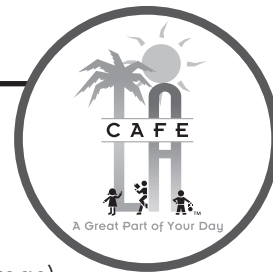


INSTRUCTIONS: How to Properly Heat Your Meals

FOR THE WEEK OF 5/9 - 5/13/22



Beef, Egg, & Cheese Burrito:

- Oven Temperature – 300°F
- Heating time approximately 15-17 minutes
- Heat until internal temperature reaches 160°F (Heating above 165°F may cause filling leakage)
- Microwave Instructions – Place product on microwaveable safe plate, heat for 30 seconds. Let rest for 1 minute before consuming.

Cheese Stuffed Pocket:

- Oven Temperature - 350°F
- Heating time approximately 17-19 minutes (Open one end of wrapper prior to baking)
- Heat until internal temperature reaches 160°F
- Microwave Instructions: Open one end of wrapper to vent. Place product on microwaveable safe plate. Heat on high for 1-1.3 minutes. Microwave ovens may vary; adjust accordingly.

Cheesy Flatbread:

- Oven Temperature - 350°F
- Heating time approximately 9-12 minutes
- Heat until internal temperature reaches 160°F

Cheesy Pillows:

- Oven Temperature - 325°F
- Heating time approximately 10-12 minutes
- Heat until internal temperature reaches 160°F

Three Cheese Calzone:

- Oven Temperature - 325°F
- Heating time approximately – 15-17 minutes
- Heat until internal temperature reaches 165°F

Bean & Cheese Burrito:

- Oven Temperature - 300°F
- Heating time approximately – 11-13 minutes
- Heat until internal temperature reaches 160°F

Buttery Maple Waffle:

- Oven Temperature - 350°F
- Heating time approximately – 10 minutes
- Heat until internal temperature reaches 160°F

Products need to be heated and consumed within two to four hours otherwise; PLEASE refrigerate or freeze meals until you are ready to heat and serve them.

LAUSD Menus are Nut Free