instructions below. Be sure to rinse fruits with edible skins, such as apples, pears, and grapes, before eating.

100% Beef Cheeseburger

Remove cheeseburger from the packaging and place on a microwave-safe plate. Microwave on high for 45 seconds to 1 minute. Heat to a minimum internal temperature of 135 F.

Chicken Fillet Bites

Microwave: Remove the Breaded Chicken Fillet Bites from the packaging and place on a microwave-safe plate. Microwave on high for 45 seconds to 1 minute. Heat to a minimum internal temperature of 135 F.

Oven: Preheat oven to 350 F. Remove Breaded Chicken Fillet Bites from the packaging and place on a foil-lined baking sheet. Bake for 10-12 minutes to crisp the breading. Heat to a minimum internal temperature of 135 F.

Wild Mike's Cheese Pizza by the slice

Our new cheese pizza slices are frozen and not cooked, just like a frozen pizza. Bake for best quality.

Oven: Preheat oven to 400 F and place wrapped frozen pizza slice on a sheet pan. Place on the center rack in the oven and bake for 17-19 minutes. Let stand for 1-2 minutes before eating.

Microwave: Vent wrapper and place item on a microwave-safe plate. Cook for 1 minute 20 seconds if frozen, or 1 minute if thawed. Let stand for 1-2 minutes before eating.

Pasta with Meat Sauce

Microwave: Transfer the Pasta with Meat Sauce to a microwave safe bowl or plate. Microwave on high for 1 minute. Heat to a minimum internal temperature of 165 F.

Mac and Cheese or Buffalo Chicken Mac and Cheese

Microwave: Transfer the Mac and Cheese to a microwave safe bowl or plate. Microwave on high for 1 minute. Heat to a minimum internal temperature of 165 F.

Bean and Cheese Burrito

Microwave: Keep burrito in the wrapper and place on a microwave safe plate. Heat on high for 45 seconds. Let rest for 15 seconds. Heat for another 30 seconds. Let rest for 1 minute before eating. Heat to a minimum internal temperature of 160 F

Oven: Preheat oven to 300 F. Keep burrito in packaging and place seam-side-down on a foil-lined baking sheet. Bake for 13-15 minutes. Heat to a minimum internal temperature of 160 F

Homemade Chicken and Pinto Bean Burrito

Microwave: Remove burrito from the wrapper and place on a microwave-safe plate. Microwave on high for 1 minute, remove from microwave and turn burrito over. Then microwave for another 1 minute. Heat to a minimum internal temperature of 165°F.

Breaded Chicken Drumstick

Our chicken drumstick is pre-cooked and may be enjoyed cold if you like. See below for heating instructions.

Microwave: Remove the chicken drumstick from the packaging and place on a microwave safe plate. Microwave on high for 45 seconds to 1 minute. Heat to a minimum internal temperature of 135 F.

Oven: Preheat oven to 350 F. Remove Breaded Chicken Drumstick from the packaging and place on a foil-lined baking sheet. Bake for 15-18 minutes to crisp the breading. Heat to a minimum internal temperature of 135 F.

Hot Dog

Remove hot dog with bun from the packaging and place on a microwave-safe plate. Microwave on high for 45 seconds to 1 minute. Heat to a minimum internal temperature of 135 F.

Chicken Fillet Sandwich

Microwave: Remove the Chicken Fillet Sandwich from the packaging and place on a microwave safe plate. Microwave on high for 45 seconds to 1 minute. Heat to a minimum internal temperature of 135 F.

Cheesy Mozzarella Pocket

Microwave: Place Mozzarella Pocket on a microwave safe plate. Heat on high for 1 minute. Heat to a minimum internal temperature of 135 F.

Oven: Preheat the oven to 350 F. Place Mozzarella Pocket on a foil-lined baking sheet. Bake for 6-8 minutes. Let stand for 1-2 minutes before eating. Heat to a minimum internal temperature of 135 F.

100% Beef or Cheese Nachos

Microwave: Transfer the nacho toppings (taco beef and/or cheese sauce) from their containers to a microwave safe bowl. Microwave on high for 45 seconds to 1 minute. Heat to a minimum internal temperature of 165 F. Dip tortilla chips into the warmed nacho toppings.

Chicken Egg Roll

Oven: Preheat oven to 400°F. Place egg rolls on a sheet pan. Bake for 15-20 minutes, or until golden brown and crispy. Heat to a minimum internal temperature of 165°F.

Rippers (Pepperoni or Turkey Ham and Cheese)

Oven: Preheat oven to 350°F. Remove Rippers from package and place on a sheet pan. Bake for 9-12 minutes, or until cheese is melted and browned a bit. Heat to a minimum internal temperature of 165°F.

Apple-Rito

Oven: Preheat oven to 350°F. Remove Apple-rito from package and place on a sheet pan. Bake for 10 minutes, turn over and bake for 12-14 more minutes. Heat to a minimum internal temperature of 135°F. Wait 2 minutes before eating.

Belgian-style Liege Waffle

Microwave: Leave waffle in the wrapper and microwave for 30 seconds, just until warm.

Oven: Leave waffle in the wrapper and place on an oven-proof baking sheet. Bake at 300°F for 4-6 minutes, just until warm.