

# WPUSD Meal Bag - Cooking Instructions

Updated 3/24/21

## Lunch Items:

**Yang's Orange Chicken & Rice Bowls** - Fully Cooked - Cook in the microwave. Puncture film 3-4 times. Cook on high for 5-6 minutes or until hot. Let stand for 3 minutes. Carefully remove film to avoid steam burns. Heat until the item reaches an internal temperature of 165' degrees.

Contains: Soy, Wheat

**Yang's Teriyaki Chicken & Rice Bowls** - Fully Cooked - Cook in the microwave. Puncture film 3-4 times. Cook on high for 5-6 minutes or until hot. Let stand for 3 minutes. Carefully remove film to avoid steam burns. Heat until the item reaches an internal temperature of 165' degrees.

Contains: Soy, Wheat

**Tyson Fully Cooked Regular/Spicy Chicken Patty** - DO NOT COOK INSIDE PLASTIC PACKAGING. Cook from frozen. Place chicken on a tray and cook at 375 degrees for 16-18 minutes. Heat until it reaches an internal temperature of 165' degrees. Contains: Wheat, Soy

**Gold Star Foods Hamburger Bun** - Defrost before consumption.

Contains: Wheat

**Foster Farms Chicken Corn Dog** - Fully Cooked - Cook in the microwave. Frozen 30 seconds, then 30 more seconds. Thawed. 20 seconds, turn then 20 more seconds. Heat until the item reaches an internal temperature of 165' degrees. Contains: Soy, Wheat, Egg

**Don Lee Chicken Corn Dog - Fully Cooked** - Preheat oven to 350' degrees. Cook on a tray without removing the wrapper. Cook for 23-35 minutes. Heat until the item reaches an internal temperature of 165' degrees. Contains: Soy, Wheat, Egg, Milk

**Michael B's Pretzel Hot Dog - Fully Cooked** - Heat inside its package. Preheat the oven to 300' degrees. Place Pretzel Dog on a pan and heat for 20-25 minutes then serve. Heat until the item reaches an internal temperature of 165' degrees. Contains: Soy, Wheat

**Tyson Fully Cooked Chicken Tenders/Nuggets** - DO NOT COOK INSIDE PLASTIC PACKAGING. Cook from frozen. Place chicken on a tray and cook at 375 degrees for 6-8 minutes. Heat until it reaches an internal temperature of 165' degrees. Contains: Soy, Wheat

**Tyson Fully Cooked Chicken Drumstick** - DO NOT COOK INSIDE PLASTIC PACKAGING. Cook from frozen. Place chicken on a tray and cook at 350 degrees for 25-30 minutes. Heat until it reaches an internal temperature of 165' degrees. Contains: Wheat

**Ardella's Pepperoni Pizza Sliders** - Preheat oven to 325". Cook for 11-15 minutes, wrapped, until sliders are light brown and cheese is melted. For best results, thaw par baked sliders prior to baking. Contains: Soy, Wheat, Milk

**Bean & Cheese Burrito - Fully Cooked** - Cook defrosted inside the packaging. Microwave for 45 seconds, let rest 15 seconds, heat for 15 seconds. Let rest for 1 minute before consuming. Heat until the item reaches an internal temperature of 165' degrees. Contains: Soy, Wheat, Milk

**Pizza Bagel Bites** - Fully Cooked - Bake at 350' degrees for 11-12 minutes or until internal temperature reaches 165 degrees. Contains: Wheat, Milk

**Tony's Cheese Pizza** - Fully Cooked - Cook frozen inside the packaging. Place on a sheet pan. Cook at 400' degrees for 26-28 min. Heat until the item reaches an internal temperature of 165' degrees. Contains: Soy, Wheat, Milk

**Personal Pizza** - Bake at 325' degrees for 11-13 minutes or until internal temperature reaches 165 degrees. Contains: Wheat, Milk

**Wild Mike's** - 5" Deep Dish Pizza - Preheat oven to 325' degrees. Place pizza on a baking sheet. Frozen - Bake for 13-15 minutes. Thawed - Bake for 11-13 minutes. Heat to 165 degrees. Contains: Milk and Wheat

**The Max - Cheese Stix** - Bake at 375' degrees for 10 - 12 minutes or until internal temperature reaches a minimum of 165' degrees. Contains Milk, Soy, Wheat

**Big Daddy's - Whole Pizza** - Best if cooked from Frozen state. Bake at 350' degrees for 14-16' minutes. Note: Rotate half way through heating. Contains: Milk, Wheat, Soy.

**Land O Lakes Cheese Cup** - Ready to eat at room temperature. Do not microwave. Contains: Milk

**Arnada Tortilla Chips** - Ready to eat. No listed allergens.

**Arizona Gold Bean & Cheese Burrito** - Fully Cooked - Cook defrosted inside the packaging. Cook at 350' degrees for 10-16 min. Heat until the item reaches an internal temperature of 165' degrees. Contains: Soy, Wheat, Milk

**Michael B's Chile Cheese Flaquito** - Cook at 325' degrees for 20-25 minutes. Heat until the item reaches an internal temperature of 165' degrees. Contains: Milk, Soy, Wheat

**Michael B's Chicken Taquito**- Cook from frozen at 350' degrees for 15-17 minutes. Heat until the item reaches an internal temperature of 165' degrees. Contains: Milk, Soy

**Smucker's PB&J** - Thaw before serving. Contains: Peanuts, Wheat

**Michael B's Turkey & Cheese Hoagie Roll** - Thaw in refrigerator before serving. Contains: Soy, Wheat, Milk

**Bell Tasty Taco Nada** - Fully Cooked - Bake frozen at 350' degrees for 30-32 minutes or until internal temperature reaches 165 degrees. Contains: Wheat, Soy, Milk

**Bell Tasty - Nada Chimi** - If Frozen bake at 350' degree for 20-32 minutes or until it reaches internal temperature of 165' degrees. Contains Wheat, Soy, Milk.

## **Breakfast Items:**

**Mini Donuts Pack** - Thaw in refrigerator before serving. Contains: Soy, Wheat, Milk, Egg

**WG Crumb Cake** - Thaw at room temperature for 6 hrs prior to serving. Contains: Soy, Wheat, Milk, Egg

**Super Bakery Banana Bread** - Defrost before consumption. Contains: Wheat, Eggs, Soy, Milk

**Otis Spunkmeyer Muffin** - Thaw in the refrigerator before serving. Contains: Soy, Wheat, Milk, Egg

**Super Bakery Banana Bread** - Defrost before consumption. Contains: Wheat. Eggs, Soy, Milk

**Pillsbury Frudel Apple** - Please see package for cooking instructions and allergy information

**Fat Cat Chocolate Chip Cookie** - Thaw prior to serving. Contains: Wheat, Milk (Butter), Soy (Soy Lecithin), Eggs - Baked in a NUT-FREE Facility

**Fat Cat Celebration Cookie** - Thaw prior to serving. Contains: Wheat, Milk (Butter), Soy (Soy Lecithin), Eggs - Baked in a NUT-FREE Facility

**Fat Cat Cinnamon Apple Oat Bar** - Thaw prior to serving. Contains: Wheat, Milk (Butter), Eggs - Baked in a NUT-FREE Facility

**Bagel & Bean “Everything Bagel”** - Ready to Eat. Contains: Wheat, Sesame

**Bagel & Bean “Plain Bagel”** - Ready to Eat. Contains: Wheat

**Bagel & Bean “Fruity Pebbles”** - Ready to Eat. Contains: Wheat

**Fat Cat Muffin Tin “Apple Cinnamon”** - Thaw for one hour prior to serving. Contains: Wheat, Milk, Eggs. Baked in a NUT-FREE Facility

**Fat Cat Muffin Tin “Mixed Berry”** - Thaw for one hour prior to serving. Contains: Wheat, Milk, Eggs. Baked in a NUT-FREE Facility

Please see the package on all other meal items for cooking instructions and allergens. If any questions regarding a product or if you would like to request more details please email [clawson@wpusd.org](mailto:clawson@wpusd.org)