



Feeding Hungry Minds

Meal Storage & Heating Instructions



that require refrigeration must be kept at a temperature of 41°F.

All Fresh Milk & Cold Juices- Refrigeration is required. Consume these products by the “Best By” date located on the product.

All Cereals, Crackers, Chips, Sunflower Seeds- Shelf stable products. No refrigeration required. Consume by the “Best By” date located on the product.

Grain-Based Breakfast Pastries- (Ex: Breakfast Breads, Muffin, Pastries, Pan Dulce, etc.)- Previously frozen products. Shelf-stable but consume within 2 days.

String Cheese & Cream Cheese- Refrigeration required. Consume within 5 days.

Fresh Whole Fruit- Refrigeration recommended but not required. Wash before consuming.

Fresh Processed/Bagged Fruits, Vegetables and Fruit Cups- Refrigeration required. Consume by the “Best By” date located on the product.

All Shelf-Stable Fruit and Vegetables- (Ex: Applesauce Cup, Raisins, Craisins, GoBonzos, Etc.)- Shelf stable. No refrigeration required. Consume by the “Best By” date located on the product.

Entrée Items That Require Heating- (Ex: Breakfast Sandwiches, Grilled Cheese Sandwich, Corn Dog, Burritos, etc.)- Store in freezer until ready to heat & consume. Heat all frozen foods to 165F for 15 seconds. If storing entrée in refrigerator, consume within 24 hours. Heat item by following the heating instructions on the back of this page.

***Note:** We serve food items that contain nutritious whole grains. Whole grains are prone to oxidation, which can have an effect on the visual quality of the products, but is not harmful when consumed.

[Click here for our informational handout regarding oxidation of whole grains.](#)

It is important for anyone with food allergies to read ALL food labels before consuming products. You can check our interactive menu located on our website for some product details. Visit www.pylusdnutrition.org.

See reverse side for heating instructions

Heating Instructions

If an item has heating instructions on the packaging, please follow the manufacturer's recommended heating instructions on the packaging. If an item does **not** have heating instructions on the packaging, please follow the instructions listed below in order to safely heat the food.

REMOVE ALL FOIL WRAPPERS BEFORE HEATING

(For plastic packaging, check manufacturer instructions if safe to heat product in packaging. When in doubt, remove plastic packaging before heating)

MICROWAVE, FROM FROZEN:

1. Open one end of item's manufacturer's wrapper (but do not remove item from manufacturer's wrapper).
 2. Microwave on HIGH for 90 seconds.
 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 reheat on HIGH in 30 second intervals until minimum internal temperature of 165°F is reached.
 5. Remove item from microwave, remove from wrapper, and let sit for one minute before consuming.
 6. Consume within 2 hours.
- *CAUTION: Product will be hot. Consume with caution.

MICROWAVE, FROM THAWED:

1. Open one end of item's manufacturer's wrapper (but do not remove item from manufacturer's wrapper).
 2. Microwave on HIGH for 45 seconds.
 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 reheat on HIGH in 15-20 second intervals until minimum internal temperature of 165°F is reached.
 5. Remove item from microwave, remove from wrapper, 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 manufacturer's wrapper with wrapper unopened.
 2. Heat oven to 325°F.
 3. Place product on baking sheet and cook in the oven for 30-35 minutes.
 4. Product is ready to consume when an internal temperature of at least 165°F degrees is reached.
 5. 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.
 6. Remove item from oven, remove from wrapper, and let sit for 5-10 minutes before consuming.
 7. Consume within 2 hours.
- *CAUTION: Product will be hot. Consume with caution.

OVEN, FROM THAWED:

1. Leave product inside manufacturer's wrapper with wrapper unopened.
 2. Heat oven to 325°F.
 3. Place product on baking sheet and cook in the oven for 20-25 minutes.
 4. Product is ready to consume when an internal temperature of at least 165°F degrees is reached.
 5. 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.
 6. Remove item from oven, remove from wrapper, and let sit for 5-10 minutes before consuming.
 7. Consume within 2 hours.
- *CAUTION: Product will be hot. Consume with caution.

Since the type of products vary and all microwave and ovens vary in power, all cooking times are approximate and may need to be adjusted