

Cooking Instructions for Grab and Go Lunches

All food needs to be cooked to an internal temperature of 165 F

Frozen Chicken Nuggets, Chicken Chunks, Chicken Strips, Popcorn Chicken

Microwave:

- Place on a microwave safe plate.
- Cook 6 nuggets for 2 to 2 ½ minutes.
- Let it stand for 1 to 2 minutes before serving.



Frozen Chicken Patties, Country Fried Steak, Pork Tenderloin, Beef Patties, Rib

Microwave:

- Place on a microwave safe plate.
- Cook 1 pattie on high setting for 1 ½ to 2 minutes.
- Do not overheat.
- Let it stand for 1 to 2 minutes before serving.

Frozen Hot Dog, Corn Dog

Microwave:

- Prep by wrapping in a paper towel and place it directly in the microwave.
- Cook 1 item on high setting for 40 to 50 seconds.
- Carefully remove from paper towel and serve.

Rice

Microwave:

- Place in a microwave safe dish.
- Cover dish with a damp paper towel.
- Microwave for 20 seconds, until hot.
- Items placed in the black oval containers are microwavable

