

# ***Sunman-Dearborn Online Academy Meals***

## ***Meal Storage Instructions***

### **Shelf Stable Items**

No refrigeration required. Consume by the “best by” date on the product.

### **All Fresh Milk, Juice, Cheese, Yogurt, Hard Boiled Egg**

Refrigeration required. Consume by the “best by” date on the product or within 5 days, whichever comes first.

All foods requiring refrigeration need to be kept at a temperature of 41F or lower.

### **Lunch Items that Required Heating**

Store in the freezer or refrigerator until ready to heat & consume. Store in the refrigerator no longer than 5 days. Follow the cooking instructions below and consume within two hours of heating.

## ***Heating Instructions***

### **Pepperoni & Cheese Calzone**

FROM FROZEN: Remove calzone from the wrapper prior to cooking. Wrap calzone with a paper towel and place the product on a microwave safe dish. Cook in the microwave on High for 2 minutes or until the minimum internal temperature of 165°F is reached. CAUTION: Calzone will be hot! Allow the calzone to cool for at least 2 minutes prior to eating

### **Eggo Mini Pancakes or Eggo French Toast**

Thaw & Serve: Thaw at room temperature for 60 minutes; serve within 1 hour of thawed state.  
Microwave: Place 1 frozen pouch, picture side up, on microwave-safe dish. Heat on high for 45 seconds

### **Rotini & Meat Sauce Bowl**

FROM REFRIGERATED/THAWED: Use refrigerated bowls within 7 days after thawing. Instructions are based on heating a single bowl. Heating times may vary based on the number of bowls being heated. Add 30 seconds for each additional bowl being heated.

Microwave:

1. Place one refrigerated portion bowl in the microwave (do not remove the vented film).
2. Heat on high for 2 to 3 minutes or until a minimum internal temperature of 155°F is reached.
3. Carefully remove the vented film top and stir prior to enjoying.

FROM FROZEN: Instructions are based on heating a single bowl. Heating times may vary based on the number of bowls being heated.

Microwave:

1. Place one frozen portion bowl in the microwave (do not remove the vented film).
2. Heat on high for 6 minutes or until a minimum internal temperature of 155°F is reached
3. Carefully remove the vented film top and stir prior to enjoying.

### **Macaroni & Cheese Bowl**

FROM REFRIGERATED/THAWED Use refrigerated bowls within 7 days after thawing. Instructions are based on heating a single bowl. Heating times may vary based on the number of bowls being heated. Add 30 seconds for each additional bowl being heated.

Microwave:

1. Place one refrigerated portion bowl in the microwave (do not remove the vented film).
2. Heat on high for 2 to 3 minutes or until or until a minimum internal temperature of 135°F is reached.
3. Carefully remove the vented film top and stir prior to enjoying.

FROM FROZEN Instructions are based on heating a single bowl. Heating times may vary based on the number of bowls being heated.

Microwave:

1. Place one frozen portion bowl in the microwave (do not remove the vented film).
2. Heat on high for 6 minutes or until a minimum internal temperature of 135°F is reached.
3. Carefully remove the vented film top and stir prior to enjoying.

### **Cheese/Pepperoni Pizza (4x6) or French Bread Pizza**

Oven Cooking Directions

1. Preheat oven to 325F
2. Place pizza in the box on a baking sheet.
3. Cook for 12-16 minutes. Cheese should be melted and the pizza should be an internal temperature of 135F.
4. Let pizza sit for 1 minute.
5. Peel the cardboard back on the perforated edges and enjoy!

Microwave Cooking Directions

All microwaves cook differently and cook time will depend on the wattage of the microwave.

1. For best results, remove pizza from the packaging.
2. Place pizza on a microwave-safe dish.
3. Start cooking for 1 minute while keeping an eye on your pizza as it cooks.
4. The pizza is done cooking when the cheese has melted and a minimum internal temperature of 135F has been reached.
5. Additional cooking time may be required.

### **Personal Pan Cheese/Pepperoni Pizza**

Microwave Instructions:

1. Remove pizza from any packaging.
2. Place pizza on a microwave-safe dish.
3. Cook for 2:30 - 3:00 minutes on high power or until a minimum internal temperature of 135F has been reached.
4. Additional cooking time may be required.

### **Chicken Soft Taco**

Microwave Instructions:

1. Open one side of the package to vent.
2. Place on a microwave safe plate.
3. Cook on high for 2 minutes and 15 seconds or until an internal temperature of 165F has been reached. Let rest for 1 minute

Conventional Oven:

1. Preheat oven to 350F.
2. Place taco on a baking sheet.
3. Open one end of the package to vent.
4. From thawed: Cook for 23 minutes or until an internal temperature of 165F has been reached. From frozen: Cook for 40minutes or until an internal temperature of 165 has been reached.

### **Baked Beans**

Microwave Instructions: Pour baked beans into a microwave-safe dish and cover with a paper towel. Heat for 60 seconds or until heated all the way through.

### **Corn**

Microwave Instructions: Pour corn kernels into a microwave safe dish and cover with a paper towel. Cook for 1 minute or until heated all the way through.