Conroe ISD Child Nutrition

Curbside Food Safety and Meal Storage with Cooking and/or Heating Instructions for Breakfast and Lunch

Updated 9/30/2020

Food Safety

- Within 1 hour of picking up, store foods in freezer or cooler.
- Store in freezer or refrigerator until they are cooked or consumed.
- Eat food within 2 hours of cooking.
- Immediately place leftovers in refrigerator or discard.
- Make sure hands and work area are clean prior to cooking.

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Meal Storage

Frozen Entrée or Vegetable or Bread Item~ Keep in freezer. Follow heating instructions. Eat within 2 hours or discard.

Cold Entrée or Vegetable~ Keep in refrigerator. Use within 5 calendar days.

Fruit Cups or Raisins~ Keep in refrigerator. Use within 7 calendar days.

Juice~ Keep in refrigerator. Use by “Best By” date stamped on carton.

Milk~ Keep in refrigerator. Use by “Best By” date stamped on carton.

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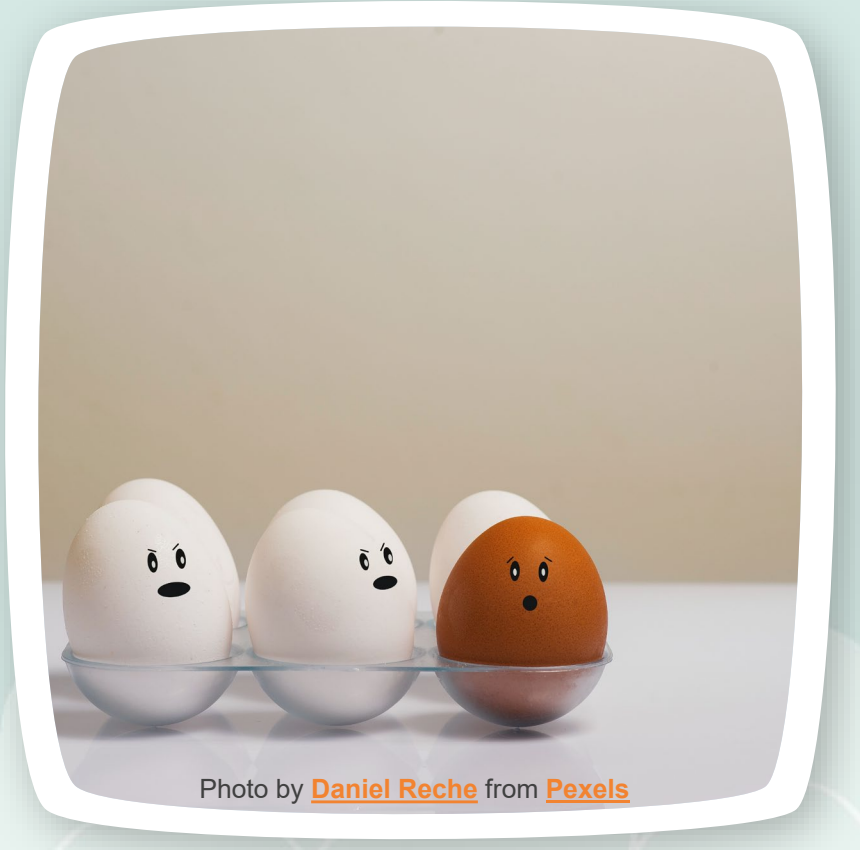

Photo by Daniel Reche from Pexels

During curbside meal pickup, parents and/or guardians are responsible for checking meal ingredients to ensure that their student does not consume any item that may contain a potential allergen. Curbside meals may contain milk, eggs, peanuts, soy, and wheat. This is not an all inclusive list of ingredients. If you have any questions, please contact Conroe ISD Child Nutrition at 936-709-8185.

COVID-19 Impact on School Meals

Entree choices are based on availability, packaging, inventory, and ease of transport and delivery. Due to decreased production from manufacturers, there may be frequent menu substitutions.

Breakfast

Some foods will need to be heated to a minimum of 165 prior to consuming. Cooking times may vary due to microwaves and ovens. Adjust times accordingly.

Mini Pancakes

- Prepare from frozen state.
- **Microwave** – Place frozen product on a microwave safe plate. Heat for 45 seconds. Let stand.
- **Oven** – Preheat the oven to 350°F. Place frozen product (unopened pouches) on a shallow baking pan. Heat for 13-15 minutes or until warmed.

Sausage Biscuit

- Prepare sausage patty from frozen state. Prepare biscuit from a thawed state.
- **Oven**- Preheat the oven to 350°F. Place frozen product on a shallow baking pan. Heat for 8-10 minutes or until the internal temperature reaches 165° for 15 seconds. Let stand. Place thawed biscuit on a shallow baking pan. Heat for 3-5 minutes. Split biscuit in half. Place sausage patty between the split biscuit. Product must be fully cooked for food safety and quality.

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Breakfast

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French Toast Sticks

- Prepare from frozen state.
- Microwave – Place frozen product (glazed side up) on a microwave safe plate. Heat for 60 seconds. Let stand.
- Oven – Preheat the oven to 350°F. Place frozen product (glazed side up) on a shallow baking pan. Heat for 10-12 minutes or until warmed.

Pancake on a Stick

- Prepare from frozen state.
- Microwave – Place frozen product on a microwave safe plate. Heat for 60 seconds. Let stand.
- Oven – Preheat the oven to 350°F. Place frozen product on a shallow baking pan. Heat for 18-20 minutes or until the internal temperature reaches 165° for 15 seconds. Let stand. Product must be fully cooked for food safety and quality.

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Lunch

Some foods will need to be heated to a minimum of 165 prior to consuming. Cooking times may vary due to microwaves and ovens. Adjust times accordingly.

Hamburger

- Prepare hamburger patty from frozen state. Thaw hamburger bun in the refrigerator.
- **Oven**- Preheat the oven to 350°F. Place frozen product on a shallow baking pan. Heat for 18-22 minutes or until the internal temperature reaches 165° for 15 seconds. Let stand. Split hamburger bun in half. Place hamburger patty between the split bun. Product must be fully cooked for food safety and quality.

Crinkle Fries

- Prepare from frozen state.
- **Oven**- Preheat the oven to 425°F. Place frozen product on a shallow baking pan. Heat for 10-14 minutes or until the internal temperature reaches 165° for 15 seconds. Let stand. Product must be fully cooked for food safety and quality.

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Lunch

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Carrots

- Prepare from frozen state.
- **Microwave** – Place frozen product in a microwave safe dish. Add a small amount of water. Heat for 60 seconds. Let stand.

Crispy Chicken Patty on a Bun

- Prepare chicken patty from frozen state. Thaw hamburger bun in the refrigerator.
- **Oven**- Preheat the oven to 350°F. Place frozen product on a shallow baking pan. Heat for 20-24 minutes or until the internal temperature reaches 165° for 15 seconds. Let stand. Split hamburger bun in half. Place chicken patty between the split bun. Product must be fully cooked for food safety and quality.

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Lunch

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Broccoli

- Prepare from frozen state.
- **Microwave** – Place frozen product in a microwave safe dish. Add a small amount of water. Heat for 60 seconds. Let stand.

Mini Corn Dogs

- Prepare from frozen state.
- Microwave – Place frozen product on a microwave safe plate. Heat for 60 seconds. Let stand.
- Oven – Preheat the oven to 350°F. Place frozen product on a baking pan. Heat for 8-10 minutes or until the internal temperature reaches 165° for 15 seconds. Let stand. Product must be fully cooked for food safety and quality.

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Lunch

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Green Peas

- Prepare from frozen state.
- **Microwave** – Place frozen product in a microwave safe dish. Add a small amount of water. Heat for 60 seconds. Let stand.

Personal Pan Pizza

- Prepare from frozen state.
- Microwave – Place frozen product on a microwave safe plate. Heat for 2 to 2-1/2 minutes. Let stand.
- Oven – Preheat the oven to 375°F. Place frozen product on a shallow baking pan. Heat for 23-25 minutes or until the internal temperature reaches 165° for 15 seconds. Let stand. Product must be fully cooked for food safety and quality.

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Lunch

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Grilled Cheese

- Prepare from thawed state.
- Microwave – Place thawed product (unopened package) on a microwave safe plate. Heat for 60 seconds. Let stand.
- Oven – Preheat the oven to 350°F. Place thawed product (unopened package) on a shallow baking pan. Heat for 10-12 minutes or until warmed.

French Bread Pizza

- Prepare from frozen state.
- Oven – Preheat the oven to 400°F. Place frozen product on a shallow baking pan. Heat for 20-22 minutes or until warmed.

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