



# Nassau County School Board Food & Nutrition Services



## Drive Thru Meal Pick Up Package Instructions

Meals need to be consumed or refrigerated immediately upon pick up. If frozen or refrigerated food is out longer than two hours, it needs to be discarded immediately. All food must be consumed within one week. Food safety reminder- Hot foods should be kept **hot** (cooked entrees > 135 degrees) and cold foods (milk, juice cheese, yogurt < 41 degrees) kept **cold**.

<p><b>Here is a sample menu for 7 days. Items are subject to change weekly due to availability of products and shelf life and may be packaged together for storage and food safety.</b></p> <p><b>Breakfast daily</b> – 8 oz milk, Cereal or Poptart or Cereal/Granola bar or Graham crackers, fresh or cupped fruit</p> <p><b>Lunch daily</b> – 8 oz milk, fresh fruit or 100% fruit juice or fresh vegetables (carrots, cucumbers, grape tomatoes), and 1 entrée</p> <p>Entrees for each day <b>MAY</b> include: Grilled cheese sandwich, Sub sandwich, Ham &amp; cheese sandwich wedge, Ham &amp; cheese croissant, Lunchable, Cheese nachos (2 cheese cups, chips), Yogurt plate (yogurt cup, cheese stick, crackers), Hamburger with bun, Hotdog with bun, Chicken nuggets, or Corn dog bites</p> <p><i>*items that may be substituted include- cheese cup, cheese stick, yogurt cup</i></p>
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Questions or concerns? Call Nassau County School Food & Nutrition Services 904-491-9924.

### Preparation & cooking Instructions for specific items that **MAY** be included in your meal package:

Cooking times will vary depending on equipment and oven load. These instructions will be updated and available at our website -<https://www.nassau.k12.fl.us/Page/3408>.

#### Hamburger Patty:

Conventional Oven (Best) - Preheat oven to 350. Place thawed patty on baking sheet. Bake for 12-15 minutes or until internal temperature reaches 165. Let burger rest for one minute before consuming. Place burger on bun to form a sandwich.

Microwave (Ok) – Cook for 30 seconds, Flip burger and cook for 30 more seconds. Cook until internal temperature reaches 165 degrees. Let burger rest for one minute before consuming. Place burger on bun to form a sandwich.

#### Chicken Poppers -

Conventional Oven (Best) - Preheat oven to 350. Place frozen chicken on a baking sheet. Bake uncovered for 10-12 minutes or until internal temperature reaches 165 degrees. Let nuggets rest for one minute before consuming.

Microwave (Not Recommended) – Cook on high for one minute, flip nuggets and cook for another 30 seconds or until the internal temperature reaches 165. Let nuggets rest for one minute before consuming.

#### Hot Dog -

Conventional Oven (Best) - Thaw product before baking. Preheat oven to 350. Place hot dog on baking sheet. Bake for 15-20 minutes or until the internal temperature reaches 165 degrees. Let hot dog rest for one minute before consuming.

Microwave (Ok) - Thaw product before cooking. Wrap thawed hot dog in paper towel. Microwave for 50 seconds or until the internal temperature reaches 165. Be careful when unwrapping the hot dog, it will be hot.

#### Corn Dog Bites -

Conventional Oven (Best) - Cook from frozen. Preheat oven to 350. Cook for 8-10 minutes. Internal temperature needs to reach 165.

Microwave (Ok) - Cook from frozen. Microwave on high for 20-25 seconds then rotate and microwave 20-25 more seconds. Internal temperature needs to reach 165.

#### Ham & Cheese Sandwich Wedge -

Keep frozen until ready to use.

Serving: Thaw cases under refrigeration for 24-48 hours and then consume. For faster thawing, remove sandwiches from case, store under refrigeration for 4-6 hours, then consume. Can be kept in refrigerator for 7 days.



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### Ham and Cheese Lunchable -

Keep Frozen until ready to use. Thaw cases under refrigeration for 24-48 hours and then consume. For faster thawing, remove kits from case, store on trays under refrigeration for 4- 6 hours, then serve. Can be kept under refrigeration for 10 hours.

### Grilled Cheese Sandwich -

Although this product is Ready-to-Eat, for a better experience, it is recommended that it be heated following the instructions below.

Do not remove wrap on wrapped product before heating. Conventional Oven (Frozen): 325 F 18 Minutes. Conventional Oven (Thawed): 350 F 12 Minutes. Cook until internal temperature reaches 160.

### Ham and Cheese Croissant -

Keep Frozen until ready to use.

Serving: Thaw case under refrigeration for 24-48 hours and then consume. For faster thawing, remove sandwiches from case, store on trays under refrigeration for 4-6 hours, then consume. Can be kept under refrigeration for 5 days.

Heating instructions (optional):

Thaw sandwich 1 day in advance under refrigeration. Preheat conventional oven to 375. Place wrapped sandwiches on a sheet pan and place in preheated oven. DO NOT REMOVE WRAPPERS. Bake for 6-8 minutes. Ovens will vary so adjust time as necessary.

### Smucker Uncrustable PBJ -

Keep frozen until ready to eat. Thaw for 30 – 60 minutes at room temperature. Recommended to eat within 11 hours if kept at room temperature and within 24 hours if kept in the refrigerator.