

# Meal Storage & Heating Instructions

Please visit [egusdschoolmeals.com](http://egusdschoolmeals.com) for nutrition and allergen information. Specific heating instructions for individual items are also available on our website.

## Storing Curbside Meals

### Milk & Juice

Enjoy milk and juice by the "Best By" date.

Refrigeration required.

### Fruits & Vegetables



Enjoy fresh fruits and vegetables within 5-7 days.

Refrigeration recommended.



### Shelf Stable

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

No refrigeration required.

Enjoy the following items by "Best By" date or within **3 to 5 days**

**Breakfast bars, cereal, tortilla chips & cookies:**  
Refrigeration is not required.

**Milk, yogurt, string cheese, fruit cup & cut fruit and vegetables:**  
Refrigeration required.

#### Items that require heating:

Store in the refrigerator until ready to heat.  
Heat items following heating instructions below and consume within two (2) hours.

Place frozen entrées in freezer and keep frozen until ready to enjoy.



**Heat & eat:** entrées are fully cooked and just need reheating. Entrées can be heated in the oven or microwave.

For individual item heating instructions visit [egusdschoolmeals.com](http://egusdschoolmeals.com)

## MICROWAVE HEATING:

1. Vent package by opening one side or pierce plastic with a fork.
2. Microwave on HIGH (from FROZEN 90 seconds & from THAWED 45 seconds).
3. Product is ready to enjoy when an internal temperature within 145°F-165°F is reached.
4. If product has not reached an internal temperature within 145°F-165°F, continue to reheat on HIGH in 15-20 second intervals until internal temperature is reached.
5. Remove item from microwave, remove from wrapper, and let sit for one (1) minute before consuming.
6. Consume within two (2) hours.

## OVEN HEATING:

1. Leave entrée inside wrapper with wrapper unopened.
2. Heat oven to 350°F. For item specific temperatures check [egusdschoolmeals.com](http://egusdschoolmeals.com).
3. Place entrée on baking sheet and cook in the oven for 15-20 minutes.
4. Entrée is ready when an internal temperature within 145°F-165°F is reached. For item specific cook times check [egusdschoolmeals.com](http://egusdschoolmeals.com).
5. If entrée has not reached an internal temperature within 145°F-165°F, continue cooking in oven, checking every 5-10 minutes.
6. Remove item from oven, carefully remove from wrapper and let cool slightly before eating.
7. Consume within two (2) hours.

**CAUTION: Product will be hot.**



Find fun nutrition activities at [egusdschoolmeals.com](http://egusdschoolmeals.com)



Visit our webpage, click on nutrition education and then click on this icon located on the left hand side.

This institution is an equal opportunity provider.



## INSTRUCTIONS: How to Properly Heat Your Meals

### BREAKFAST:

#### Breakfast Bagel:

- Oven Temperature – 325°F Place on a baking sheet. Heating time **Frozen:** Bake 13-15 minutes **Thawed:** Bake 11-13 minutes.
- Microwave: Place package on a microwave-safe dish. Heating time **Frozen:** 2-3 minutes **Thawed:** 1-2 minutes.
- Let stand 1-2 minutes before serving

#### French Toast, Pancakes & Waffles:

- Conventional Oven: Preheat oven to 350°F. Place frozen pouches, picture side up, in a single layer on baking sheet. Heat for 14-15 minutes.
- Microwave: Place package, picture side up, on a microwave-safe dish. Heat on HIGH for 45 seconds.

#### Scrambled Eggs:

- Conventional Oven: Preheat oven to 350°F. Place package on baking sheet. Heating time **Frozen:** Bake 20-25 minutes **Thawed:** Bake 10- 14 minutes.
- Microwave: Place package on a microwave-safe dish. Heating time **Frozen:** 2-3 minutes **Thawed:** 1-2 minutes.

### LUNCH:

#### Bean & Cheese Dip: Do not remove wrapper.

- Microwave: Pierce plastic with a fork. Heating time **Frozen:** 1-2 minutes **Thawed:** 45 sec - 1 minute.

#### Breadsticks:

- Oven Temperature – 350°F
- Heating time approximately 6-8 minutes
- Let stand 1-2 minutes before serving

#### Burritos: Do not remove wrapper.

- Conventional Oven: Preheat oven to 325°F. Place on baking sheet. Heating time **Frozen:** Bake 20-25 minutes **Thawed:** Bake 14-20 minutes.
- Microwave: Place package on a microwave-safe dish. Heating time **Frozen:** 2-3 minutes **Thawed:** 1-2 minutes.

#### Chana Masala: Do not remove wrapper.

- Conventional Oven: Preheat oven to 325°F. Place on baking sheet. Heating time **Frozen:** Bake 20-25 minutes **Thawed:** Bake 14-20 minutes.
- Microwave: Pierce plastic with a fork. Place package on a microwave-safe dish. Heating time **Frozen:** 9 minutes **Thawed:** 2 minutes.

#### Cheese Sauce (Nacho Lunchable) Do not remove wrapper.

- Microwave: Pierce plastic with a fork. Heating time **Frozen:** 1-2 minutes **Thawed:** 45 sec - 1 minute.

#### Mini Cheeseburgers:

- Oven Temperature – 325°F
- Heating time approximately 10-15 minutes
- Heat until internal temperature reaches 160°F

#### Chicken Drumstick:

- Oven Temperature – 350°F
- Heating time approximately 18-20 minutes
- Heat until internal temperature reaches 165°F

Chicken Nuggets:

- Conventional Oven: Preheat oven to 400°F. Remove from package and place on baking sheet. Heating time **Frozen:** Bake 11-13 minutes **Thawed:** Bake 6-8 minutes.
- Microwave: Remove plastic and cover with a paper towel. Heating time **Frozen:** 1-1½ minutes **Thawed:** 45 seconds. Do not over heat. Let cool for 3-5 minutes before eating.

Chicken Tamales:

- Preheat oven to 350°F. Line a full sheet pan with foil and place tamale on it. Pour 1/4 cup of water over tamale. Tightly cover pan with cling wrap and then foil. Bake tamale for 15-20 minutes or until internal temperature is a minimum of 165°F. Remove tamale from oven and let sit for 1 minute.

3-Bean Chili: Do not remove wrapper.

- Conventional Oven: Preheat oven to 325°F. Place on baking sheet. Heating time **Frozen:** Bake 20-25 minutes **Thawed:** Bake 14-20 minutes.
- Microwave: Pierce plastic with a fork. Place package on a microwave-safe dish. Heating time **Frozen:** 9 minutes **Thawed:** 2 minutes.

Fish Sticks:

- Conventional Oven: Preheat oven to 375°F. Remove from package and place on baking sheet. Heating time **Frozen:** Bake 10-12 minutes **Thawed:** Bake 6-8 minutes.
- Microwave: Remove plastic and cover with a paper towel. Heating time **Frozen:** 1-1½ minutes **Thawed:** 45 seconds. Do not over heat. Let cool for 3-5 minutes before eating.

Mac & Cheese: Do not remove wrapper.

- Conventional Oven: Preheat oven to 325°F. Place on baking sheet. Heating time **Frozen:** Bake 20-25 minutes **Thawed:** Bake 14-20 minutes.
- Microwave: Pierce plastic with a fork. Place package on a microwave-safe dish. Heating time **Frozen:** 9 minutes **Thawed:** 2 minutes.

Meatloaf, Mashed Potatoes & Gravy: Do not remove wrapper.

- Conventional Oven: Preheat oven to 325°F. Place on baking sheet. Heating time **Frozen:** Bake 20-25 minutes **Thawed:** Bake 14-20 minutes.
- Microwave: Pierce plastic with a fork. Place package on a microwave-safe dish. Heating time **Frozen:** 9 minutes **Thawed:** 2 minutes.

Pizzas:

- Oven Temperature – 325°F
- Heating time **Frozen:** Bake 13-15 minutes **Thawed:** Bake 11-13 minutes
- Let stand 1-2 minutes before serving

Pork Rib-a-Que: Do not remove wrapper.

- Conventional Oven: Preheat oven to 325°F. Place on baking sheet. Heating time **Frozen:** Bake 20-25 minutes **Thawed:** Bake 14-20 minutes.
- Microwave: Pierce plastic with a fork. Place package on a microwave-safe dish. Heating time **Frozen:** 2-3 minutes **Thawed:** 1 minute.

Vegetable packs: (Baked Beans, Corn, Peas & Corn, Green Beans) Do not remove wrapper.

- Microwave: Pierce plastic with a fork. Heating time **Frozen:** 1-2 minutes **Thawed:** 45 sec - 1 minute.

Waffle Cut Fries:

- Oven Temperature – 400°F
- Heating time approximately 7-10 minutes
- Heat until internal temperature reaches 160°F

Products need to be held in the refrigerator or freezer. If held at room temperature, products need to be heated and consumed within two to four hours.

Due to oven variances, times and temperature may require adjustments.

This Institution is an equal opportunity provider.