

**General McLane Food Service Department
Meal Heating Instructions 2020-2021 School Year**





Meal Storage and Holding

All foods requiring refrigeration need to be kept at a temperature of 41°F or below.

Food should be used before expiration date listed on food item.

Shelf stable items should be stored at a temperature below 80°F.

Food items in meals are sent home frozen when possible to add an extra level of insulation and food safety.

Milk & Juice – Refrigeration required. Consume by “best by” date listed on carton.

Dairy Products – Refrigeration required. Consume by date on item or within 7 days.

Fresh Whole Fruit & Vegetable – Refrigeration recommended but not required.

All other Fruit & Vegetable – Refrigeration required. Consume by “best by” date or within 7 days.

Cold Sandwiches – Refrigeration required. Consume within 3 days.

Lunch items that require heating – Store in the freezer immediately or until ready to heat and consume. Heat food according to the heating instructions on this form and consume within two hours. Food should be cooked to required internal temperature for food safety.



Cooking and Reheating Instructions

Food Safety – These items have been par cooked – no meat items are raw. Please remove any packaging like plastic and foil and follow food safety guidelines for cooking and reheating. Cooking times may vary depending on what kitchen equipment you use or have. Please adjust cooking times and temperatures as needed.

Food can be heated in the microwave or in the oven. Oven is preferred for the best quality. Product will be hot once fully cooked so use caution while handling and eating food items.

BREAKFAST:

Breakfast Sandwich- Preheat oven to 350°F. Place sandwich wrapped in foil on a sheet tray in oven. If frozen cook 18-22 minutes. If thawed cook 9-11 minutes. Heat until internal temperature reaches 165°F.

French Toast- Preheat oven to 400°F. Place french toast sticks on baking sheet glaze side up. Cook for 8 minutes or until product reaches an internal temperature of 165°F.

Sausage- Preheat oven to 375°F. Place sausage on a baking sheet and cook for 4-6 minutes or until sausage reaches internal temperature of 165°F. Can also be cooked in a sauté pan on stove top.

Tator Tots- Preheat oven to 425°F. Spread frozen tots evenly on a shallow baking pan. Bake for 11-13 minutes flipping once for uniform cooking.

LUNCH:

3 Cheese Calzone – Preheat oven to 375°F. Place calzone on baking sheet. Bake for 17-20 minutes, flipping over halfway through baking. Bake until internal temperature reaches 165°F. Let sit for 2-3 minutes until eating as the calzone will be very hot.

Cheeseburger on a Whole Wheat Bun – Preheat oven to 350°F. Cheeseburger is wrapped in a foil sheet already assembled. Place in oven for 10-12 minutes, heating until temperature of burger reaches 165°F.



Chicken Patty on Whole Wheat Bun- Preheat oven to 350°F. Place Chicken Patty on baking sheet. Bake for 15-20 minutes or until internal temperature reaches 165°F. Flip Chicken Patty halfway through cooking. Toast bun. Place cooked chicken patty on toasted bun, add desired condiments.

Chicken Tenders – Preheat oven to 375°F. Place chicken strips in single layer on a baking sheet. Bake for 25-28 minutes or until internal temperature reaches 165°F. Flip chicken halfway through cooking.

Chicken Fajita Wrap – Place chicken fajita meat in a microwaveable dish. Microwave for 2-3 minutes until internal temperature reaches 165°F. Place chicken back in wrap, top with cheese and any desired toppings. Fold wrap and enjoy! (If wrap is already assembled, heat entire wrap in microwave until meat reaches 165°F.)

Asian Chicken – Place chicken and rice (rice is optional) in a microwaveable dish. Microwave for 2-3 minutes until internal temperature of chicken is 165°F.

Corn Dog – Preheat oven to 350°F. Place corn dog on baking sheet. If frozen, bake for 34-36 minutes. If thawed, bake for 24-26 minutes. Bake until internal temperature reaches 165°F.

Hot dog on a bun –Heat hot dog in microwave on 30 second intervals until heated through. Toast bun. Place hot dog back on bun and add desired toppings.

Italian Dunkers – **Dunkers are precooked** Heat dunkers in a microwave for 2-3 minutes. Check every 30 seconds. Heat until internal temperature reaches 165°F. Let sit 2-3 minutes as dunkers will be hot.



Meatball Sub – Place meatballs in a microwaveable dish. Microwave 2-3 minutes or until internal temperature reaches 165°F. Toast hot dog bun. Add sauce to the meatballs to coat the meatballs. Add meatballs to the toasted bun and top with cheese.

Pizza –

Rectangle pizza – Preheat oven to 325°F. Cook for 7-10 minutes until cheese is melted and crust edges are golden brown.

Round pizza – Preheat oven to 350°F. Cook for 13-15 minutes until cheese is melted and crust edges are golden brown.

Walking Tacos – Place taco meat in a microwaveable safe container. Microwave for 2-3 minutes until internal temperature reaches 165°F. Cut open bag of Doritos'. Add meat and desired toppings to the chips and enjoy.

Fish Sandwich/Fish Sticks – Preheat oven to 400°F. Heat fish patty or fish sticks on a shallow baking pan for 15-20 minutes or until internal temperature reaches 165°F. Toast bun for the sandwich and place patty on bun.

Ham and Cheese Pretzel Bun – Preheat oven to 350°F. Place ham and cheese sandwich in oven still wrapped in foil. If frozen, heat 20-24 minutes. If thawed heat 10-12 minutes. Heat until internal temperature reaches 165°F



French Fries – Preheat oven to 425°F for all French Fries. Spread fries on a shallow baking sheet. Bake times are listed for specific product.

Wedge – Bake 12-14 minutes. Turn wedges over halfway through cooking for uniform heating.

Crinkle Cut – Bake 10-12 minutes. Turn fries over halfway through cooking for uniform heating.

Straight Cut – Bake 8-10 minutes. Turn fries over halfway through cooking for uniform heating.

Frozen Vegetables – Place vegetables in a microwaveable dish and add a tablespoon of water. Cover dish. Microwave for 2-4 minutes, stirring every 30 seconds. Cook until vegetables reach 135°F. Add butter or seasonings as desired and stir.

Remember heating times will vary. Adjust times as necessary