

Heating/Cooking Instructions

Packaged Breakfast Entrees

For best quality: Preheat oven to 350° F. Place unopened package on sheet pan and cook approximately 14 - 16 min from frozen, or microwave 55 seconds.

Foil Wrapped Breakfast Sand

For best quality: Preheat oven to 350° F. Place unopened foil package on sheet pan and cook 13 - 17 min. To microwave remove from foil, place on plate, loosely cover, heat 50 - 55 seconds.

Frozen Vegetables

For best quality: Place in a microwave bowl, heat for 1-2 minutes; or 1/4 cup water to boil, add vegetables and steam for 4 -5 minutes.

Chicken Entrees

For best quality: Preheat oven to 400° F. Place product on sheet pan and bake 17 - 21 min from frozen.

Hot Dog

For best quality: Heat in a frying pan on top of the stove with 3 Tbsp water. Flip during the heating process. Can also heat in microwave for 2 - 3 minutes.

Macaroni & Cheese

For best quality: Heat in the microwave for 2 -3 minutes on medium high heat. Stir product, heat an additional minute. Let sit for 2 minutes, stir and check temperature.

Pizza

For best quality: Preheat oven to 400° F. Place product on sheet pan and bake 17 - 21 min from frozen.

Helpful Hints

Remove any foil covering before placing items in microwave.

Remove any covering before placing in oven.

Items should be re-heated to an internal temperature of 165° for 15 seconds.

Please enjoy your meals!



All meals meet or exceed the guidelines of National School Lunch and Breakfast Programs

Please contact the Food Service Office if you have questions - 610.369.7542

Visit our website at www.boyertownasd.org

Meals are for Children 18 and Younger

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