

CA BEARD FOOD SERVICE

Baking & Cooking Instructions

Cooking to proper temperatures will prevent food borne illness.

VEGETABLES



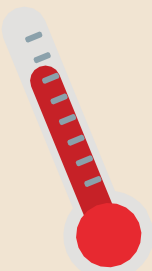
VEGETABLES IN BLACK MICROWAVE BOWLS SHOULD BE PLACED IN THE MICROWAVE FOR 1 MINUTE. OPEN AND STIR AND CONTINUE COOKING FOR 30 SECONDS OR UNTIL THE INTERNAL TEMPERATURE IS 145 DEGREES FARENHEIT OR HOTTER.

VEGETABLES IN BAGGIES SHOULD BE PLACED IN A MICROWAVE SAFE CONTAINER, COVERED WITH PLASTIC WRAP AND MICROWAVED FOLLOWING THE **SAME DIRECTIONS AS ABOVE.**

FRIES/HASHROUNDS/TATOR TOTS SHOULD BE PLACED ON A BAKING SHEET IN A SINGLE LAYER AND BAKED AT 400 DEGREES FARENHEIT FOR 13-15 MINUTES OR UNTIL BROWN AND CRISPY.

BAKING POTATOES SHOULD BE WASHED BEFORE COOKING. FOR MICROWAVE COOKING PRICK POTATO WITH A FORK AND PLACE IN MICROWAVE FOR 5 MINUTES ON HIGH. TURN POTATO OVER AND CONTINUE TO COOK ON HIGH FOR 3 MINUTES. IF BAKING IN THE OVEN WRAP POTATO IN FOIL AND BAKED AT 350 DEGREES FARENHEIT FOR 50 - 60 MINUTES OR UNTIL A FORK EASILY PIERCES THE POTATO.

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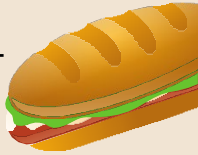


MAIN DISH ITEMS



PIZZA SINGLE SERVING PIZZA SHOULD BE PLACED ON A BAKING SHEET AND BAKED IN A 400 DEGREE OVEN FOR 9 - 12 MINUTES OR UNTIL AN INTERNAL TEMPERATURE OF 160 DEGREES IS REACHED.

PIZZA WHOLE PREHEAT OVEN TO 400 DEGREES AND REMOVE CARDBOARD FROM PIZZA. PLACE PIZZA ON A BAKING SHEET OR FOR A CRISPIER CRUST DIRECTLY ON OVEN RACK. BAKE FOR 12-15 MINUTES OR UNTIL AN INTERNAL TEMPERATURE OF 160 DEGREES FARENHEIT IS REACHED.



HAMBURGER PATTIES – CHICKEN PATTIES – STEAK BITES – CHICKEN TENDERS – HOT DOGS

HOT DOGS MICROWAVE 30 SECONDS, BOIL IN WATER FOR 1 MIN. OR BAKE FOR 10-12 MINUTES

HAMBURGER PATTIES MICROWAVE 1-2 MIN OR BAKE FOR 10-12 MINUTES @ 350 F

CHICKEN PATTIES MICROWAVE FOR 1-2 MIN OR BAKE FOR 15-20 MINUTES @ 350 F

STEAK BITES MICROWAVE FOR 1-2 MIN OR BAKE FOR 12-15 MINUTES @ 350 F

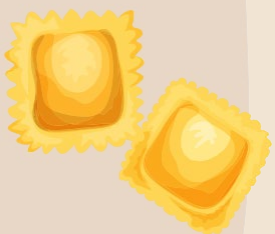
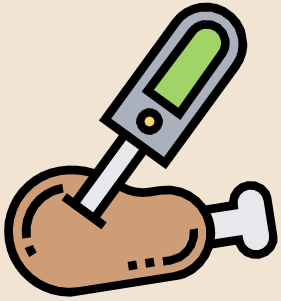
CHICKEN TENDERS MICROWAVE FOR 1 - 2 MIN OR BAKE FOR 15 - 20 MINUTES @ 350 F

INTERNAL TEMPERATURES SHOULD BE 160 F

TACO MEAT SHOULD BE MICROWAVED FOR 1 MINUTE . REMOVE LID AND STIR AND MICROWAVE FOR AN ADDITIONAL 30 SECONDS OR UNTIL AN INTERNAL TEMPERATURE OF 160 DEGREES IS REACHED.



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storing Instructions

Holding food at proper temperatures will prevent food borne illness.

FRESH FRUIT



FRESH FRUIT THAT IS NOT PACKAGED SHOULD BE WASHED BEFORE EATING
COMMERCIALY SEALED FRUIT CAN BE STORED AT ROOM TEMPERATURE OR IN THE REFRIGERATOR
FRUIT CUPPED IN BLACK BOWLS SHOULD BE STORED IN THE REFRIGERATOR AND CONSUMED WITHIN 5 DAYS
JUICE BOXES CAN BE REFRIGERATED OR STORED UNTIL USE BY DATE.
ALL ITEMS SHOULD BE CONSUMED WITHIN 5 DAYS.

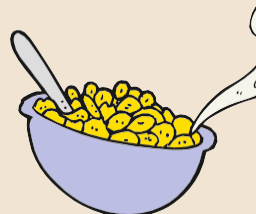
MILK & DAIRY PRODUCTS



MILK, CHEESE STICKS, YOGURT, SHOULD ALL BE REFRIGERATED IMMEDIATELY AND USED WITHIN 5 DAYS OR DISCARDED.

BREAKFAST ITEMS

CEREAL, POP TARTS, DONUTS, GRAHAM CRACKERS, CEREAL BARS, MINI DONUTS, HONEY BUNS ARE ALL SHELF STABLE BUT SHOULD BE CONSUMED IN 5 DAYS OR DISCARDED.



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