# Hardin County School System

# Meal Storage and Heating Instructions

We hope you enjoy your meals! Please take a few moments to read the information below regarding storage and preparation of your meals.

## All foods requiring refrigeration need to be kept at a temperature of 40 °F or below. Shelf-stable items should be stored at a temperature of 75 °F or below.

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

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

**Grain-Based Breakfast Pastries (e.g.: Honey Bun, Muffin, Cinnamon Roll, etc)** - Previously frozen product. Return to freezer or refrigerator immediately, if possible. Shelf-stable, but consume within 5 days.

**Fresh Whole Fruit** – Refrigeration recommended, but not required.

**String or Cheddar Cheese** - Refrigeration required. Consume within 7 days.

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

**Frozen Fruit Juice Sidekick** – Return to freezer immediately. Consume while frozen or slushy.

**Fresh Processed/Bagged Fruit & Vegetables as well as cold fruit cups** – Refrigeration required. Consume by the “Best By” date located on the product.

## Lunch Items that require heating (e.g.: Popcorn Chicken, Grilled Chicken, Hot Dog, Hamburger, Pizza, etc)

Store in freezer or refrigerator until ready to heat & consume. Store in refrigerator no longer than 5 days. Heat up following the heating instructions on the back of this sheet, and consume within two hours. **Cold Sandwiches (e.g.: PBJ, Deli Sandwich, etc)** – Refrigeration required. Previously frozen product. Consume within 4 days.

# \*\*\*IMPORTANT\*\*\* For anyone who has allergies, please be sure to read ALL labels before consuming.

# Call Cheryl Cochran 731.925.3943 for further information about any product.

## HEATING INSTRUCTIONS

* 1. If item has heating instructions on packaging, follow the manufacturer’s recommended heating instructions on package.
  2. If item does not have heating instructions on the packaging, follow these instructions to safely heat. **If an item like chicken is in a plastic bag, it means that product needs to be cooked in the microwave or oven prior to eating**:

## \*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.

**MICROWAVE, FROM FROZEN:**

1. Remove the item(s) from the package.
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. Remove the item(s) from the package.
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. Heat oven to 325°F.
2. Remove the item(s) from the package, place product on baking sheet, and cook in the oven for 30-35 minutes.
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 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.
2. Remove the item(s) from the package, place product on baking sheet, and cook in the oven for 20- 25 minutes.
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 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.