



Parent/Guardian Pick Up Thursdays, 11:30 am - 12:30 pm While Supplies Last



Langston Road Primary School 325 Langston Road Perry, Georgia 31069



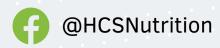
Bonaire Middle School 125 Old Hwy 96 E Bonaire, Georgia 31069



Northside Elementary 305 Sullivan Road Warner Robins, Georgia 31093



Sample Meal Pack Items May Vary





STORAGE & REHEATING INSTRUCTIONS



Lunch Entrees

Pepperoni RipSticks: Keep frozen. OVEN: Allow pizza to thaw prior to cooking. Bake for 10-14 minutes at 375°F or until internal temperature reaches 165°F. MICROWAVE: Cook frozen on high for 2 minutes or until cheese is fully melted. Let stand 1 minute before eating.

Hot Dog: Keep frozen. Thaw bun at room temperature. OVEN: Thaw hot dogs in the fridge before baking. On a baking sheet, cook at 350°F for 8-10 minutes. MICROWAVE: Wrap hot dog in a paper towel, microwave on high for 50 seconds.

Chicken Filet Sandwich: Keep chicken filet frozen. Thaw bun at room temperature. OVEN: Bake frozen chicken filets at 400°F for 16-20 minutes or until the internal temperature reaches 165°F. MICROWAVE: Cook filet on high for 1-2 minutes. Let stand for 1 minute before eating.

Grilled Cheese Sandwich: Keep frozen. OVEN: Thaw sandwich before baking. Bake at 375°F for 10-12 minutes in wrapper on a sheet pan to an internal temperature of 165°F. MICROWAVE: Cook on half power for 60-90 seconds.

Chicken Quesadilla: Keep frozen. OVEN: Preheat oven to 400°F and bake quesadilla on a parchment lined pan for 14-19 minutes. MICROWAVE: Place on a plate and cook on high for 2-3 minutes. Let it stand for 1 minute and enjoy. Internal temperature should reach 165°F.

Hamburger: Keep frozen. OVEN: Bake on a sheet pan at 375°F for 12-15 minutes or until it reaches 135°F internal temperature. Place the cooked burger on the provided bun. MICROWAVE: Cook frozen for 1-2 minutes on high.

Chicken Nuggets: Keep frozen. OVEN: Place chicken nuggets on a sheet pan and bake in an oven for 12-15 minutes at 400°F to an internal temperature of 165°F. Microwave: Microwave on high for approximately 1 minute. Let the chicken nuggets sit in the microwave for 1-2 minutes before removing and eating.

Corn Dog: Keep frozen. OVEN: Bake on a sheet pan at 375°F for 25-30 minutes if frozen or 15-20 minutes if thawed to an internal temperature of 165°F. MICROWAVE: Cook frozen on high for 50 seconds.

Pizza Pack: Keep Frozen. Store in the refrigerator to thaw for no more than 10 days before consuming.

Turkey & Cheese Sandwich: Keep frozen. Store sandwiches in the refrigerator to thaw for no more than 7 days before consuming.

PB & J Uncrustable: Keep frozen until 30 minutes prior to consuming.

Nacho Pack: Store at room temperature.



Updated Summer 2024 www.hcbe.net/snpsummermeals



STORAGE & REHEATING INSTRUCTIONS



Breakfast Entrees

PopTarts: Store at room temperature.

Cereal: Store at room temperature.

Honey Buns: Keep frozen. Thaw and serve. Store at room temperature for up to 5 days.

Mini Donuts: Store at room temperature for up to 7 days.

Donut Holes: Store at room temperature for up to 7 days.

Cereal Bars: Store at room temperature.

Mini Pancakes or French Toasts: Keep frozen. Thaw and eat. To warm, heat

in microwave for 15-20 seconds.

Grahams: Store at room temperature.





STORAGE & REHEATING INSTRUCTIONS



Other Items

Frozen Vegetables: Heat to 135F°F. Add seasonings as desired.

Frozen Fruit Cups: Keep Frozen. Remove from freezer 10 minutes

prior to eating.

Shelf Stable Fruit Cups: Store at room temperature.

Juice Boxes: Store at room temperature. Chill to serve if desired.

Craisins/Raisins: Store at room temperature.

Roasted Chickpeas: Store at room temperature.

Pickles: Keep refrigerated.

Fresh Produce: Keep refrigerated.

Milk: Keep refrigerated.

