



Licking Heights Food Service



### 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 85°F or below**

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

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

**Grain-Based Breakfast Pastries (e.g.: Benefit Bar, Honey Bun, Muffin, Cinnamon Roll, etc) -** Previously frozen product. Shelf-stable, but consume within 5 days.

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

**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.

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

**String Cheese -** Refrigeration required. Consume within 5 days.

**Cold Sandwiches (e.g.: PBJ, SunButter, Sub Sandwich, etc) –** Refrigeration required. Previously frozen product. Consume the same day. Sandwiches fríos (p. Ej .: PBJ, SunButter, Sub Sandwich, Wedge Sandwich, etc.):

**Lunch Items that require heating (e.g.: Mini Cheeseburgers, Burritos, Pizza, etc)**  
– Store in refrigeration until ready to heat & consume. Store in refrigerator no longer than 5 days. Heat up following the heating instructions on this form below, and consume within two hours.

### HEATING INSTRUCTIONS

A) If item has heating instructions on packaging, follow the manufacturer’s recommended heating instructions on package.

B) If item does not have heating instructions on the packaging, follow these instructions to safely heat:

**\*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.**



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#### **MICROWAVE, FROM FROZEN:**

1. Open one end of item's wrapper (but do not remove item from 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.**

#### **OVEN, FROM FROZEN:**

1. Leave product inside 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.**

#### **MICROWAVE, FROM THAWED:**

1. Open one end of item's wrapper (but do not remove item from 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 THAWED:**

1. Leave product inside 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.**