

Items you may find in your Summer meal bags include:

Food Items	Top 8 Allergens	Refrigeration & Heating
Chicken Patty Sandwich (Spicy or Regular) (Served Hot) & Chicken Tenders (<i>may served Hot</i>)	Wheat, Milk, Egg, Soy	Yes. See Instructions
Beef Taco Meat	Soy	Yes. See Instructions
Cheeseburger on a Bun (served Hot)	Wheat, Milk, Soy	No. Served Hot
Beef Hot Dog on a Bun or Mini Chicken Corn Dogs (served Hot)	Wheat, Soy, Egg	No. Served Hot
Garlic Cheese Bread, Bosco Sticks, Cheese Bites (<i>may served Hot</i>)	Wheat, Milk, Soy	No. Served Hot (See heating instructions for Cheese bread)
Turkey & Cheese or Ham (PORK) & Cheese Sandwich or Turkey & Cheese Flatbread, Grilled Cheese Sandwich	Wheat, Milk, Soy	Yes. Keep cold.
French Toast Sticks or Mini Pancakes	Wheat, Milk, Egg, Soy	Yes. See Instructions
Hard Boiled Egg, Egg Patty or Omelet	Milk, Egg, Soy	Yes. See instructions
Fresh Fruit or Veggie, Juice, Cupped fruit & veggie	None	Yes, veggies may be heated
Peanut Butter & Jelly Uncrustable Sandwich, or PBJ Cups (peanuts only)	Wheat, Peanuts	Yes for Uncrustable No for PBJ cups
Sunflower Seeds	May contain nuts	No
Muffin, Blueberry, Banana, Chocolate Chip & Brekkie Breakfast Cookie, Cornbread Mini loaf, Biscuit	Wheat, Milk, Egg, Soy	No
Apple Frudel	Wheat, Milk	Yes. See instructions
Benefit Bar, Chocolate	Wheat, Milk, Egg, Soy	No
Bagel & Cream Cheese, Mini Bagel w/cream cheese	Wheat, Milk, Soy	Yes. Keep cold
Cheese: Sticks, Cubes, Shredded, Cups/Dip, Yogurt, or Milk	Milk	Yes
Chips, cookies, crackers or cereal bars	See individual package	No

Food Products in meal bags are subject to change depending on availability. Please check back frequently.

Consume meals immediately or keep under refrigeration for up to 3 days.

This is not a complete list of items served. For questions on any specific products email Brianna_Smith@rdale.org or call 763-504-8048

Heating Instructions for cold items:

Food Items	Heating Instructions
Chicken Tenders	<p>Microwave: <u>Remove</u> from container/ bag and place on a microwave safe plate. Cook on high for 1-2 minutes or until the product reaches 165F.</p> <p>Oven: <u>Remove</u> from container/bag and place on oven safe cooking pan. Cook at 400F for 8-10 minutes or until the product reaches 165F.</p>
Taco Meat: Beef Crumbles	<p>Microwave: <u>Remove</u> from container and place in a microwave safe bowl. Cook on high for 1.5-2 minutes or until the product reaches 165F.</p>
Mini Pancakes	<p>Microwave: Place <u>unopened</u> package on plate and heat for 55 seconds.</p> <p>Oven: Preheat to 350°, place unopened package on a sheet pan and heat for 16–18 minutes</p>
Grilled Cheese Sandwich	<p>Oven: <u>Do not remove wrap</u> on wrapped product before heating. Heat product in conventional or convection oven at 350 F for 12 Minutes or until the product reaches 165F.</p>
Cheese Omelet	<p>Microwave: <u>Remove</u> from container and place on a microwave safe plate. Cook on high for 1-2 minutes or until the product reaches 165F.</p>
Cheese bread	<p>Oven: Heat product in conventional or convection oven at 350 F for 12-15 Minutes or until the product reaches 165F.</p>
Apple Frudel	<p>Oven: Preheat to 350°, place unopened package on a sheet pan and heat for 11-13 minutes</p>

Due to variances in ovens, heating times and temperatures may vary.

This is not a complete list of items served. For questions on any specific products email Brianna_Smith@rdale.org or call 763-504-8048