

Thank you for joining us! Monday thru Thursday you will receive 1 breakfast & 1 lunch each day. On Friday's, we are now providing 3 meals during our distribution time frame (3 breakfast & 3 lunch)!

All meals should be stored in the refrigerator within 2 hours. All frozen items should be placed in the freezer within 2 hours. Please discard any leftovers within **4 days**.

Below are cooking instructions for some of the meals. All foods should be thawed under refrigeration only. These products are precooked so when reheating, please heat to an internal temperature of 165 degrees. All cold food (milk, cheese, yogurt, cold entrees) should be held under refrigeration (under 41 degrees) until you are ready to eat them. Do not leave out of refrigeration for more than 2 hours.

Lunch Items: (*Entrée Items May Vary*)

- **Soybutter & Jelly Sandwich:** Thaw in refrigerator until ready to eat. DO NOT HEAT.
- **Grilled Cheese Sandwich:** Cook in bag. Heat oven to 325°F. Cook for 7-10 min. Caution: Will be HOT!
- **Cold Sandwiches, Subs & Wraps:** Store in refrigerator until ready to eat. DO NOT HEAT>
- **Bosco Sticks:** OVEN: 1. Preheat oven to 400°F. 2. Place Bosco breadsticks on baking sheet. 3. Heat 17 to 20 minutes. MICROWAVE: 1. Heat on microwave safe place on HIGH: 2 breadsticks for 1 to 1 1/2 minutes, 4 breadsticks for 2 to 2 1/2 minutes, 6 breadsticks for 3 minutes. Do not overheat. Let stand 1 to 2 minutes before serving.
- **Hamburger Patty :** BAKE: Preheat oven to 400°F. Heat 17 to 20 minutes. MICROWAVE: Heat on HIGH: 1 patty for 1 to 1 1/2 minutes, 2 patties for 2 to 2 1/2 minutes, 3 patties for 3 minutes. Do not overheat. Let stand 1 to 2 minutes before serving.
- **Make your Own Beef & Cheese Tacos:** Taco Beef: Heat in microwave for 45 seconds. Let sit for 1 minute before eating. Will be HOT!
- **Frozen Vegetables:** All frozen vegetables can be heated in either the microwave or on the stovetop. Please add a bit of water to vegetables before heating. Heat in microwave in microwavable safe dish for 2-3 minutes, depending on amount.