

Plano ISD Food and Nutritional Services

Meal Bundle Food Storage and Preparation Instructions

Monday Lunch Meal Bundle		
Menu Item	Storage	Preparation Instructions
Bosco Cheese Sticks	Keep frozen	Thaw Bosco Cheese Sticks for 2 hours prior to cooking. Preheat oven to 400°F. Place bosco cheese sticks in single layer on baking sheet. Bake for 6-8 minutes and until internal temperature is 165°F.
Ingredients: Crust: Flour blend [Whole-wheat flour, Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, enzyme, folic acid)], Water, Brown sugar, Corn oil, Dough conditioner (soybean oil, mono and diglycerides, soy shortening flakes), Salt, vital wheat gluten, Yeast, L-cysteine. Cheeses: Mozzarella cheese (pasteurized part skim milk, cheese cultures, salt, enzymes). Reduced fat/reduced sodium mozzarella cheese (pasteurized part skim milk, nonfat milk, modified food starch, cheese culture, salt, potassium chloride*, natural flavors*, annatto (color), vitamin A palmitate, enzymes).		
Baby Carrots	Keep refrigerated	Ready to eat
Fresh Apple	Keep refrigerated	Serve chilled
Tuesday Lunch Meal Bundle		
Menu Item	Storage	Preparation Instructions
Chicken Nuggets	Keep frozen	Preheat oven to 350°F and heat frozen chicken nuggets for 8-10 minutes. Cook until internal temperature is 165°F.
Ingredients: Chicken, Water, Modified Food Starch, Reduced Sodium Sea Salt (Sea Salt, Potassium Chloride, Rice Flour), Sodium Phosphates. Breaded With: Whole Wheat Flour, Salt, Enriched Wheat Flour (Enriched With Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Disodium Extractives of Paprika, Yeast Extract. Battered With: Water, Whole Wheat Flour, Modified Corn Starch, Salt, Onion Powder, Garlic Powder, Nonfat Milk, Whey, Disodium Inosinate and Disodium Guanylate. Pre Dusted With: Whole Wheat Flour, Modified Food Starch, Salt, Spice Extractive.		
Broccoli	Keep frozen	Heat all frozen vegetables including corn until internal temperature is 145°F.
Applesauce Cup	Keep refrigerated	Serve chilled
Ingredients: Apples, Sugar, Water, Ascorbic Acid (Vitamin C). Contains 2% or less of the following: Artificial Flavor, Blue Raspberry Flavor Contains: Artificial Colors (FD&C Blue #1). Wild Watermelon Flavor Contains: (FD & AMP, C, Red #40).		
Wednesday Lunch Meal Bundle		
Menu Item	Storage	Preparation Instructions
Steak Fingers	Keep frozen	Preheat oven to 350°F and heat frozen steak fingers for 10-15 minutes. Cook until internal temperature is 165°F.
Ingredients: Ground beef (not more than 20% fat), water, unsweetened applesauce (apples, water, ascorbic acid), textured vegetable protein product [soy flour, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin a palmitate, calcium pantothenate, thiamine mononitrate (b1), pyridoxine hydrochloride (b6), riboflavin (b2), cyanocobalamin (b12)], seasoning [soy sauce (fermented soybeans, wheat, salt), sugar, maltodextrin, salt, spices, garlic powder, onion powder, soybean oil, disodium inosinate and disodium guanylate, natural flavors, extractive of paprika], dehydrated onions, salt, potassium phosphates, sodium phosphates. Breaded with: Whole wheat flour, enriched wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), dehydrated potatoes (potatoes, mono and diglycerides, dextrose), yeast, sugar, salt. Battered with: Water, whole wheat flour, enriched wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), potato flour, salt, modified corn starch, leavening (calcium acid pyrophosphate, monocalcium phosphate, sodium bicarbonate), flavor (contains maltodextrin, salt and natural flavors), hydrolyzed corn protein, onion powder, garlic powder, yeast extract, chicken broth, spice. Set in vegetable oil.		
Breadstick	Keep frozen	Preheat oven to 425°F and heat frozen breadstick for 6-7 minutes. Cook until internal temperature is 140°F.
Ingredients: Whole Wheat Flour, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Malted Barley Flour), Water, Soybean Oil, Sugar. Contains Less Than 1%: Salt, Potassium Chloride, Yeast, Vegetable Protein, Ascorbic Acid, Enzymes.		
Corn	Keep frozen	Heat all frozen vegetables including corn until internal temperature is 145°F.
Fresh Apple	Keep refrigerated	Serve chilled
Thursday Lunch Meal Bundle		
Menu Item	Storage	Preparation Instructions
Chicken Patty	Keep frozen	Preheat oven to 400°F and heat frozen patty for 8-10 minutes. Cook until internal temperature is 165°F.
Ingredients: Chicken, water, whole wheat flour, textured soy protein concentrate, isolated soy protein, contains 2% or less of the following: brown sugar, canola oil, carrot powder, citric acid, dried garlic, dried onion, dried yeast, garlic powder, maltodextrin, natural flavor, onion powder, paprika extract (color), rosemary extract (to protect flavor), salt, spice, sugar, torula yeast, turmeric extract (color), vegetable stock (carrot, onion, celery), wheat gluten, yeast extract. Breeding set in vegetable oil.		
Bun	Ready to eat	Place heated patty in bun and serve.
Ingredients: Whole Wheat Flour, Water, Enriched Bleached Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), High Fructose Corn Syrup, Yeast, Wheat Gluten, Contains 2% or Less of Each of the Following: Soybean Oil, Salt, Nonfat Dry Milk, Dough Conditioners, (May Contain One or More of the Following: Datem, Ascorbic Acid, Azodicarbonamide, Mono and Diglycerides, Sorbic Acid, Monoglycerides with Ascorbic Acid and Citric Acid), Calcium Sulfate (Yeast Nutrient), Calcium Propionate (Preservatives), Wheat Starch.		
Broccoli	Keep frozen	Heat all frozen vegetables including corn until internal temperature is 145°F.
Applesauce Cup	Keep refrigerated	Serve chilled
Ingredients: Apples, Sugar, Water, Ascorbic Acid (Vitamin C). Contains 2% or less of the following: Artificial Flavor, Blue Raspberry Flavor Contains: Artificial Colors (FD&C Blue #1). Wild Watermelon Flavor Contains: (FD & AMP, C, Red #40).		
Friday Lunch Meal Bundle		
Menu Item	Storage	Preparation Instructions
Pizza	Keep frozen	Preheat oven to 425°F and heat frozen pizza for 8-9 minutes. Cook until internal temperature is 165°F.
Ingredients Crust: Enriched Flour (wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid, malted barley flour), Water, Yeast, Contains 2% Or Less Of: Palm Oil (palm oil with soy lecithin, natural butter flavor, beta carotene), Sugar, Salt, Soybean Oil, Dough Conditioner (wheat flour, ascorbic acid, natural enzymes), Corn Meal, Dough Conditioner (cellulose gum, xanthan gum), Dough Conditioner (maltodextrin, carrageenan), Natural Butter Flavor (natural flavor, soybean oil), Natural Garlic Flavor (natural flavor, soybean oil). Cheese: Low Moisture Part-Skim Mozzarella Cheese (pasteurized part-skim milk, cheese cultures, salt, enzymes). Sauce: Tomatoes Ground in Puree, Concentrated Crushed Tomatoes, Water, Italian Seasoning (sugar, granulated garlic, salt, oregano, granulated onion, basil, black pepper, red pepper, parsley flakes), Food Starch Modified.		
Corn	Keep frozen	Heat all frozen vegetables including corn until internal temperature is 145°F.
Fresh Apple	Keep refrigerated	Serve chilled or room temperature
Saturday Lunch Meal Bundle		
Menu Item	Storage	Preparation Instructions
Popcorn Chicken	Keep frozen	Preheat oven to 375°F. Cook chicken for approx. 17 minutes and or until internal temperature is 165°F.
Ingredients: Boneless, Skinless Chicken Breast with Rib Meat, Water, Modified Food Starch, Reduced Sodium Sea Salt (Sea Salt, Potassium Chloride, Rice Flour), Sodium Phosphates, Sugar, Black Pepper, White Pepper, Garlic Powder, Yeast Extract. Breaded With: Whole Wheat Flour, Wheat Flour, Salt, Enriched Wheat Flour (Enriched with Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Yeast Extract, Spice, Yeast, Soybean Oil, Extractives of Paprika, Annatto, and Tumeric, Dextrose, Leavening (Sodium Bicarbonate, Sodium Acid Pyrophosphate, Monocalcium Phosphate). Battered With: Water, Whole Wheat Flour, Modified Corn Starch, Salt, Enriched What Flour (Enriched with Niacin Bicarbonate), Spice, Matodextrin, Extractives of Paprika, Annatto and Tumeric, Natural Butter Flavor. Predusted with: Whole Wheat Flour, Modified Corn Starch, Salt, Spice Extractive, Breeding set in Vegetable Oil.		
Baked Potato	Keep refrigerated or room temperature	Wash potatoes and wrap in foil. Preheat oven to 375°F . Bake for approx. 1 hour or until soft. Internal temperature must be 150°F or higher.
Grapefruit	Keep refrigerated	Serve chilled

Sunday Lunch Meal Bundle			
Menu Item	Storage	Preparation Instructions	
Pizza Sticks	Keep frozen	Bake at 400°F for 14 to 17 minutes. Cook until internal temperature reaches a minimum of 165°F.	
Ingredients: Mozzarella Cheese (Pasteurized Part Skim Milk, Cheese Cultures, Salt, Enzymes), Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Malted Barley Flour), Corn Oil and/or Soybean Oil, Casein, Modified Potato Starch, Contains less than 2% of: Soybean Oil, Whey, Yeast, Nonfat Dry Milk, Natural Flavor, Sodium Aluminum Phosphate, Salt, Dextrose, Dough Conditioner (Wheat Flour, Salt, Soy Oil, L. Cysteine, Ascorbic Acid, Enzyme) and/or Wheat Gluten, Sugar, Lactic Acid, Sodium Phosphate, Citric Acid, Tricalcium Phosphate, Sodium Bicarbonate, Soy Flour, Sorbic Acid, Vitamin and Mineral Supplement (Magnesium Oxide, Dicalcium Phosphate, Zinc Oxide, Iron, Riboflavin [Vitamin B2], Pyridoxine Hydrochloride [Vitamin B6], Cyanocobalamin [Vitamin B12], Niacinamide [Vitamin B3], Thiamine Mononitrate [Vitamin B1], Vitamin A Palmitate), Xanthan Gum, Soy Lecithin.			
Baked Potato	Keep refrigerated or room temperature	Wash potatoes and wrap in foil. Preheat oven to 375°F. Bake for approx. 1 hour or until soft. Internal temperature must be 150°F or higher.	
Grapefruit	Keep refrigerated	Serve chilled	
Monday, Wednesday, Friday, Saturday, Sunday Breakfast Meal Bundles			
Menu Item	Storage	Preparation Instructions	
Cinnamon Toast Crunch	Room temperature	Ready to eat	
Ingredients: Whole Grain Wheat, Sugar, Rice Flour, Canola Oil, Fructose, Maltodextrin, Dextrose, Salt, Cinnamon, Trisodium Phosphate, Soy Lecithin, Caramel Color, BHT added to preserve freshness, Vitamins and Minerals: Calcium Carbonate, Vitamin C (sodium ascorbate), Iron, Zinc, Niacinamide, B6 (pyridoxine hydrochloride, B1 (thiamine mononitrate), Vitamin A (palmitate), B2 (riboflavin), Folic Acid, B12, D24.			
Cheerios		Ready to eat	
Ingredients: Whole Grain Oats, Corn Starch, Sugar, Salt, Tripotassium Phosphate, Vitamin E (mixed tocopherols) Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin A (palmitate), Vitamin B1 (thiamine mononitrate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.			
Cocoa Puffs	Room temperature	Ready to eat	
Ingredients: Whole Grain Corn, Sugar, Corn Meal, Corn Syrup, Cocoa Processed with Alkali, Canola and/or Rice Bran Oil, Caramel Color, Salt, Fructose, Trisodium Phosphate, Natural Flavor. Vitamins and Minerals: Tricalcium Phosphate, Calcium Carbonate, Zinc and Iron (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), Vitamin B1 (thiamine mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.			
Blueberry Muffin	Keep refrigerated	Ready to serve	
Ingredients: Whole Wheat Flour, Sugar, Eggs, Water, Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Blueberries, Invert Sugar, Soybean Oil, Contains 2% or Less of: Palm Oil, Canola Oil, Propylene Glycol Mono-and Diesters of Fats and Fatty Acids, Oat Fiber, Leavening (Sodium Aluminum Phosphate, Baking Soda, Monocalcium Phosphate), Mono-and Diglycerides, Modified Corn Starch, Potassium Sorbate (Preservative), Sodium Alginate, Salt, Soy Lecithin, Sodium Stearoyl Lactylate, Natural Blueberry Flavor, Natural and Artificial Flavor, Blueberry Juice Concentrate, Malic Acid, Blackberry Juice Concentrate, Enzymes.			
Fruit Juice	Shelf stable	Best quality when chilled	
Ingredients: 100% Fruit Juice (Water Sufficient to reconstitute Apple, Pear, Orange, and Pineapple Juice concentrates, Natural Flavors and Citric Acid.			
Apple Juice	Shelf stable	Best quality when chilled	
Ingredients: 100% Apple Juice (Water Sufficient to reconstitute Apple Juice concentrate, Natural Flavors and Citric Acid.			
Fresh Orange	Keep refrigerated	Serve chilled	
Tuesday, Thursday Breakfast Meal Bundles			
Menu Item	Storage	Preparation Instructions	
Breakfast Pizza	Keep frozen	Bake at 350°F for 15 to 17 minutes. Cook until internal temperature reaches a minimum of 165°F.	
Ingredients: CRUST: WHITE WHOLE WHEAT FLOUR, WATER, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, YEAST, VEGETABLE OIL (SOYBEAN AND/OR CANOLA OIL), CONTAINS 2% OR LESS OF: WHEAT GLUTEN, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE, CALCIUM LACTATE), SEA SALT, CORN STARCH, DEFATTED SOY FLOUR, WHEAT STARCH, L-CYSTEINE HYDROCHLORIDE, AMMONIUM SULFATE, ENZYMES (CONTAINS WHEAT). TOPPING: COOKED TURKEY PIZZA TOPPING (TURKEY BREAKFAST SAUSAGE [MECHANICALLY SEPARATED TURKEY, SEASONING (SALT, SPICES, DEXTROSE, SUGAR, CITRIC ACID, NATURAL FLAVOR, SOYBEAN OIL, BHA, BHT), WATER], TEXTURED VEGETABLE PROTEIN [SOY FLOUR, CARAMEL COLOR], WATER), LOW MOISTURE PART SKIM MOZZARELLA CHEESE (CULTURED PASTEURIZED PART SKIM MILK, SALT, ENZYMES), SUBSTITUTE MOZZARELLA CHEESE (WATER, CORN OIL AND/OR SOY OIL, CASEIN, MODIFIED FOOD STARCH, WHEY, NONFAT DRY MILK, NATURAL FLAVOR, SODIUM ALUMINUM PHOSPHATE, SALT, LACTIC ACID, SODIUM PHOSPHATE, POTASSIUM CHLORIDE, CITRIC ACID, TRICALCIUM PHOSPHATE, SORBIC ACID [PRESERVATIVE], XANTHAN GUM, VITAMIN AND MINERAL SUPPLEMENT [MAGNESIUM OXIDE, DICALCIUM PHOSPHATE, ZINC OXIDE, IRON, RIBOFLAVIN (VITAMIN B2), PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), CYANOCOBALAMIN (VITAMIN B12), NIACINAMIDE (VITAMIN B3), THIAMINE MONONITRATE (VITAMIN B1), VITAMIN A PALMITATE]), SAUCE: TOMATOES (WATER, TOMATO PASTE [NOT LESS THAN 28% SOLUBLE SOLIDS]), MALTODEXTRIN, MODIFIED FOOD STARCH, CONTAINS 2% OR LESS OF: SPICE, SUGAR, SEA SALT, HYDROLYZED SOY AND CORN PROTEIN, SALT, PAPRIKA, DRIED GARLIC, POWDERED CELLULOSE.			
Mini Pancakes	Keep frozen	Place unopened pouches in single layer on sheet pan. Bake at 325°F for 10 to 12 minutes. Cook until internal temperature reaches a minimum of 165°F.	
Ingredients: Whole wheat flour, water, sugar, vegetable oil (soybean oil, palm, and/or canola oil, buttermilk, eggs, contains 2% or less of leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), natural flavors, fructose, salt, corn cereal, yellow corn flour, cornstarch, corn syrup solids, cocoa (processed with alkali), soy lecithin.			
Applesauce Cup	Keep refrigerated	Serve chilled	
Ingredients: Apples, Sugar, Water, Ascorbic Acid (Vitamin C). Contains 2% or less of the following: Artificial Flavor, Blue Raspberry Flavor Contains: Artificial Colors (FD&C Blue #1). Wild Watermelon Flavor Contains: (FD & AMP, C, Red #40).			
Daily Choices			
Menu Item	Storage	Preparation Instructions	
Frozen Vegetables	Keep frozen	Heat all frozen vegetables including corn until internal temperature is 145°F.	
1% White Milk	Keep refrigerated	Serve chilled	
Ingredients: Low Fat Milk, Vitamin A Palmitate, Vitamin D3.			
Fat Free Chocolate Milk	Keep refrigerated	Serve chilled	
Ingredients: Nonfat Milk, Liquid Sugar (Sugar, Water). Contains Less than 1% of Cocoa (processed with alkali), Cocoa, Cornstarch, Salt, Carrageenan, Natural Flavor, Vitamin A Palmitate, Vitamin D3.			
Ketchup	Room temperature	Ready to serve	
Ingredients: Tomato Concentrate, Sugar, Distilled Vinegar, Less Than 2% Of: Salt, *Potassium Chloride, Onion Powder, Garlic Powder, Spices, Natural Flavors, *Citric Acid.			
Marinara	Room temperature	Ready to serve	
Ingredients: Tomato Puree (Water, Tomato Paste), Diced Tomatoes, Sugar, Less Than 2 % Of: Soybean Oil, Salt, Dried Garlic, Dried Onion, Spices, Parsley, Citric Acid.			
Ranch Dressing	Keep refrigerated	Serve chilled	
Ingredients: Cultured Buttermilk, Vegetable Oil, (Soybean and/or Canola), Water, Egg Yolk, Contains Less than 2% of Salt, Maltodextrin, Nonfat Milk Powder, Monosodium Glutamate, Sugar, Modified Corn Starch, Lactic Acid, Potassium Sorbate (Preservative), Nonfat Milk Solids, Distilled Vinegar, Xanthan Gum, Onion, Cream, Spice, Whey Garlic, Vinegar Powder, Guar Gum, Sour Cream Powder, Mustard Flour, Milk, Natural Flavor, Dipotassium Phosphate, Citric Acid.			
*For menu items not listed: contact the campus for information		**Menu items subject to change based on availability	
Visit the Food and Nutritional Services website for more information: www.pisd.edu/Domain/217			This institution is an equal opportunity provider.