

**PALOS VERDES PENINSULA UNIFIED SCHOOL DISTRICT
FOOD SERVICES**

PICK-UP MEALS: REHEATING INSTRUCTIONS

Please use extreme caution when handling hot food.

	MICROWAVE	TOASTER OVEN
BREAKFAST		
Breakfast Pizza Bagel	1 minute or until warm through	3 minutes or until warm through
Breakfast Sandwich	1 minute or until warm through	3 minutes or until warm through
Ham & Cheese Croissant	1 minute or until warm through	3 minutes or until warm through
LUNCH		
Chicken Fajita Bowl	1 minute or until warm through with lid ajar	-
Classic Burger/Cheeseburger with Fries	1 minute or until warm through with foil removed	4 minutes or until warm through
Crispy Chicken Sandwich with Fries	1 minute or until warm through with foil removed	4 minutes or until warm through
Ground Beef Soft Tacos with Beans	1 minute or until warm through	-
Orange Chicken with Brown Rice	1 minute or until warm through with lid ajar	-
Pasta with Breadstick	1 minute or until warm through with lid ajar and foil removed	2 minutes for breadstick
Pizza	1 minute or until warm through	4 minutes or until warm through
Teriyaki Beef & Broccoli with Brown Rice	1 minute or until warm through with lid ajar	-
ALTERNATES		
Bean and Cheese Burrito	1-2 minutes or until warm through with package open 1 inch	5 minutes at 350F
Grilled Cheese	1 minute or until warm through with package open 1 inch	4 minutes at 350F
Teriyaki Veggie Burger	1 minute or until warm through with foil removed	4 minutes or until warm through

WE WANT TO HELP KEEP YOU HEALTHY AND SAFE

Simple food safety guidelines for families receiving meals

This information is provided by the California Department of Education, July 2020

Cold Foods

- **Cold meals** should be eaten immediately or refrigerated within two hours of receiving the meal.
- For **cold foods** like milk, cheese, and meat, refrigerate immediately at 41°F or lower.



Hot Foods

- **Hot meals** should be eaten immediately or refrigerated within two hours of receiving the meal.
- For all **hot foods**, use the stove, oven, or microwave to reheat foods to a minimum of 165°F or higher before eating.

Discarding Food

- Discard all meals left out at room temperature for two hours or more.
- Uneaten meals should be thrown away after four days.

Remember – Always wash your hands for at least 20 seconds with soap and water before eating your meals.