

**Meal Storage and Heating Instructions**

We hope you enjoy your meals! Please take a few moments to read the information below regarding storage and preparation of your meals.

**All foods requiring refrigeration need to be kept at a temperature of 40 °F or below. Shelf-stable items should be stored at a temperature of 85 °F or below.**

**All Fresh Milk & Yogurt** - Refrigeration required. Consume by the "Best By" date located on the product.

**All Juices-**

Refrigeration required. Consume  
Within 7 days.

- **Cold Sandwiches and Salads** – Refrigeration required.  
Consume within 2 days

**Lunch Items that require heating**

**(Please remove food from containers; Containers are not ovenable or microwavable)**

- Store in freezer or refrigeration until ready to heat & consume. Store in refrigerator no longer than 7 days. Heat up following the heating instructions on this form below, and consume within two hours.

**All Cereals, Crackers, Chips,** - Shelf- stable. No refrigeration required. Consume by the "Best By" date located on the product.

**Grain Based Breakfast Items (Breakfast Sandwiches, Waffles, Bagels, etc.)** - Previously frozen product. If applicable, refer to packaging for heating instructions. Bagels may be either toasted, baked in oven or eaten at room temperature. Breakfast Sandwiches are best if thawed in refrigerator overnight and heated in foil packaging according to heating Instructions this form

**All Shelf-Stable Fruit** -No refrigeration required.



**Fresh Processed/Bagged Fruit & Vegetables as well as cold fruit cups** – Refrigeration required. Consume within 7 days.

**\*\*\*IMPORTANT\*\*\* anyone who has allergies, please be sure to read the menu and food labels before consuming food items. All menus and labels can be found on our website at <http://www.orrsschoolmeals.com>**



## **HEATING INSTRUCTIONS**

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. Microwave on HIGH for 90 seconds.
2. Product is ready to consume when an internal temperature of at least 165°F degrees is reached.
3. 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.
4. Remove item from microwave, remove from wrapper, and let sit for one minute before consuming.
5. Consume within 2 hours.

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

### **OVEN, FROM FROZEN:**

1. Heat oven to 350°F.
2. Place product on baking sheet, and cook in the oven for 30-35 minutes.
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 cook in oven, checking every 5-10 minutes until minimum internal temperature of 165°F is reached.
5. Remove item from oven and let sit for 5-10 minutes before consuming.
6. Consume within 2 hours.

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

### **MICROWAVE, FROM THAWED:**

1. Microwave on HIGH for 45 seconds.
2. Product is ready to consume when an internal temperature of at least 165°F degrees is reached.
3. 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.
4. Remove item from microwave, remove from wrapper, and let sit for one minute before consuming.
5. Consume within 2 hours.

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

### **OVEN, FROM THAWED:**

1. Heat oven to 350°F.
2. Place product on baking sheet, and cook in the oven for 20- 25 minutes.
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 cook in oven, checking every 5-10 minutes until minimum internal temperature of 165°F is reached.
5. Remove item from oven and let sit for 5-10 minutes before consuming.
6. Consume within 2 hours.

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