

Quitman County Schools Nutrition Breakfast and Lunch Items

FOOD ITEM	THAW AND SERVE	HEATING INSTRUCTIONS	SHELF LIFE	FOOD ITEM	THAW AND SERVE	HEATING INSTRUCTIONS	SHELF LIFE
<b>MINI BAGELS</b>	Thaw at room temperature for 2 hours before consuming	Place pouches flat on baking sheet. Heat 8-9 minutes in a 350 degree oven	Consume within 6 hours of preparing	<b>MINI DONUTS</b>	Thaw at room temperature for 2 hours before consuming	Place on a microwave safe plate and heat on high for 20-30 seconds	Consume within 6 hours of preparing
<b>HONEYBUN</b>	Thaw at room temperature for 2 hours before consuming	Place on a microwave safe plate and heat on high for 20-30 seconds	Consume within 6 hours of preparing	<b>MINI LOAF All Flavors</b>	Thaw at room temperature for 2 hours before consuming	Remove the wrapper. Place on microwave safe plate and heat for 30 seconds on high power	Consume within 6 hours of preparing
<b>MINI WAFFLES</b>	Thaw at room temperature for 2 hours before consuming	Place on a microwave safe plate and heat on high for 20-30 seconds	Consume within 2 hours of preparing	<b>BISCUIT</b>	N/A	Place on microwave safe plate. Microwave for 20 seconds. Increase time as needed	Consume within 6 hours of preparing
<b>MUFFIN All Flavors</b>	Thaw at room temperature for 2 hours before consuming	Remove the wrapper. Place on microwave safe plate and heat for 30 seconds on high power	Consume within 6 hours of preparing	<b>CRESCENT ROLL</b>	Thaw at room temperature for 2 hours before consuming	Place pouches flat on baking sheet. Heat 8-9 minutes in a 350 degree oven	Consume within 6 hours of preparing
<b>MINI CINNIS OR APPLE FRUDEL</b>	Thaw at room temperature for 2 hours before consuming	Place pouches flat on baking sheet. Heat for 5-7 minutes in a 350 degree oven	Consume within 6 hours of preparing	<b>CHICKEN BISCUIT INDIVIDUALLY WRAP</b>	N/A	Place on a microwave safe plate. Microwave for 1 minute on high or until hot.	Consume within 2 hours of preparing
<b>SUPER DONUT</b>	Thaw at room temperature for 2 hours before consuming	Place on a microwave safe plate and heat on high for 20-30 seconds	Consume within 6 hours of preparing	<b>FUNNEL CAKE/DUTCH WAFFLE</b>	Thaw at room temperature for 2 hours before consuming	Remove from sandwich bag and place on baking sheet. Heat for 3-4 minutes in a 450 degree oven	Consume within 6 hours of preparing
<b>PANCAKE PUP</b>	N/A	Remove from foil sheet and place on microwave safe plate. Frozen: 30 seconds on high, turn then 30 more seconds, Thawed:20-25 seconds, turn then 20-25 seconds. Oven:Frozen: Place on a baking sheet and heat for 30-35 minutes in a 350 degree oven. Thawed: Heat for 20-25 minutes in a 350 degree oven	Consume within 2 hours of preparing	<b>CHICKEN PATTY</b>	N/A	Remove patty from sandwich bag and place on a microwave safe plate. Microwave on high for 60 seconds or until hot. Oven: Place on a baking sheet. Heat for 10-12 minutes in a 400 degree oven	Consume within 2 hours of preparing
<b>SAUSAGE PATTY And SAUSAGE LINK</b>	N/A	Remove sausage from sandwich bag and place on a microwave safe plate. Cover with paper towel. Microwave on high:Frozen:60-65 seconds or until hot. Refrigerated:50-55 seconds or until hot	Consume within 2 hours of preparing	<b>BACON</b>	N/A	Remove from sandwich bag anyplace on a microwave safe plate. Arrange slices in single layer cover with paper towel. Microwave on high for 55-65 seconds or until hot.	Consume within 2 hours of preparing
<b>CINNAMON BUN</b>	Thaw at room temperature for 2 hours before consuming	Remove from sandwich bag and place on a microwave safe plate. Cover with paper towel and heat for 10-15 seconds	Consume within 6 hours of preparing	<b>PANCAKE BITES</b>	N/A	Remove from sandwich bag and place on a microwave safe plate. Microwave on high for 45-50 seconds or until hot.	Consume within 2 hours of preparing

<b>CINNAMON TOAST SOFT FILLED BAR</b>	Thaw at room temperature for 2 hours before consuming	Place pouches flat on baking sheet. Heat 8-9 minutes in a 350 degree oven	Consume within 6 hours of preparing	<b>MINI PANCAKES Or MINI WAFFLES IW</b>	Thaw at room temperature for 2 hours before consuming	Place pouches flat on baking sheet. Heat 8-9 minutes in a 350 degree oven	Consume within 6 hours of preparing
<b>TWIN SAUSAGE BISCUIT</b>	N/A	Place on a microwave safe plate. Microwave each thawed sandwich for 60 seconds on high or until hot or Remove sandwich from plastic pouch and place on baking sheet. Heat thawed sandwich for 30 minutes in a 350 degree oven	Consume within 2 hours of preparing	<b>WAFFLE</b>	N/A	Remove from sandwich bag and place on baking sheet. Heat 5-7 minutes in a 350 degree oven	Consume within 6 hours of preparing
<b>FRENCH TOAST STICKS</b>	N/A	Remove from sandwich bag and place on baking sheet. Cook for 10-11 minutes in a 350 degree oven	Consume within 6 hours of preparing				
<b>GRILLED CHICKEN PATTY, GRILLED CHICKEN STRIPS, AND FAJITA CHICKEN STRIPS</b>	N/A	Remove patty from sandwich bag and place on a microwave safe plate. Microwave on high for 60 seconds or until hot. Oven: Place on a baking sheet. Heat for 10-12 minutes in a 400 degree oven	Consume within 2 hours of preparing				

## BREAKFAST ITEMS

FOOD ITEM	Brand	Oz Equivalent Grains	Fact sheet		
<b>MINI BAGELS</b>	Pillsbury	2 oz-Grain	X		
<b>HONEYBUN</b>	Super Bakery	1 oz Grain	X		
<b>SAUSAGE PATTY</b>	Jimmy Dean	1 oz-Meat	X		
<b>MUFFIN</b>	Bake Crafters	1 oz Grain	X		
<b>SAUSAGE LINK</b>	Jimmy Dean	1 oz-Meat	X		
<b>CINNI MINI OR APPLE FRUDEL</b>	Pillsbury	2 oz-Grain	X		
<b>SUPER DONUT</b>	Super Bakery	1 oz Grain	X		
<b>PANCAKE PUP</b>	Foster Farm	1 oz-Grain 1 oz-Meat	X		
<b>MINI DONUTS</b>	Super Bakery	2 oz-Grain	X		
<b>MINI LOAF</b>	Bake Crafters	Banana 1.25 oz Grain	X		
<b>BISCUIT</b>	Pillsbury	2 oz-Grain	X		
<b>CRESCENT ROLL</b>	Pillsbury	2 oz-Grain	X		
<b>CHICKEN PATTY</b>	Tyson	1 oz Meat .25 oz Grain	X		
<b>CINNAMON BUN</b>	Bridgford	2 oz-Grain	X		
<b>CINNAMON TOAST SOFT FILLED BAR</b>	Pillsbury	2 oz-Grain	X		
<b>BACON</b>	Farmland	.50 oz Meat			
<b>TWIN SAUSAGE BISCUIT</b>	Williams	1.75 oz-Grain .50 oz-Meat	X		
<b>CHICKEN BISCUIT INDIVIDUALLY WRAP</b>	Pierre	1.75 oz-Grain 1 oz-Meat	X		
<b>FUNNEL CAKE/ DUTCH WAFFLE</b>	J & J SNACKS	2 oz-Grain	X		
<b>FRENCH TOAST STICKS (4 Sticks)</b>	Rich's	2 oz-Grain	X		
<b>MINI PANCAKES/ MINI WAFFLES IW</b>	General Mills	2 oz-Grain	X		
<b>PANCAKE BITES</b>	Jimmy Dean	1 oz Grain 1 oz Meat	X		
<b>WAFFLE</b>	Bakercrafters	1 oz Grain	X		