

## MMSD Food & Nutrition Meal Box Heating Instructions

Refrigerate immediately after pickup. This meal box contains five (7) breakfasts and five (7) lunches.

**One breakfast:** 1 grain, 1 protein, ½ cup fruit, 8 oz milk | **One lunch:** 1 grain, 2 oz meat or alternate protein, ¼ cup fruit and/or veg, 8 oz milk

*Actual items may vary. Items you will find on our menu cycle include:*

Hot Items	Oven (from frozen)	Microwave (from frozen)	Oven (from fridge)	Microwave (from fridge)	Packaging
Cheese Pizza	300° for 10-15 minutes. For best results, remove wrap & place on cookie sheet.	45 seconds on high (leave in wrap).	300° for 10 minutes. For best results, remove wrap & place on cookie sheet.	45 seconds on high (leave in wrap).	Trash
Cheeseburger & Corn	350° for 10- 15 minutes.	3-5 minutes at 50% power.	350° for 10- 15 minutes.	45 seconds on high.	Clean & recycle
Chicken (strips/nuggets/patty)	350° for 15-20 minutes.	3-5 minutes at 50% power.	350° for 15 minutes.	2 minutes at 50% power.	Clean & recycle
Fiesta Nachos/Walking Tacos	350° for 15-20 minutes.	3-5 minutes at 50% power.	350° for 10-15 minutes.	2 minutes at 50% power.	Clean & recycle
Grilled Cheese	325° for 15-20 minutes (leave in wrap). Stovetop: remove wrap, grill in pan	1-2 minutes at 50% power (leave in wrap).	325° for 15 minutes (leave in wrap). Stovetop: remove wrap, grill in pan.	45 seconds on high (leave in wrap).	Trash
Homemade Chili	350° for 20-25 minutes. Heat to 165°F.	5-9 minutes at 50% power. Heat to 165°.	350° for 15-20 minutes. Heat to 165°F.	3-5 minutes at 50% power.	Clean & recycle
Hot Dog & Potato Wedges	350° for 10-15 minutes.	3-5 minutes at 50% power.	350° for 10-15 minutes.	2 minutes at 50% power.	Clean & recycle
Hot Turkey Ham & Cheese	350° for 10-15 minutes.	2-3 minutes at 50% power.	350° oven for 10-15 minutes.	2-3 minutes at 50% power.	Clean & recycle
Mini Corn Dogs	350° for 15-20 minutes.	3-5 minutes at 50% power.	350° for 15 minutes.	2 minutes at 50%	Clean & recycle
Mini Waffles/Pancakes	300° for 10 minutes (leave in wrap).	45 seconds on high (leave in wrap).	300° for 10 minutes (leave in wrap).	45 seconds on high (leave in wrap).	Trash
Pasta (ziti or with meatballs)	350° for 20-30 minutes. Heat to 165°F.	5-9 minutes at 50% power. Heat to 165°F.	350° for 15-20 minutes. Heat to 165°F.	5 minutes at 50% power. Heat to 165°F.	Clean & recycle
Vegetable Fried Rice	350° for 15-20 minutes. Heat to 165°F.	5-9 minutes at 50% power.	350° for 10-15 minutes. Heat to 165°F.	3-5 minutes at 50% power. Heat to 165°F.	Clean & recycle
Popcorn Chicken Bowl	350° for 25-30 minutes. Heat to 165°F.	5-10 minutes at 50% power	350° for 15-20 minutes. Heat to 165°F.	5 minutes at 50% power. Heat to 165°F.	Clean & recycle
Bagel	Remove from bag. Toast (optional).		Remove from bag. Toast (optional).		Trash
Oatmeal Packet		Empty packet into a bowl. Stir in 1/2 cup of hot milk or water. Wait 60 seconds.		Empty packet into a bowl. Stir in 1/2 cup of hot milk or water. Wait 60 seconds.	Trash
Cheese Sauce Cup		Remove lid. Heat 20-30 seconds on high (optional). Stir midway between heating		Remove lid. Heat 20-30 seconds at a time on high until warm (optional). Stir between heating.	Trash
Refried Beans	350° for 10- 20 minutes. Transfer to ovenproof container.	Transfer to a microwave safe container. Heat 20-30 seconds on high (optional).	350° for 10- 15 minutes. Transfer to ovenproof container.	Transfer to a microwave safe container. Heat 20-30 seconds at a time on high until warm (optional). Stir between.	Clean & recycle

Food Item	Refrigeration	Consume or Discard by	Packaging
String Cheese, Cream Cheese, Fresh Veggies, and Apple Slices	Yes	By the package date	Trash
Yogurt, Fruit Juice Cup	Yes	By the package date	Clean & recycle
Bento Box, Turkey Ham/Turkey Sandwich, Berry Cup, Canned Fruit Pack	Yes	Within 5 days of thawing	Clean & recycle
Apple/Orange	Optional	Wash before eating	Compost
Muffin, Bread Slice	Optional	Within 5 days of thawing	Trash
Craisin Pack, Tortilla Chips, Fritos	No	By the package date	Trash
Cereal, Applesauce Cup, Salsa Cup	No	By the package date	Clean & recycle
Sandwich Bun	No	Within 5 days of thawing	Clean & recycle

Some product has been held in our freezers due to the school closures. Our freezers are kept at -18°, much colder than a home freezer. Products held at these low temperatures are not prone to freezer burn and ice crystal formation; they may be kept longer than in non-commercial freezers and are safe to use for both quality and food safety considerations. Please use these items within 5 days of pickup instead of considering the best by date on the packaging. We take food safety very seriously in our department and have numerous protocols in place that we follow in all aspects of our operation.

Food picked up frozen can be stored in the freezer or thawed. Thaw under refrigeration or as part of the cooking process. **Thawed items should be discarded after seven days.**

Wrapped black trays are both oven and microwave safe; wrap can be left on or removed before heating. Unless otherwise specified, heated items should be heated thoroughly to a minimum internal temperature of 135° F. Microwave ovens vary; adjust heating times as needed.