**Distance Learner Meals Heating Instructions**

**Breakfast**

* **Pancakes** – Preheat oven to 350°F. Place pouches flat on a baking sheet and heat for 13-15 minutes. Microwave: Heat for 45 seconds on high.
* **Waffles** - Preheat oven to 350°F. Place pouches flat on a baking sheet and heat for 11-13 minutes. Microwave: Heat for 30-35 seconds on high
* **Breakfast Bites -** Preheat oven to 350°F. Place on flat on a baking sheet and heat for 21-23 minutes. Microwave: Heat for 50-60 seconds on high.
* **French Toast Sticks -** Preheat oven to 350°F. Arrange product in a single layer on a baking sheet. Bake for 10-11 minutes. Microwave: Heat for 50-60 seconds on high.

**Lunch**

* **Chicken Nuggets –** Preheat oven to 400°F. Place on a baking sheet and heat for 8-10 minutes. Microwave: Heat for 60-70 seconds on high.
* **Hamburger –** Preheat oven to 400°F. Remove patty from bun. Place patty on baking sheet and heat for 10-12 minutes. Microwave: Heat for 60 seconds on high, turn patty over and heat for an additional 60 seconds.
* **Breaded Chicken Sandwich –** Preheat oven to 400°F. Remove patty from bun. Place patty on baking sheet and heat for 15-20 minutes. Microwave: Heat for 90 seconds on high, turn patty over and heat for an additional 90 seconds.
* **Mini Corn Dogs –** Preheat oven to 350°F. Place on a baking sheet and heat for 21-23 minutes. Microwave: Heat for 50-60 seconds on high.
* **Chicken Strips –** Preheat oven to 400°F. Place on a baking sheet and heat for 11-13 minutes. Microwave: Heat for 50-60 seconds on high
* **Hot Dog –** STOVE TOP: Heat water to a rolling boil. Add hot dogs to the water and simmer until an internal temperature of 140°F is reached. Microwave: Pierce outside of hotdog with knife or fork. Heat for 50-60 seconds on high.
* **Chicken & Cheese Taquitos –** Preheat oven to 400°F. Place on a baking sheet and heat for 12 minutes. Microwave: Heat for 65-75 seconds on high.
* **Pizza Crunchers –** Preheat oven to 3500°F. Place on a baking sheet and heat for 15-16 minutes.
* **Grilled Chicken Burger –** Preheat oven to 350°F. Remove patty from bun. Place patty on baking sheet and heat for 8-12 minutes. Microwave: Heat for 90 seconds on high, turn patty over and heat for an additional 90 seconds.
* **Bosco Sticks -** Preheat oven to 400°F. Place on a baking sheet and heat for 7-9 minutes. Microwave: Heat for 30-45 seconds on high.