

### Allergy Information: April/May 2020

The following items may be in your bag. Please read carefully. Do not consume foods to which you are allergic.

Food Item	Allergens	Food Item	Allergens
Apple Roll	Milk, Soy, Wheat	Hummus	---
Build-a-Pizza Kit	Wheat, Milk, Soy	Grilled Cheese	Milk, Wheat, Soy
Cheese Filled Breadsticks	Milk, Wheat, Soy	Jump Start Kit	Wheat, Soy
Cheeseburger	Milk, Wheat, Soy	Milk	Milk
Chicken Filet Sandwich	Wheat, Soy	Mini Pepperoni Pizza	Milk, Wheat, Soy
Chicken n' Waffles	Milk, Wheat, Soy, Egg	Nutrigrain Bar Kit	Wheat, Milk, Soy
Chorizo Sunrise Wrap	Milk, Wheat, Soy	Pancakes	Milk, Wheat, Soy, Egg
Cinnabar	Soy, Wheat	PBJ Grahamwich	Peanuts, Wheat, Soy
Corn Dog Nuggets	Wheat, Soy Egg	Pork BBQ Sandwich	Wheat, Soy
Dried Mixed Fruit	---	Raspberry & Cream Cheese Ba	Soy, Wheat
Edamame & Chickpea Salad	Soy	Sausage & Cheese Slider	Milk, Wheat, Soy
French Toast	Milk, Wheat, Soy, Egg	Smucker's Uncrustable	Wheat, Peanuts
Fresh Fruits & Strawberry Cup	---	Spicy Chicken Sandwich	Milk, Wheat, Soy, Egg
Fresh Vegetables, Raw	---	Turkey Ham & Cheese AnyTimers	Wheat, Milk, Soy
Ham & Cheese Croissant	Milk, Wheat, Soy, Egg	Turkey Ham & Cheese on Hawaiian Bun	Milk, Wheat, Soy Egg
Hot Dog	Wheat, Soy	Waffles	Milk, Wheat, Soy, Egg

\*Some products within the bag contain peanuts, tree nuts, soy, milk, eggs and wheat. While we take steps to minimize the reisk of cross-contimination, we cannot guarantee that any of the products aer safe to consume for people with peanut, tee nut, soy, milk, egg, or wheat allergies.

Please contact 628-2760 if you have special dietary needs.

### Food Safety Information: April/May 2020

**Eat or refrigerate cold food items within 2 hours of receiving meals. Eat or discard hot meals within 2 hours**

Take & Bake	Cooking Instructions
<b>Cheese Filled Breadsticks</b>	Remove breadsticks from foil. <b>Microwave:</b> cook for 1 minute on high. Let sit for 3-5 minutes. <b>Oven:</b> Cook at 350 degrees F. for 7-9 minutes and let sit for 3-5 minutes. Cook breadsticks until it reaches 165 degree F.
<b>Chicken &amp; Waffles</b>	<u>Chicken Nuggets:</u> Remove chicken nuggets from foil bag. <b>Microwave:</b> Do not cover. Heat on high for 1 minute. Remove from microwave, turn product over and heat on high for another 1 minute. Let stand for 1 minute before serving. <b>Oven:</b> Cook at 375 degrees F for 13-15 minutes. Cook chicken nuggets until it reaches an internal temperature of at least 165 degrees F. <u>Waffles:</u> May be eaten cold. Do not remove wrapper before heating. <b>Oven:</b> Cook in oven at 350 degrees for 8-10 minutes. <b>Microwave:</b> Cook for 1 minute on high.
<b>Chorizo Sunrise Wrap</b>	Thaw in refrigerator for up to 3 days, in wrapper. <b>Oven:</b> Must thaw before cooking. Cook at 325 F for 18 minutes. Let sit for 5 minutes before consuming. Cook until it reaches an internal temperature of at least 165 degrees F. <b>Microwave:</b> Open corner of wrapper. Cook for 2 minutes. Let sit for one minute before consuming.

<b>Corn Dog Nuggets</b>	Remove from foil bag. <b>Microwave:</b> Frozen – Cook for 2 minutes, turn, then microwave 2 more minutes. Thawed - Cook for 1 minute, turn, microwave 1 more minute. <b>Oven:</b> Cook for 15-20 minutes at 350 degrees F. Cook corn dog nuggets until reaches an internal temperature of at least 165 degrees F.
<b>French Toast</b>	May be eaten cold. Do not remove wrapper before heating. <b>Oven:</b> Cook at 350 degrees for 8-9 minutes. <b>Microwave:</b> Cook on high for 1 minute.
<b>Grilled Cheese</b>	May be eaten cold. Do not remove wrapper before heating. <b>Oven:</b> Cook at 300 degrees for 8-10 minutes. <b>Microwave:</b> Thawed – Cook on high for 2 minutes. Frozen – Cook on high for 5 minutes.
<b>Mini Pizza</b>	Remove from foil. <b>Oven:</b> Cook from frozen at 400 degrees F for 12-15 minutes or until it reaches an internal temperature of 165 F. <b>Microwave:</b> Cook on high for 2-3 minutes or until cheese is melted, and internal temperature of 165 F.
<b>Pancakes</b>	May be eaten cold. Do not remove wrapper before heating. <b>Oven:</b> Cook at 350 degrees for 8-10 minutes. <b>Microwave:</b> Cook on high for 1 to 1.5 minutes.
<b>Sausage &amp; Cheese Slider</b>	Thaw in refrigerator up to 5 days. Do not remove wrapper. <b>Microwave:</b> Open one end of wrapper, heat on HIGH for 60-70 seconds. <b>Oven:</b> Cook at 325 degrees F for 8-12 min until slider reaches an internal temperature of at least 165 degrees F.