

Your child's meal kit includes a hot lunch for today and refrigerated/frozen items for tomorrow or for the weekend. All items in your bag should be refrigerated until ready to heat and/or serve, except for packaged cereals, muffins, and pop tarts, which can be stored at room temperature. Please see the charts below for suggested meal servings and reheating instructions.

Reheating Instructions:

- All items **MUST** be removed from packaging and placed on a microwave or oven safe plate before reheating.
- All items should be reheated to an internal temperature of 165°
- For questions or concerns, please email us at cn@lisd.net.

<p>Pancakes (serving size: 2 pancakes)</p> <ul style="list-style-type: none"> • Microwave: Cook for 30-60 seconds • Toaster or Toaster Oven: Cook for 1-2 minutes • Oven: Bake at 350° for 3-5 minutes on a cookie sheet lined with foil or non-stick spray 	<p>Waffles (serving size: 2 waffles)</p> <ul style="list-style-type: none"> • Microwave: Cook for 30-60 seconds • Toaster or Toaster Oven: Cook for 1-2 minutes • Oven: Bake at 350° for 3-5 minutes on a cookie sheet lined with foil or non-stick spray
<p>Biscuit (serving size: 1 biscuit)</p> <ul style="list-style-type: none"> • Serve at room temperature <p><i>For heated Biscuit:</i></p> <ul style="list-style-type: none"> • Microwave: Cook for 30 seconds • Toaster Oven: Cook for 1-2 minutes 	<p>Dinner Roll (serving size: 1 roll)</p> <ul style="list-style-type: none"> • Serve at room temperature <p><i>For heated Roll:</i></p> <ul style="list-style-type: none"> • Microwave: Cook for 30 seconds • Toaster Oven: Cook for 1-2 minutes
<p>Corn Dog (serving size: 1 corn dog)</p> <ul style="list-style-type: none"> • Microwave: Cook for 1-2 minutes • Oven: Bake at 400 F for 8-10 minutes (or until completely heated through) on a cookie sheet lined with foil or sprayed with non-stick spray 	<p>Pizza Sticks (serving size: 2 pizza sticks)</p> <ul style="list-style-type: none"> • Microwave: Cook for 1-2 minutes • Oven: Bake at 400 F for 8-10 minutes (or until completely heated through) on a cookie sheet lined with foil or sprayed with non-stick spray
<p>Chicken Drumstick (serving size: 1 drumstick)</p> <ul style="list-style-type: none"> • Microwave: Cook for 1-2 minutes • Oven: Bake at 400 F for 8-10 minutes (or until completely heated through) on a cookie sheet lined with foil or sprayed with non-stick spray 	<p>Chicken Fried Steak (serving size: 1 patty)</p> <ul style="list-style-type: none"> • Microwave: Cook for 1-2 minutes • Oven: Bake at 400 F for 8-10 minutes (or until completely heated through) on a cookie sheet lined with foil or sprayed with non-stick spray
<p>Grilled Chicken (serving size: 1 chicken patty)</p> <ul style="list-style-type: none"> • Microwave: Cook for 1-2 minutes • Oven: Bake at 400 F for 8-10 minutes (or until completely heated through) on a cookie sheet lined with foil or sprayed with non-stick spray 	<p>Fish Sticks (serving size: 4 sticks)</p> <ul style="list-style-type: none"> • Microwave: Cook for 1-2 minutes • Oven: Bake at 400 F for 8-10 minutes (or until completely heated through) on a cookie sheet lined with foil or sprayed with non-stick spray
<p>Hamburger(serving size: 1 hamburger)</p> <ul style="list-style-type: none"> • Bun: serve at room temperature <p><i>Beef Patty</i></p> <ul style="list-style-type: none"> • Microwave: Cook for 1-2 minutes • Oven: Bake at 400 F for 8-10 minutes (or until completely heated through) on a cookie sheet lined with foil or sprayed with non-stick spray 	<p>Chicken Sandwich (serving size: 1 chicken sandwich)</p> <ul style="list-style-type: none"> • Bun: serve at room temperature <p><i>Chicken Patty</i></p> <ul style="list-style-type: none"> • Microwave: Cook for 1-2 minutes • Oven: Bake at 400 F for 8-10 minutes (or until completely heated through) on a cookie sheet lined with foil or sprayed with non-stick spray