



Meal Storage and Heating Instructions

- Please keep this sheet as a reference
- Foods requiring refrigeration – keep 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, Yogurt & Juices – Requires refrigeration. Consume by “Best By” dated on the item.

All Cereals, Crackers, 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 - 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.: PBJ, WowButter, Sub Sandwich, Wedge Sandwich, etc) – Refrigeration required. Previously frozen product. Consume the same day.

Lunch Items that require heating (e.g.: Mini Cheeseburgers, Burritos, Pizza, etc) – Refrigerate 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.

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

(SEE REVERSE SIDE FOR HEATING INSTRUCTIONS)



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Meal Storage and Heating Instructions

HEATING INSTRUCTIONS – KEEP AS A REFERENCE

A) If package has heating instructions, follow manufacturer's recommended heating instructions.

B) If item does not have heating instructions on 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 wrapped item (but do not remove item from wrapper).
2. Microwave on HIGH for 60-90 seconds.
3. Product is ready to eat when at internal temperature of at least 165°F is reached.
4. If product has not reached internal temperature of 165°F, continue to reheat on HIGH at 30 second intervals until minimum internal temperature of 165°F is reached.
5. Remove item from microwave and let sit for one minute before eating.
6. Consume within 2 hours. *CAUTION: Product will be hot. Consume with caution. *

MICROWAVE, FROM THAWED:

1. Open one end of wrapped item (but do not remove item from wrapper).
2. Microwave on HIGH for 35-45 seconds.
3. Product is ready to eat when at internal temperature of at least 165°F is reached.
4. If product has not reached an internal temperature of 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 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. Leave product inside wrapper with wrapper unopened.
2. Heat oven to 325°F.
3. Place product on baking sheet, and cook in the oven for 20-30 minutes.
4. Product is ready to eat when an internal temperature of at least 165°F is reached.
5. If item has not reached internal temperature of 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, and let sit for 5-10 minutes before eating.
7. Consume within 2 hours. *CAUTION: Product will be hot. Consume with caution. *

OVEN, FROM THAWED:

1. Leave product inside wrapper with wrapper unopened.
2. Heat oven to 325°F.
3. Place product on baking sheet, and cook in the oven for 10-20 minutes.
4. Product is ready to eat when internal temperature of at least 165°F degrees is reached.
5. If item has not reached internal temperature of 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 and let sit for 5-10 minutes before eating.
7. Consume within 2 hours. *CAUTION: Product will be hot. Consume with caution. *

Any Questions, contact Child Nutrition Services at (909) 307- 5366 or visit our site at RUSDNutrition.org.

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