



Cooking Instructions Pullman Public Schools Meal Kits 2021

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

Breakfast pizza Preheat oven to 325 degrees. Place pizza on baking sheet. Frozen: Bake 13-15 minutes.

Thawed: Bake 11-13 minutes.

Due to oven variances, times and temperatures may require adjustments.

Bean and cheese burrito: Preheat to 350°F. Pierce film. Place on baking sheet. Bake 10 min. Turn over. Bake additional 12 - 14 min.

Cheese breadstick Bake at 400° F for 14 to 17 minutes or until internal temperature reaches 165° F. Refrigerate or discard any unused portion.

Cheeseburger- cook hamburger patty and cheese separately from bun Grill: From frozen at 375°F (medium high) for 10-12 minutes (5-6 minutes per side). From thawed at 375°F for 6 minutes (3 minutes per side). Oven: Frozen at 375°F for 15-18 minutes. Thawed at 375°F for 10-12 minutes.

Cheese pizza: Preheat oven to 325 degrees. Place pizza on baking sheet. Frozen: Bake 13-15 minutes Thawed: Bake 11-13 minutes Due to oven variances, times and temperatures may require adjustments.

Chicken Drumstick breaded: Preheat oven to 375°F. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. Heat for 35-40 minutes

Chicken Nuggets: Oven: Preheat oven to 350°F. Place frozen chicken pieces in a single layer on ungreased baking pan. Bake uncovered for 10-14 minutes.

Chicken Tenders: Cook to TEMPERATURE OF 165 DEGREES F use a thermometer to check temperature. COOKING INSTRUCTIONS: Bake in a single layer on cookie sheet AT 350°F FOR 18-25 MIN. DO NOT MICROWAVE

Fish sticks or nuggets: Cooking instructions - cook from frozen. Convection oven: bake at 400°F. for 13 to 15 minutes. Cooking time and temperature may vary with equipment. For added crispness, cook slightly longer.

French Toast Sticks: Preheat to 350° F. Place single package (glaze side up) on baking sheet. Do not remove or open outer wrapper. Microwave Place: 1 package (3 sticks) on a microwave-safe plate (glaze side up). Do not remove or open outer wrapper. Heat at full power (based on 1100 watt microwave).

Nachos- Cheddar Cheese cups: Ready to eat at room temperature. See package for detailed preparation. If heated, product temperature should not exceed 140°F. Heat in a conventional oven set at 200°F for 22-25 minutes. Do not microwave. Warming unit not recommended for heating. Always use caution to avoid burns when handling and eating warmed cheese. Taco meat- remove from plastic cup and heat until 165F

Pizza Rippers (cheese, pepperoni (beef), and turkey ham and cheese): Keep frozen. Allow to thaw prior to cooking. Cook for 9-12 minutes in a 325 - 350°F convection oven. Product appears to be cooked but is not and needs to be cooked to an internal temp of 165°F.

Pepperoni Pizza Stuffwich: Allow to thaw before cooking • Bake at 350°F for 8-10 minutes • Products appear to be cooked but are not • Cook to an internal temp of 165°F

Pretzel + Cheese: Cheddar Cheese cups: Ready to eat at room temperature. See package for detailed preparation. If heated, product temperature should not exceed 140°F. Heat in a conventional oven set at 200°F for 22-25 minutes. Do not microwave. Warming unit not recommended for heating. Always use caution to avoid burns when handling and eating warmed cheese

Teriyaki Beef Dipper:

Oven From Frozen: Preheat oven to 350 degrees F. Bake for 7-9 minutes.