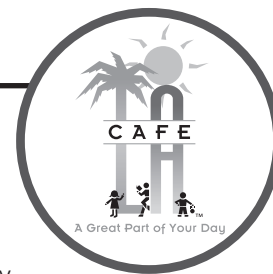


# INSTRUCTIONS: How to Properly Heat Your Meals

FOR THE WEEK OF 5/23 - 5/27/22



## **Bean & Cheese Burrito:**

- Oven Temperature – 300°F
- Heating time approximately 11-13 minutes
- Heat until internal temperature reaches 160°F (Do not overheat. Heating above 165°F may cause filling leakage.)
- Microwave Instructions: Place burrito on a microwavable safe plate. Heat for 45 seconds. Let rest for 15 seconds. Heat for another 15 seconds. Let rest for 1 minute before consuming. Microwave ovens may vary, adjust accordingly.

## **Beef & Cheese Burrito:**

- Oven Temperature – 300°F
- Heating time approximately 13-15 minutes
- Heat until internal temperature reaches 160°F (Do not overheat. Heating above 165°F may cause filling leakage.)
- Microwave Instructions: Place burrito on a microwavable safe plate. Heat for 45 seconds. Let rest for 15 seconds. Heat for another 15 seconds. Let rest for 1 minute before consuming. Microwave ovens may vary, adjust accordingly.

## **Beef & Cheese Sunrise Stick:**

- Oven Temperature - 300°F
- Heating time approximately – 18 minutes
- Heat until internal temperature reaches 160°F

## **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)

## **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

## **Cheesy Flatbread:**

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

## **Deep Dish Beef-Turkey Pepperoni Pizza:**

- Oven Temperature - 400°F
- Heating time approximately 18-20 minutes
- Heat until temperature approximately 165°F.
- Microwave Instructions: Remove pizza from clear overwrap and place on microwavable safe plate. Heat on high for 2-3 minutes. Do not overheat. Microwave ovens may vary; adjust accordingly.

## **Fiestada (Beef & Cheese) Stuffed Sandwich:**

- Oven Temperature – 375°F
- Heating time approximately 24-26 minutes
- Heat until internal temperature reaches 160°F
- Microwave Instructions – Open one end of plastic wrapper to vent or remove from wrapper. Place product on microwavable safe plate, heat for 1 minute-15 seconds to 1 minute-30 second.

***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**

---

This Institution is an equal opportunity provider.

---