

Meal Storage and Heating Instructions

*****IMPORTANT***** Students with allergies: Read ALL ingredients on labels before consuming. Anything heated should be placed on a safe heating dish; **DO NOT** heat foil sandwich bags or Styrofoam cups/bowls.

Pantry Storage (Items received at room temperature)

Cereal, Cereal Bars, Poptarts, and Crackers - Shelf-stable. No refrigeration required. Consume by the “Best By” date located on the product.

Grain-Based Breakfast Pastries (Cinni Minis, Benefit Bar, Muffins, Frudels, etc.) - Previously frozen product. For best quality, consume within 5 days.

Shelf-stable Fruit and Fruit Juices (Pre-packaged Applesauce, Raisins, Craisins, “Fruitable” Juice Boxes, etc.) - Shelf-stable. No refrigeration required when sealed. Consume by the “Best By” date located on the product.

Bread, Buns, and prepared biscuits- No refrigeration required. Consume within 7 days of receipt. Buns/Bread that are frozen should be thawed before eating.

Cold Storage (Refrigerator)

All perishable (cold) food should be eaten or refrigerated within 2 hours of receipt.

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

Fresh Whole Fruit - Refrigeration recommended, but not required. Wash all fresh fruit before eating.

Frozen Cupped Fruit- Should be thawed within the refrigerator before eating.

Fresh Processed/Bagged Fruit, Vegetables, Fresh Fruit Cups - Refrigeration required. Consume by the “Best By” date located on the product.

Cold Sandwiches (Deli Sandwich, PBJ, SunButter, Sub Sandwich, Wedge Sandwich, etc.) - Refrigeration required. Some previously frozen products. For best quality, consume the same day. For safety, consume within 3 days of receipt.

String Cheese and Yogurt - Refrigeration required. Keep individual package sealed. If opened, consume or discard within 3 days.

Frozen Items That Require Heating (Chicken Patty w/ Biscuit, Sausage Patty w/ Biscuit, Plain Biscuit, BBQ, Chicken Patty, Popcorn Chicken, Pizza, Corndog, hamburger patty, chicken tenders, ground beef, sausage dog, frozen vegetables etc.) - Store in freezer or refrigerator until ready to heat and eat. Store in refrigerator no longer than 5 days. Follow heating instructions included. Heat all products on a safe heating dish. Do not heat foil bags or Styrofoam containers.

(SEE REVERSE SIDE FOR HEATING INSTRUCTIONS)

This institution is an equal opportunity provider.

Heating Instructions

If an item has heating instructions on the package, follow the manufacturer's recommended heating instructions. If an item does not have heating instructions on the package, follow the instructions below. Anything heated should be placed on a safe heating dish; **DO NOT** heat foil sandwich bags or Styrofoam cups/bowls.

Please note: Cooking times vary and may need to be adjusted. If you have a food thermometer, all products should be cooked to an internal temperature of 165°F. If you do not have a food thermometer, cook until steaming hot.

MICROWAVE, FROM FROZEN:

1. If the item is inside a plastic bag, foil bag, or styrofoam cup remove from the bag or cup and place on a microwave safe dish.
2. If the item is frozen in it's original wrapper, open one end of item's wrapper (but do not remove item from wrapper).
3. Microwave on HIGH for 90 seconds.
4. Check product temperature. It should be steaming hot all the way through (165°F). No cold spots.
5. If not hot, continue to reheat on HIGH in 30 second intervals until steaming hot (165°F).
6. Remove item from microwave, remove wrapped items from wrapper, and let sit for one minute before consuming.
7. Consume within 2 hours.

MICROWAVE, FROM THAWED:

1. If the item is inside a plastic bag, foil bag, or styrofoam cup remove from the bag or cup and place on a microwave safe dish.
2. If the item is in it's original wrapper, open one end of item's wrapper (but do not remove item from wrapper).
3. Microwave on HIGH for 45 seconds.
4. Check product temperature. It should be steaming hot all the way through (165°F). No cold spots.
5. If not hot, continue to reheat on HIGH in 30 second intervals until steaming hot (165°F).
6. Remove item from microwave, remove from wrapper, and let sit for one minute before consuming.
7. Consume within 2 hours.

OVEN, FROM FROZEN:

1. Heat oven to 325°F.
2. Take product out of wrapper/packaging.
3. Place product on baking sheet and cook in the oven for 30-35 minutes.
4. Check product temperature. It should be steaming hot all the way through (165°F). No cold spots.
5. If not hot, continue to cook in oven, checking every 5-10 minutes until steaming hot (165°F).
6. Remove item from oven and let sit for 5-10 minutes before consuming.
7. Consume within 2 hours.

OVEN, FROM THAWED:

1. Heat oven to 325°F.
2. Take product out of wrapper/packaging.
3. Place product on baking sheet and cook in the oven for 20-25 minutes.
4. Check product temperature. It should be steaming hot all the way through (165°F). No cold spots.
5. If not hot, continue to cook in oven, checking every 5-10 minutes until steaming hot (165°F).
6. Remove item from oven and let sit for 5-10 minutes before consuming.
7. Consume within 2 hours.