



PUSD Food & Nutrition: “Heat and Eat” Entrée Heating Instructions



These heating instructions pertain to the frozen, fully cooked entrees offered in the curbside “grab & go” meals. For items that require heating (e.g. pizza, hamburgers, chicken, etc.), store in the freezer until ready to consume. Cook according to instructions below prior to consuming. After heating, eat within two hours. Store leftovers in the refrigerator no longer than 3 days.

1. If the item has heating instructions on the package, follow those manufacturer recommendations for heating the food item.
2. If the item does not have heating instructions on the package, please follow these instructions to safely heat:

HEATING INSTRUCTIONS

OVEN, FROM FROZEN:

1. Heat oven to 325°F. Discard any paper, foil or foam container the food item is in.
2. Place product on baking sheet and cook in the oven for about 20 minutes.
3. Product is ready to consume when internal temperature reaches a minimum of 165°F degrees.
4. 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.
5. Remove item from oven and let sit for 5-10 minutes before consuming.
6. Consume within 2 hours.

***CAUTION: Product will be hot. Consume with caution.**

OVEN, FROM THAWED:

1. Heat oven to 325°F. Discard any paper, foil or foam container the food item is in.
2. Place product on baking sheet and cook in the oven for about 10 minutes.
3. Product is ready to consume when internal temperature reaches a minimum of 165°F degrees.
4. 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.
5. Remove item from oven and let sit for 5-10 minutes before consuming.
6. Consume within 2 hours.

***CAUTION: Product will be hot. Consume with caution.**

MICROWAVE, FROM FROZEN:

1. Place food item on microwavable plate. Discard any paper, foil or foam container the food item is in.
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 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. Place food item on microwavable plate. Discard any paper, foil or foam container the food item is in.
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 and let sit for one minute before consuming.
6. Consume within 2 hours.

***CAUTION: Product will be hot. Consume with caution.**

*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.

OTHER MEAL COMPONENT STORAGE AND USE

All foods requiring refrigeration must be held at a temperature of 40°F or below. Shelf-stable items should be stored at a temperature of 72°F or below for best quality.

Grain-Based Breakfast Pastries (e.g.: Bagel, Banana Bread, Muffin Top, Cinnamon Roll, etc) - Previously frozen product. Shelf-stable but consume within 5 days.

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

Cold Sandwiches (e.g.: Smucker’s Uncrustable, Deli Sandwich, etc) – Refrigeration required. Previously frozen product. Consume the same day.

All Fresh Milk, Yogurt & Juices - Refrigeration required. Consume by the “Best By” date located on the product.
String Cheese/Cheese Cubes - Refrigeration required. Consume within 5 days.

All Shelf-Stable Fruit - (e.g.: Applesauce cups, Raisins, Dried Cranberries, etc) - Shelf- stable. No refrigeration required. Consume by the “Best By” date located on the product.

For items that require heating (e.g. pizza, hamburgers, chicken, etc.)– Store in freezer until ready to heat & consume. Store leftovers in refrigerator no longer than 3 days. Heat up following the heating instructions on this form below and consume within two hours.

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.