



Meal Storage and Heating Instructions



**All foods requiring refrigeration need to be kept at a temperature of 41°F or below.
Shelf-stable items should be stored at a temperature of 85°F or below.**

All Fresh Milk & Juices - Refrigeration required. Consume by the “Best By” date located on the product.

All Cereals, Crackers, Chips, Sunflower Seeds - Shelf-stable. No refrigeration required. Consume by the “Best By” date located on the product.

Grain-Based Breakfast Pastries (e.g.: Benefit Bar, Honey Bun, Muffin, Cinnamon Roll, etc) - Previously frozen product. Shelf-stable, but consume within 5 days.

String Cheese/American Cheese - Refrigeration required. Consume within 5 days.

Fresh Whole Fruit – Refrigeration recommended, but not required.

Fresh Processed/Bagged Fruit & Vegetables as well as cold fruit cups – Refrigeration required. Consume by the “Best By” date located on the product.

All Shelf-Stable Fruit, Vegetable, & Milk Items (e.g.: Applesauce cups, Raisins, Craisins, “Fruitable” Juice Boxes, Shelf-Stable Milk Boxes, etc) - Shelf-stable. No refrigeration required. Consume by the “Best By” date located on the product.

Cold Sandwiches (e.g.: Uncrustables, Sub Sandwich, Wedge Sandwich, etc) – Refrigeration required. Previously frozen product. Consume the same day.

Lunch Items that require heating (e.g.: Hamburger/Chicken Patty, Taco Meat, Pizza, etc) – Store in refrigeration until ready to heat & consume. Store in refrigerator no longer than 5 days. Heat up following the heating instructions on this form below, and consume within two hours.

Macaroni & Cheese: CONVECTION OVEN: Defrost in the refrigerator for 1-2 days prior to use, Pre-heat oven to 350F degrees. Place bowl on a cooking sheet pan. Bake 8-12 minutes or until an internal temperature of 160F degrees is reached. Oven temperature and times may vary.

Pizza: Preheat oven to 325 F. Place pizza directly on center oven rack. Cook for 7 to 10 minutes or until cheese is melted and crust edges are golden brown.

*****IMPORTANT*****

For anyone who has allergies, please be sure to read ALL labels before consuming.

(SEE REVERSE SIDE FOR HEATING INSTRUCTIONS)

This institution is an equal opportunity provider.

HEATING INSTRUCTIONS

****Please save for future reference****

A) If item has heating instructions on packaging, follow the manufacturer's recommended heating instructions on package.

B) If item does not have heating instructions on the packaging, follow these instructions to safely heat:

****Please note: Since the type of products vary, and all microwaves and ovens vary in power, all cooking times are approximate and may need to be adjusted.**

MICROWAVE, FROM FROZEN:

- 1. Open one end of item's wrapper (but do not remove item from wrapper).**
- 2. Microwave on HIGH for 90 seconds.**
- 3. Product is ready to consume when an internal temperature of at least 165°F degrees is reached.**
- 4. If product has not reached an internal temperature of at least 165°F, continue to reheat on HIGH in 30 second intervals until minimum internal temperature of 165°F is reached.**
- 5. Remove item from microwave, remove from wrapper, and let sit for one minute before consuming.**
- 6. Consume within 2 hours.**

***CAUTION: Product will be hot. Consume with caution.**

MICROWAVE, FROM THAWED:

- 1. Open one end of item's wrapper (but do not remove item from wrapper).**
- 2. Microwave on HIGH for 45 seconds.**
- 3. Product is ready to consume when an internal temperature of at least 165°F degrees is reached.**
- 4. If product has not reached an internal temperature of at least 165°F, continue to reheat on HIGH in 15-20 second intervals until minimum internal temperature of 165°F is reached.**
- 5. Remove item from microwave, remove from wrapper, and let sit for one minute before consuming.**
- 6. Consume within 2 hours.**

***CAUTION: Product will be hot. Consume with caution.**

OVEN, FROM FROZEN:

- 1. Remove product from baggie.**
- 2. Heat oven to 325°F.**
- 3. Place product on baking sheet, and cook in the oven for 30-35 minutes.**
- 4. Product is ready to consume when an internal temperature of at least 165°F degrees is reached.**
- 5. If product has not reached an internal temperature of at least 165°F, continue to cook in oven, checking every 5-10 minutes until minimum internal temperature of 165°F is reached.**
- 6. Remove item from oven, remove from wrapper, and let sit for 5-10 minutes before consuming.**
- 7. Consume within 2 hours.**

***CAUTION: Product will be hot. Consume with caution.**

OVEN, FROM THAWED:

- 1. Remove product from baggie.**
- 2. Heat oven to 325°F.**
- 3. Place product on baking sheet, and cook in the oven for 20-25 minutes.**
- 4. Product is ready to consume when an internal temperature of at least 165°F degrees is reached.**
- 5. If product has not reached an internal temperature of at least 165°F, continue to cook in oven, checking every 5-10 minutes until minimum internal temperature of 165°F is reached.**
- 6. Remove item from oven, remove from wrapper, and let sit for 5-10 minutes before consuming.**
- 7. Consume within 2 hours.**

***CAUTION: Product will be hot. Consume with caution.**