Your meal kit includes meals breakfast, lunch, snack and dinner for your child.

All items in your bag should be refrigerated until ready to heat and/or serve.

Please see the chart below for suggested meal servings and reheating instructions.

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Lunch</th>
<th>Snack</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cereal, Pop-Tart or Muffin</td>
<td>Served hot and should be eaten immediately</td>
<td>Grain based snack (does not need refrigeration)</td>
<td>Chicken Sandwich, Hamburger, Steak Fingers or Corn Dog (See reheating instructions below)</td>
</tr>
<tr>
<td>Juice</td>
<td>Fruit</td>
<td>Juice</td>
<td>Fruit</td>
</tr>
<tr>
<td>Milk</td>
<td>Vegetable</td>
<td>Milk</td>
<td>Vegetable</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Milk</td>
</tr>
</tbody>
</table>

**Corn Dog (serving size: 1 corn dog)**
- Preheat oven to 400 F.
- Line cookie sheet with foil or spray with nonstick spray. Place corn dog on sheet pan.
- Bake until internal temperature reaches 160 F, approximately 8-10 minutes.

**Chicken Sandwich (serving size: 1 sandwich)**
- Preheat oven to 400 F.
- Line cookie sheet with foil or spray with nonstick spray. Place chicken on cookie sheet.
- Bake until internal temperature reaches 140 F, approximately 15-18 minutes.
- Place chicken patty on bun.

**Hamburger (serving size: 1 sandwich)**
- Preheat oven to 400 F.
- Line cookie sheet with foil or spray with nonstick spray. Place hamburger patty in single layer on cookie sheet.
- Bake until internal temperature reaches 140 F, approximately 8-12 minutes.
- Place hamburger patty on bun.

**Steak Fingers (serving size: 4 fingers)**
- Preheat oven to 375 F.
- Line cookie sheet with foil or spray with nonstick spray. Place fingers on cookie sheet.
- Bake until internal temperature reaches 165 F, approximately 10-12 minutes.