

Cherry Creek School District Food and Nutrition Services

Reheating Instructions for at home meals

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Please refrigerate meals and consume within 7 days. Discard anything left after 7 days.

Bean and Cheese Burrito / Breakfast Burrito

For best results heat from refrigerated state

1. Place burrito in wrapper on microwave safe plate.
2. Microwave on High 1 minute. If frozen, cooking time will take long. Continue to in 30 second intervals.

NOTE: Microwave ovens below 1100 watt may require additional cook time to reach proper temperature.

3. Let stand for 1 minutes. CAUTION: PRODUCT WILL BE HOT.
4. Check if cooked thoroughly. Enjoy!

NOTE: Cook to an internal temperature of 165°F as measured by a food thermometer.

Cheese Pizza / Rippers (rectangle pizza slice)

1. Remove pizza/ripper from bag and place on microwave safe plate.
2. Microwave on High 30 seconds.

NOTE: Microwave ovens below 1100 watt may require additional cook time to reach proper temperature.

3. Let stand for 30 seconds. CAUTION: PRODUCT WILL BE HOT.
4. Check if cooked thoroughly. Enjoy!

Cheese Stuffed Breadsticks

1. Remove breadsticks from bag and place on microwave safe plate.
2. Microwave on High 1 minute.

NOTE: Microwave ovens below 1100 watt may require additional cook time to reach proper temperature.

3. Let stand for 30 seconds. CAUTION: PRODUCT WILL BE HOT.
4. Check if cooked thoroughly. Enjoy!

Cheese Quesadillas

1. Remove quesadilla wedges from bag and place all 3 pieces on microwave safe plate.
2. Microwave on High 1 minute 30 seconds.

NOTE: Microwave ovens below 1100 watt may require additional cook time to reach proper temperature.

3. Let stand for 30 seconds. CAUTION: PRODUCT WILL BE HOT.
4. Check if cooked thoroughly. Enjoy!

Please feel free to contact Food and Nutrition Services Coordinator of Operations, Shannon Thompson with questions 720-886-7156. CCSD is an equal opportunity employer and provider.

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Chicken and Beef Burritos

1. Remove foil.
2. Place burrito on microwave safe plate
3. Microwave frozen burrito on High for 1 minute, flip burrito and cook for another 40 seconds
Microwave thawed, refrigerated burrito, for 40 seconds, flip burrito and cook for another 40 seconds. *NOTE:* Microwave ovens below 1100 watt may require additional cook time to reach proper temperature.
4. Let stand for 1 minutes. CAUTION: PRODUCT WILL BE HOT.
5. Check if cooked thoroughly. Enjoy!
NOTE: Cook to an internal temperature of 165°F as measured by a food thermometer.

Chicken Nugget/Spicy Sriracha Boneless wings with Dinner Roll

1. Unwrap tray, remove roll, and place tray of nuggets or wings on microwave safe plate.
2. Microwave on High 1 minute 30 seconds.
NOTE: Microwave ovens below 1100 watt may require additional cook time to reach proper temperature.
3. Let stand for 2 minutes. CAUTION: PRODUCT WILL BE HOT.
4. Check if cooked thoroughly. Enjoy!
NOTE: Cook to an internal temperature of 165°F as measured by a food thermometer.

Chili Cheese Wrap (hot pocket type item)

1. Place one wrap on a microwave-safe plate. Cook only one at a time.
2. Cook on HIGH 2 minutes to 2 minutes 15 seconds.
NOTE: Microwave ovens below 1100 watt may require additional cook time to reach proper temperature.
3. Check that food is cooked thoroughly.
4. HANDLE CAREFULLY; IT'S HOT! Let stand 1 minute and enjoy!
NOTE: Cook to an internal temperature of 165°F as measured by a food thermometer.

Hamburger/Chicken/Spicy Chicken Patties

1. Unwrap sandwich, remove patty and place patty on microwave safe plate.
2. Microwave on High 1 minute 30 seconds.
NOTE: Microwave ovens below 1100 watt may require additional cook time to reach proper temperature.
3. Let stand for 2 minutes. CAUTION: PRODUCT WILL BE HOT.
4. Check if cooked thoroughly. Place patty on bun and enjoy!
NOTE: Cook to an internal temperature of 165°F as measured by a food thermometer.

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Mini Corn Dogs

1. Remove corndogs from bag and place on microwave safe plate.
2. Microwave on High 45-60 seconds.
NOTE: Microwave ovens below 1100 watt may require additional cook time to reach proper temperature.
3. Let stand for 30 seconds. CAUTION: PRODUCT WILL BE HOT.
4. Check if cooked thoroughly. Enjoy!

Stuffedwich (hot stuffed pocket sandwich item) – Turkey Ham and Cheese/Grilled Cheddar Cheese

1. Unwrap stuffedwich and place on microwave-safe plate. Grilled
2. From frozen: Microwave on High 2 minutes 30 seconds
3. From thawed: Microwave on High 1 minute 30 seconds
NOTE: Microwave ovens below 1100 watt may require additional cook time to reach proper temperature.
4. Let stand for 2 minutes.
5. HANDLE CAREFULLY; IT'S HOT! Let stand 1 minute and enjoy!
NOTE: Cook to an internal temperature of 165°F as measured by a food thermometer.

Chicken and Cheese Taquitos

For best results heat from refrigerated state

1. Place two frozen taquitos on microwave safe plate.
2. Microwave on High 1 minute, 15 seconds.
NOTE: Microwave ovens below 1100 watt may require additional cook time to reach proper temperature.
3. Let stand for 1 minutes. CAUTION: PRODUCT WILL BE HOT.
4. Check if cooked thoroughly. Enjoy!
NOTE: Cook to an internal temperature of 165°F as measured by a food thermometer.

All Breakfast Entrees (excluding breakfast burritos)

1. Remove breakfast item from bag and place on microwave safe plate.
2. Microwave on High 15 seconds. If frozen: Microwave for an additional 15 seconds.

*NOTE: Black bowls are microwavable. The clear lid is **NOT** microwavable.*

Beef or Chicken Tacos

1. Defrost wrapped tray in refrigerator 24-48 hours before reheating for best quality.
2. Remove tortillas from refrigerator, cover at room temperature for 30 minutes, and warm in microwave for 10 seconds before eating.
3. Remove meat from plastic cup and place in a microwave safe dish with lid or paper towel.
4. Microwave on High for 45 seconds, stir, and then cook for an additional 30-45 seconds.
NOTE: Microwave ovens below 1100 watt may require additional cook time to reach proper temperature.
5. Check if cooked thoroughly. Enjoy!

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NOTE: Cook to an internal temperature of 165°F as measured by a food thermometer.

6. Let stand for 2 minutes. CAUTION: PRODUCT WILL BE HOT.

BBQ Pulled Pork Sandwiche

1. Defrost wrapped tray in refrigerator 24-48 hours before reheating for best quality.
2. Remove bun from refrigerator, cover at room temperature for 30 minutes, and warm in microwave for 10 seconds before eating.
3. Use a butter knife to remove meat mixture from plastic cup and place in a microwave safe dish with lid or paper towel.
4. Microwave on High for 45 seconds, stir, and then cook for an additional 45 seconds – 1 minute.
5. *NOTE:* Microwave ovens below 1100 watt may require additional cook time to reach proper temperature.
6. Check if cooked thoroughly. Enjoy!
7. *NOTE:* Cook to an internal temperature of 165°F as measured by a food thermometer.
8. Let stand for 2 minutes. CAUTION: PRODUCT WILL BE HOT.

Teriyaki/Orange Chicken

1. Defrost bowl in refrigerator 24-48 hours before reheating for best quality.
2. Remove lid from bowl and cover with paper towel.
3. Chicken and rice can be heated directly in bowl or transferred to a microwave safe dish with lid.
4. Microwave on High 1 minute 30 seconds.
NOTE: Microwave ovens below 1100 watt may require additional cook time to reach proper temperature.
5. Check if cooked thoroughly. Enjoy!
NOTE: Cook to an internal temperature of 165°F as measured by a food thermometer.
6. Let stand for 2 minutes. CAUTION: PRODUCT WILL BE HOT.

Turkey Pot Roast and Lasagna Roll Up

1. Defrost bowl in refrigerator 24-48 hours before reheating for best quality.
2. Remove dinner roll from refrigerator, cover at room temperature for 30 minutes, and warm in microwave for 10 seconds before eating.
3. Remove Lid from bowl and cover with paper towel.
4. Microwave on High 2 minutes - 2 minute 30 seconds.
5. *NOTE:* Microwave ovens below 1100 watt may require additional cook time to reach proper temperature.
6. Check if cooked thoroughly. Enjoy with dinner roll made by the Cherry Creek Bakery!
7. *NOTE:* Cook to an internal temperature of 165°F as measured by a food thermometer.
8. Let stand for 2 minutes. CAUTION: PRODUCT WILL BE HOT.

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Beef and Cheese Nachos and Straw Hat

1. Defrost portion cups of meat and cheese (just meat for Straw Hat) in refrigerator 24-48 hours before reheating for best quality.
2. Remove meat and cheese (just meat for Straw Hat) from plastic cups and place in a microwave safe dish with lid or paper towel.
 - The meat and cheese can be either heated together or separate.
3. Microwave on High for 45 seconds, stir, and then cook for an additional 30-45 seconds.
NOTE: Microwave ovens below 1100 watt may require additional cook time to reach proper temperature.
4. Check if cooked thoroughly.
NOTE: Cook to an internal temperature of 165°F as measured by a food thermometer.
5. Let stand for 2 minutes. CAUTION: PRODUCT WILL BE HOT.
6. Top corn chips with meat and cheese (shredded cheese for Straw Hat). Enjoy!

Beef and Bean Chili with Cornbread

1. Defrost bowl in refrigerator 24-48 hours before reheating for best quality.
2. Remove cornbread from refrigerator, cover at room temperature for 30 minutes, and warm in microwave for 10 seconds before eating.
3. Remove lid from bowl and cover with paper towel.
4. Chili can be heated directly in bowl or transferred to a microwave safe dish with lid.
5. Microwave on High for 45 seconds, stir, and then cook for an additional 45 seconds – 1 minute.
NOTE: Microwave ovens below 1100 watt may require additional cook time to reach proper temperature.
6. Check if cooked thoroughly.
NOTE: Cook to an internal temperature of 165°F as measured by a food thermometer.
7. Let stand for 2 minutes. CAUTION: PRODUCT WILL BE HOT.
8. Top chili with shredded cheese. Enjoy with cornbread made by the Cherry Creek Bakery!

Philly Beef Steak with Peppers and Onions Sandwiches

1. Defrost wrapped tray in refrigerator 24-48 hours before reheating for best quality.
2. Remove roll from refrigerator, cover at room temperature for 30 minutes, and warm in microwave for 10 seconds before eating.
7. Use a butter knife to remove meat and cheese from plastic cups and place in a microwave safe dish with lid or paper towel.
 - The meat and cheese can be either heated together or separate.
3. Microwave on High for 45 seconds, stir, and then cook for an additional 45 seconds – 1 minute.
4. *NOTE:* Microwave ovens below 1100 watt may require additional cook time to reach proper temperature.
5. Check if cooked thoroughly. Enjoy!
6. *NOTE:* Cook to an internal temperature of 165°F as measured by a food thermometer.
7. Let stand for 2 minutes. CAUTION: PRODUCT WILL BE HOT.

Mac and Cheese, Penne with Meat Sauce, and Chicken Alfredo

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1. Defrost bowl in refrigerator 24-48 hours before reheating for best quality.
2. Remove lid from bowl and cover with paper towel.
3. Pasta dishes can be heated directly in bowl or transferred to a microwave safe dish with lid.
4. Microwave on High for 45 seconds, stir, and then cook for an additional 45 seconds – 1 minute.
5. *NOTE:* Microwave ovens below 1100 watt may require additional cook time to reach proper temperature.
6. Check if cooked thoroughly. Enjoy!
7. *NOTE:* Cook to an internal temperature of 165°F as measured by a food thermometer.
8. Let stand for 2 minutes. CAUTION: PRODUCT WILL BE HOT.

Chicken and Waffle / French Toast and Turkey Sausage Patties

1. Defrost wrapped tray in refrigerator 24-48 hours before reheating for best quality.
2. Remove bag of Breaded Chicken or Turkey Sausage patties.
3. Place patties on a microwave safe dish with lid or paper towel.
4. Microwave on High for 45 seconds, flip, and the cook for an additional 30-45 seconds.
5. In tray, microwave waffle or French toast sticks in microwave on High for 30-45 seconds.
NOTE: Microwave ovens below 1100 watt may require additional cook time to reach proper temperature.
6. Let stand for 2 minutes. CAUTION: PRODUCT WILL BE HOT.
7. Check if cooked thoroughly.
NOTE: Cook to an internal temperature of 165°F as measured by a food thermometer.
8. Try the chicken and waffles as sliders. Enjoy!

Breaded Beef Country Steak Sticks

1. Defrost wrapped tray in refrigerator 24-48 hours before reheating for best quality.
2. Remove dinner roll from refrigerator, cover at room temperature for 30 minutes, and warm in microwave for 10 seconds before eating.
3. In tray, microwave sticks on High for 45 seconds, flip, and then cook for an additional 30-45 seconds.
4. *NOTE:* Microwave ovens below 1100 watt may require additional cook time to reach proper temperature.
5. Check if cooked thoroughly. Enjoy with dinner roll made by the Cherry Creek Bakery!
6. *NOTE:* Cook to an internal temperature of 165°F as measured by a food thermometer.
7. Let stand for 2 minutes. CAUTION: PRODUCT WILL BE HOT.
8. See additional instructions for heating mashed potatoes and gravy to pair with sticks.

Mashed Potatoes, Refried or Seasoned Beans, and Gravy Cups

1. Use a butter knife to remove the vegetable or gravy from plastic cup and place in a microwave safe dish with lid or paper towel.
2. Microwave on High for 45 seconds, stir, and the cook for an additional 45 seconds – 1 minute.
3. *NOTE:* Microwave ovens below 1100 watt may require additional cook time to reach proper temperature.
4. Check if cooked thoroughly. Enjoy with paired entree!

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5. *NOTE:* Cook to an internal temperature of 165°F as measured by a food thermometer.
6. Let stand for 2 minutes. CAUTION: PRODUCT WILL BE HOT.