

**Meal Bundle Food Storage and Preparation Instructions**

Monday Lunch Meal Bundle		
Menu Item	Storage	Preparation Instructions
<b>Hamburger Patty</b>	Keep frozen	Preheat oven to 350°F and heat frozen patty for 20-22 minutes. Cook until internal temperature is 165°F.
<b>Ingredients:</b> Beef, Seasoning (Salt, Dextrose, Natural Flavors, Spices), Natural Flavoring.		
<b>Bun</b>	Ready to serve	Place heated patty in bun and serve.
<b>Ingredients:</b> 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.		
<b>Vegetarian Baked Beans</b>	Keep refrigerated until ready to	Heat vegetarian beans until internal temperature is 145°F.
<b>Ingredients:</b> Prepared Navy Beans, Water, Brown Sugar, Contains 2% or Less of: Salt, Mustard, (Water, Vinegar, Mustard Seed, Salt, Paprika, Turmeric), Modified Corn Starch, Onion Powder, Caramel Color, Spice, Garlic Powder, Natural Flavor.		
<b>Fresh Apple</b>	Keep refrigerated or room temperature	Serve chilled or room temperature
Tuesday Lunch Meal Bundle		
Menu Item	Storage	Preparation Instructions
<b>Chicken Nuggets</b>	Keep frozen	Preheat oven to 350°F and heat frozen chicken nuggets for 8-10 minutes. Cook until internal temperature is 165°F.
<b>Ingredients:</b> 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.		
<b>Broccoli</b>	Keep refrigerated	Serve chilled
<b>Grapefruit</b>	Keep refrigerated	Serve chilled
Wednesday Lunch Meal Bundle		
Menu Item	Storage	Preparation Instructions
<b>Steak Fingers</b>	Keep frozen	Preheat oven to 350°F and heat frozen steak fingers for 10-15 minutes. Cook until internal temperature is 165°F.
<b>Ingredients:</b> 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.		
<b>Corn</b>	Keep frozen	Heat all frozen vegetables including corn until internal temperature is 145°F.
<b>Fresh Apple</b>	Keep refrigerated or room temperature	Serve chilled or room temperature
Thursday Lunch Meal Bundle		
Menu Item	Storage	Preparation Instructions
<b>Chicken Patty</b>	Keep frozen	Preheat oven to 400°F and heat frozen patty for 8-10 minutes. Cook until internal temperature is 165°F.
<b>Ingredients:</b> 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.		
<b>Bun</b>	Ready to eat	Place heated patty in bun and serve.
<b>Ingredients:</b> 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.		
<b>Mixed Vegetables</b>	Keep frozen	Heat all frozen vegetables including corn until internal temperature is 145°F.
<b>Grapefruit</b>	Keep refrigerated	Serve chilled
Friday Lunch Meal Bundle		
Menu Item	Storage	Preparation Instructions
<b>Pizza Sticks</b>	Keep frozen	Bake at 400°F for 14 to 17 minutes. Cook until internal temperature reaches a minimum of 165°F.
<b>Ingredients:</b> 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.		
<b>Baby Carrots</b>	Keep refrigerated	Serve chilled
<b>Marinara Cup</b>	Keep in cool, dry storage	Serve one
Tomato Puree (Water, Tomato Paste), Diced Tomatoes, Sugar, Less Than 2 % Of: Soybean Oil, Salt, Dried Garlic, Dried Onion, Spices, Parsley, Citric Acid.		
<b>Fresh Orange</b>	Keep refrigerated or room temperature	Serve chilled or room temperature
Monday, Tuesday, Wednesday, Thursday, Friday Breakfast Meal Bundles		
Menu Item	Storage	Preparation Instructions
<b>Cinnamon Toast Crunch Cereal</b>	Room temperature	Ready to eat
<b>Ingredients:</b> 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 (thiamin mononitrate), Vitamin A (palmitate), B2 (riboflavin), Folic Acid, B12, D24.		

<b>Blueberry Muffin</b>	Keep refrigerated	Ready to serve	
<b>Ingredients:</b> 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.			
<b>Cheerios</b>		Ready to eat	
<b>Ingredients:</b> 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 (thiamin mononitrate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.			
<b>Mini Pancakes</b>	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.	
<b>Ingredients:</b> 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.			
<b>Mini Waffles</b>	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.	
<b>Ingredients:</b> Whole wheat flour, water, sugar, vegetable oil (soybean and palm, canola and/or cottonseed), egg whites, contains 2% or less of leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), natural flavors, molasses, soy lecithin, whey, salt. Vitamins and Minerals: Calcium carbonate, reduced iron, vitamin A palmitate, vitamin B6 (pyridoxine hydrochloride), vitamin B12.			
<b>Fruit Juice</b>	Shelf stable	Best quality when chilled	
<b>Ingredients:</b> 100% Fruit Juice (Water Sufficient to reconstitute Apple, Pear, Orange, and Pineapple Juice concentrates, Natural Flavors and Citric Acid.			
<b>Apple Juice</b>	Shelf stable	Best quality when chilled	
<b>Ingredients:</b> 100% Apple Juice (Water Sufficient to reconstitute Apple Juice concentrate, Natural Flavors and Citric Acid.			
<b>Applesauce Cup</b>	Keep refrigerated	Serve chilled	
<b>Ingredients:</b> 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).			
<b>Peach Cup</b>	Keep in cool, dry storage	Ready to eat	
Peaches, pear juice (water, pear juice concentrate), ascorbic acid, lemon juice concentrate, natural flavor.			
<b>Pear Cup</b>	Keep in cool, dry storage	Ready to eat	
Pears, pear juice (water, pear juice concentrate), ascorbic acid, natural flavor, lemon juice concentrate.			
<b>Mixed Fruit Cup</b>	Keep in cool, dry storage	Ready to eat	
Peaches, Pears, Pineapple, Apple, Water, White Grape Juice Concentrate, Ascorbic Acid (100% Vitamin C), Citric Acid.			
Daily Choices			
Menu Item	Storage	Preparation Instructions	
<b>1% White Milk</b>	Keep refrigerated	Serve chilled	
<b>Ingredients:</b> Low Fat Milk, Vitamin A Palmitate, Vitamin D3.			
Microwave Foods with Caution			
*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: <a href="http://www.pisd.edu/Domain/217">www.pisd.edu/Domain/217</a>			This institution is an equal opportunity provider.