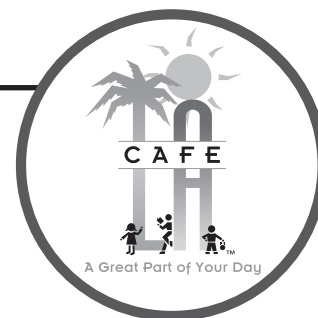


INSTRUCTIONS: How to Properly Heat Your Meals

FOR THE WEEK OF 1/17 - 1/21/22



All American Burger:

- Oven Temperature – 325°F
- Heating time approximately 18-20 minutes (Do not remove wrap before heating)
- Heat until internal temperature reaches 160°F

Bean, Cheese & Rice Burrito:

- Oven Temperature – 300°F
- Heating time approximately 15-20 minutes
- Heat until internal temperature reaches 160°
- Microwave Instructions: Place burrito on a microwaveable 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.

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.

Cheeseburger Sliders:

- Oven Temperature – 325°F
- Heating time approximately 10-15 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 microwaveable safe plate. Heat on high for 2-3 minutes. Do not overheat. Microwave ovens may vary; adjust accordingly.

Fiesta Bean & Cheese Burrito:

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

Fiestada (Beef & Cheese) Sandwich:

- Oven Temperature - 325°F
- Heating time approximately 26-29 minutes
- Heat until temperature approximately 160°F
- Microwave Instructions: Open one end of plastic wrapper to vent or remove from wrapper and place on microwave safe plate. Heat on high for 1.25-1.5 minutes. Microwave ovens may vary; adjust accordingly.

French Toast Trio:

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

Nachoboli:

- Oven Temperature - 325°F
- Heating time approximately 17-20 minutes (wrapper is oven-safe)
- Heat until internal temperature reaches 165°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

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