



Gahanna-Jefferson Schools Child Nutrition Department Grab and Go Meal Heating Instructions



*Menu subject to change

BREAKFAST ITEMS

Omelet

Remove product from package
Heat oven to 350* F
Bake 8 to 10 minutes
OR
Microwave –
from frozen 50 to 60 seconds
from thawed 30 to 40 seconds

Biscuit Stick

Remove product from package
Heat oven to 375* F
Bake 8 to 10 minutes

Breakfast Pizza/Slider

Remove product from package
Microwave frozen item on high 30 to 50 seconds

Cinnamon Toast

Leave product in package
Microwave 50 to 60 seconds

Pancakes

Leave product in package
Heat oven to 350*F
Bake 13 to 15 minutes if frozen
Bake 7 to 8 minutes if thawed

English Muffin Sandwich

Leave product in package
Slit to vent
Microwave for 80 to 90 seconds

Chicken Sausage

Remove product from package
Heat oven to 350* F
Bake 9 to 11 minutes

ENTRÉE ITEMS

Corn Dog

Remove product from package
Heat oven to 325* F
Bake 25 to 30 minutes
OR
Microwave on high 60 seconds
turning halfway through

Crispy Chicken Tenders

Remove frozen product from package
Heat oven to 400* F
Bake for 11 to 13 minutes uncovered

Stuffed Cheese Sticks

Remove frozen product from package
Heat oven to 350*F
Bake 8 to 10 minutes
OR
Remove thawed product from package and microwave item on high 35 to 40 seconds

Hamburger

Remove product from package
Heat oven to 350* F
Bake product for 8 to 10 minutes
OR
Microwave on high 35 to 40 seconds

Chicken Nuggets

Remove product from package
Heat oven to 400* F
Bake uncovered for 11 to 13 minutes

Mexican Pizza

Remove product from package
Heat oven to 350*F
Bake for 8 to 10 minutes
OR
Microwave on high 30 to 50 seconds.

Popcorn Chicken

Remove product from package
Heat oven to 400*F
Bake for 8 to 10 minutes

Pepperoni Pizza

Remove product from package
Heat oven to 400*F
Bake 13 to 15 minutes if frozen
Bake 7 to 8 minutes if thawed

Cheese Quesadilla

Remove product from package
Heat oven to 375* F
Bake 8 to 10 minutes
OR
Microwave from thawed 50 to 60 seconds

Chicken Patty Sandwich
Remove product from package
Heat oven to 350°F
Bake for 8 to 10 minutes

Grilled Cheese Sandwich
Leave product in package
Heat oven to 325* F
Bake thawed item 10 to 12
minutes

Galaxy Cheese Pizza
Remove product from package
Heat oven to 400°F
Bake for 24 to 26 minutes

Pepperoni Pizza
Remove product from package
Heat oven to 400* F
Bake for 24 to 26 minutes

Calzone
Remove product from package
Allow to thaw
Heat oven to 350°F
Bake 10 to 12 minutes

Drumstick
Remove product from package
Heat oven to 350°F
Heat for 25 to 30 minutes

VEGGIES, SIDES AND MISC

Frozen Peas, Broccoli, Corn, Carrots
Remove product from package
Microwave on high 30 to 50 seconds

Potato Tots
Remove product from package
Heat oven to 425*
Bake for 9 to 13 minutes

Smiley Fries
Remove product from package
Heat oven to 425* F
Bake for 9 to 13 minutes
OR
Microwave on high 1 ½ to 2
minutes

**** All products are ready to consume when an internal temperature of at least 165* F is reached. Oven and microwave temperatures and wattage vary. Adjust cooking times accordingly. Remove items from oven or microwave and let cool 2 minutes before consuming. Consume within 2 hours.**

*******CAUTION: PRODUCTS WILL BE HOT AFTER COOKING OR MICROWAVING-CONSUME WITH CAUTION**



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