



## Meal Storage and Heating Instructions

**IMPORTANT Students with allergies:** Read ALL ingredients on labels before consuming.

### PANTRY STORAGE (Items received at room temperature)

**Cereals, Crackers, Chips, Sunflower Seeds:** Shelf-stable.

No refrigeration required. Consume by the "Best By" date located on the product.

**Grain-Based Breakfast Pastries:** Previously frozen product.

For best quality, consume within 5 - 7 days. (*Donut Holes, Muffin, Cinnamon Roll, etc.*)

**Shelf-stable Fruit and Fruit Juices:** Shelf-stable. No refrigeration required until opened.

Consume by the "Best By" date located on the product. (*Applesauce, "Fruitable" Juice Boxes, etc.*)

### 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.

**Fresh Processed/Bagged Fruit, Vegetables, Fresh Fruit Cups:** Refrigeration required.

Consume by the "Best By" date located on the product.

**Cold Sandwiches:** Refrigeration required. For best quality, consume the same day.

For safety, consume within 7 days of receipt.

(*PBJ, SunButter, Sub Sandwich, Wedge Sandwich, etc.*)

**String Cheese:** Refrigeration required. Keep individual package sealed.

If opened, consume or discard within 7 days.

**Frozen Items That Require Heating:** Store in freezer or refrigerator until ready to heat and eat.

Store in refrigerator no longer than 7 days.

(*Mini Cheeseburgers, Burritos, Calzones, Pizza, etc.*)

**(SEE REVERSE SIDE FOR HEATING INSTRUCTIONS)**

## HEATING INSTRUCTIONS

If an item has heating instructions on the package, follow the manufacturer's recommended heating instructions. If item does not have heating instructions on the package, follow the instructions below.

**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. Open one end of item's wrapper (but do not remove item from wrapper).
2. Microwave on HIGH for 90 seconds.
3. Check product temperature. It should be steaming hot all the way through (165°F). No cold spots.
4. If not hot, continue to reheat on HIGH in 30 second intervals until steaming hot (165°F).
5. Remove item from microwave, remove from wrapper, and let sit for one minute before consuming.
6. Consume within 2 hours.

### 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. Check product temperature. It should be steaming hot all the way through (165°F). No cold spots.
4. If not hot, continue to reheat on HIGH in 30 second intervals until steaming hot (165°F).
5. Remove item from microwave, remove from wrapper, and let sit for one minute before consuming.
6. 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.