



Recipes



Chicken Drumstick

Recipe: Preheat oven to 375°F. Place on sprayed pan. Cook to an internal temp of 165°F (approx. 25-30 min from frozen).

***Wheat**

Mozzarella Sticks

Recipe: Preheat oven to 350°F. Place on sprayed pan. Cook 8-10 min or until crispy. Let stand 1-2 min before eating.

***Wheat, Soy, Milk**

Hamburger Patty

Recipe: Preheat oven to 350°F. Place on sprayed pan. Cook 8-13 min or until crispy. Let stand 1-2 min before eating.

***Wheat, Soy**

Chicken Patty

Recipe: Preheat oven to 375°F. Place on sprayed pan. Cook to internal temp of 165°F (approx. 10-12 min from frozen).

***Wheat, Soy, Milk, Eggs**

Burrito

Recipe: Thaw product in refrigerator the night before. Preheat oven to 325°F and cook for 16-22 minutes. Microwave not recommended.

***Wheat, Soy, Milk**

Chicken Corn Dog

Recipe: From frozen, place on microwave safe plate, cook on high for 30 sec. Rotate & cook an additional 30 sec. Repeat as needed to reach 165°F.

***Wheat, Soy, Egg**

Grilled Cheese

Recipe: Preheat oven at 350°F, place wrapped sandwich on sheet pan, cook for 5-6 minutes. Do not remove wrap on wrapped product before heating.

***Wheat, Soy, Milk**

Boxed Pizza

Recipe: Preheat oven to 350° F. Place ovenable boxed pizza on sheet pan & cook for 16- 18 minutes, or until cheese is golden brown.

***Wheat, Soy, Milk**

Fruit Smoothie

Recipe: Thaw frozen smoothie in refrigerator to liquid state. Keep refrigerated for 7 days once thawed. Shake prior to drinking.

***Milk**

Mac & Cheese

Recipe: Thaw product in refrigerator night before. Pour contents into a microwave safe bowl. Heat covered for approx. 60 sec or until product reaches serving temperature.

***Milk, Egg, Wheat**

Chicken Bites

Recipe: Preheat oven to 375°F. Place on sheet pan and bake for 14 to 16 minutes. Let stand for 1-2 minutes.

***Wheat, Soy, Milk**

Beef Rotini

Recipe: Thaw product in refrigerator night before. Pour contents into a microwave safe bowl. Heat covered for approx. 60 sec or until product reaches serving temperature.

***Egg, Wheat**

Alternate Cooking Instructions:

Remove from packaging and place items on microwave-safe plate. Microwave on HIGH for 90 seconds. Product is ready to consume when an Internal Temperature of at least 165°F is reached. Products may need additional cooking time to reach appropriate temperature.

Meal Storage Instructions:

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

Shelf-stable items should be stored at a temperature of 85°F or below.

All Fresh Milk: Refrigeration required. Consume by the "Best By" date located on the product.

Smoothie: Previously frozen- thaw in refrigerator. Refrigeration required once thawed. Consume within 7 days.

All Juice: Refrigeration required. Consume within 5 days.

Grain-Based Breakfast Pastries: Previously frozen. Shelf-stable, but consume within 5 days

String Cheese: Refrigeration required. Consume within 5 days.

Fresh Whole Fruit: Refrigeration recommended, but not required. Please wash prior to eating.

Fresh Processed/Bagged Fruit & Vegetables as well as cold fruit cups: Refrigeration required, consume within 5 days or by the "Best By" date if located on the product.

All Shelf-Stable Fruit & Vegetable Items (e.g. Applesauce cups, Raisins, Craisins, "Fruitable" juice box, etc.): No refrigeration required. Consume by the "Best By" date located on the product.

Cold Sandwiches (e.g. PB&J, Sub Sandwich): Refrigeration required. Consume within 5 days.

Lunch Items that Require Heating: Store in freezer or refrigerator until ready to heat & consume. Store in refrigerator no longer than 5 days. Heat up following the heating instructions on the Recipe Page. Consume within 2 hours.

NOTE: Since the type of products vary, and all microwaves and ovens vary in power, all cooking times are approximate and may need to be adjusted. Products are safe to consume when an internal temperature of at least 165°F is reached.

***"USDA is an equal opportunity provider and employer."
The items are subject to change and may vary by location.***

Allergy Disclaimer:

During this emergency situation, Pasco County Schools Food and Nutrition Services will be operating under a USDA special waiver for meal distribution.

This option does not allow us to identify students by name and therefore we are not able to identify special food allergies.

***Big 8 Allergens Listed on Recipe Page.** Please identify this for your children.

-Thank you!

