

## MMSD Meal Box Heating Instructions

Refrigerate immediately after pickup. This meal box contains five (5) breakfasts and five (5) lunches.

**One breakfast:** 1 grain, 1 protein, ½ cup fruit, 8 oz milk | **One lunch:** 1 grain, 2 oz meat or alternate protein, ¾ cup fruit and/or veg, 8 oz milk

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

Food Item	Heating Instructions	Refrigeration	Consume or Discard by	Packaging
Bagel & Cream Cheese	Heating optional - Remove bagel from bag and toast	Yes	Within 5 days of pick up	Trash
Cereal		No	By the package date	Clean & recycle
Mini Waffles	Oven: 300° for 10 minutes Microwave: 45 seconds on high, leave in wrap	Yes	Within 5 days of pick up	Trash
Muffin		Optional	Within 5 days of pick up	Trash
String Cheese		Yes	By the package date	Trash
BBQ Beef & Tots/Sloppy Joe & Tots	Oven: 350° for 10- 15 minutes. Microwave: 2 minutes at 50% power	Yes	Within 5 days of pick up	Clean & recycle
Bento Box		Yes	Within 5 days of pick up	Clean & recycle
Cheese Pizza	Oven: 300° for 10 minutes - remove wrap and place on cookie sheet. Microwave: 45 seconds on high in wrap.	Yes	Within 5 days of pick up	Trash
Cheese Sauce Cup	Heating optional - Remove lid, and microwave 20-30 seconds on high	No	By the package date	Trash
Cheeseburger & Corn/Philly	Oven: 350° for 10- 15 minutes. Microwave: 45 seconds on high	Yes	Within 5 days of pick up	Clean & recycle
Chicken Nuggets & Green Beans	Oven: 350° for 15 minutes. Microwave: 2 minutes at 50%	Yes	Within 5 days of pick up	Clean & recycle
Chicken Patty & Tots/Chicken Parm	Oven: 350° for 15 minutes. Microwave: 2 minutes at 50%	Yes	Within 5 days of pick up	Clean & recycle
Corn Puppies & Green Beans	Oven: 350° for 15 minutes. Microwave: 2 minutes at 50%	Yes	Within 5 days of pick up	Clean & recycle
Fiesta Nachos/Walking Tacos	Oven: 350° for 10-15 minutes. Microwave: 2 minutes 50% power	Yes	Within 5 days of pick up	Clean & recycle
Grilled Cheese	Oven: 325° for 15 minutes. Microwave: 45 seconds on high, leave in wrap. Stove top: Remove wrap, grill in pan	Yes	Within 5 days of pick up	Trash
Hot Dog & Potato Wedges	Oven: 350° for 15 minutes. Microwave: 2 minutes at 50%	Yes	Within 5 days of pick up	Clean & recycle
Italian Dunkers with Carrots	Oven: 300° for 10 minutes - remove wrap and place on cookie sheet. Microwave: 45 seconds on high in wrap.	Yes	Within 5 days of pick up	Clean & recycle
Yogurt		Yes	By the package date	Clean & recycle
Applesauce Cup		No	By the package date	Clean & recycle
Berry Cup		Yes	Within 5 days of pick up	Clean & recycle
Craisin Pack		No	By the package date	Trash
Apple/Orange		Optional	Wash before eating	Compost
Fruit Juice Cup		Yes	By the package date	Clean & recycle
Canned Fruit Pack		Yes	Within 5 days of pick up	Clean & recycle
Bread Slice		Optional	By the package date	Trash
Hamburger Bun		No	Within 5 days of pick up	Clean & recycle
Hot Dog Bun		No	Within 5 days of pick up	Clean & recycle
Tortilla Chips/Fritos		No	By the package date	Trash
Fresh Veggie Bags		Yes	By the package date	Trash
Marinara Sauce/Salsa Cup		No	By the package date	Clean & recycle
Refried Beans	Heating optional - Transfer to a microwave safe container, and microwave 20-30 seconds on high	Yes	Within 5 days of pick up	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.

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