

# Safely Store and Prepare Your Distance-Learning Meals

We miss our bustling cafeteria and students' smiling faces! At least we can still provide your child with regular meals to help with their physical, mental and emotional development. Some of the at-home meals we provide to you regularly include items that may need to be refrigerated or heated before they can be eaten. Please take a minute to read the information below to safely store and prepare your meals.

### Refrigerated items (store at 40 degrees F or below):

All Fresh Milk & Juices – Refrigeration required. Consume by the “best by” date on the product.

Fresh Whole Fruit – Refrigeration recommended, but not required.

Fresh Processed/Bagged Fruit & Vegetables as well as cold fruit cup - Refrigeration required. Consume by the “best by” date on the product.

String Cheese – Refrigeration required. Consume within 5 days.

Lunch items requiring heating (e.g. hamburgers, chicken patties, pizza, etc.) – Refrigerate until ready to heat and consume. Store in refrigerator no longer than 5 days. Heat following the heating instructions below and consume within two hours.

Cold Sandwiches (e.g. PB&J, sub sandwiches, etc.) – Refrigeration required. Previously frozen product. Consume the same day.

### Shelf-stable items (store at 85 degrees F or below):

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

Grain-based Breakfast Pastries (e.g. Benefit Bar, muffin, cinnamon roll, etc.) – Previously frozen product. Shelf-stable but consume within 5 days.

All Shelf-Stable Fruit (e.g. processed applesauce cups, raisins, etc.) – Shelf-stable. No refrigeration required. Consume by the “best by” date on the product.



### \*\*\*IMPORTANT\*\*\*

**If your child has food allergies, please read ALL labels before preparing/consuming.**



## HEATING INSTRUCTIONS

1. If items have heating instructions on the package, follow those recommended instructions from the manufacturer.
2. If items do not have heating instructions on the package, follow these instructions to safely heat:

**\*Please note:** As products and microwaves vary, all cooking times are approximate and may need to be adjusted.

### MICROWAVE, FROM FROZEN:

1. Remove the item(s) from the outside package.
2. Microwave on HIGH for 90 seconds.
3. Product is ready to consume when an internal temperature of at least 165 degrees F is reached.
4. If product has not reached an internal temperature of at least 165 degrees F, continue to heat on HIGH in 30 seconds intervals until minimum internal temperature of 165 degrees 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 outside package.
2. Microwave on HIGH for 45 seconds.
3. Product is ready to consume when internal temperature of at least 165 degrees F is reached.
4. If product has not reached an internal temperature of at least 165 degrees F, continue to heat on HIGH in 15-20 seconds intervals until minimum internal temperature of 165 degrees 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.