Meal Storage and Heating Instructions
Instrucciones de almacenamiento y calentamiento de comidas

We hope you enjoy your meals! Please take a few moments to read the information below regarding storage and preparation of your meals. ¡Esperamos que disfrute de sus comidas! Tómese unos minutos para leer la información a continuación sobre el almacenamiento y la preparación de sus comidas.

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. Todos los alimentos que requieren refrigeración deben mantenerse a una temperatura de 40 °F o menos. Los artículos estables deben almacenarse a una temperatura de 85 °F o menos.

**All Fresh Milk & Juices**
Refrigeration required. Consume by the “Best By” date located on the product. **Toda la leche y jugos frescos** se requiere refrigeración. Consumir antes de la fecha "Best By" que se encuentra en el producto.

**Fresh Whole Fruit** – Refrigeration recommended, but not required. **Fruta entera fresca** se recomienda refrigerar, pero no es obligatorio.

**String Cheese** - Refrigeration required. Consume within 5 days. **Cadena de queso** se requiere refrigeración. Consumir dentro de los 5 días.

**Lunch Items that require heating** (e.g.: Mini Cheeseburgers, Burritos, Pizza, etc)
– Store in refrigerator 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. **Artículos para el almuerzo que requieren calentamiento** (por ejemplo: mini hamburguesas con queso, burritos, pizza, etc.): Almacene en refrigerador hasta que esté listo para calentar y consumir. Almacene en el refrigerador no más de 5 días. Calentar siguiendo las instrucciones de calentamiento en este formulario a continuación, y consumir dentro de dos horas.

**Grain-Based Breakfast Pastries** (e.g.: Benefit Bar, Honey Bun, Muffin, Cinnamon Roll, etc)
– Previously frozen product. Shelf-stable, but consume within 5 days. **Pastelerías de desayuno** (por ejemplo: barra de vitaminas, bollo de miel, muffin, rollo de canela, etc.):

**Fresh Processed/Bagged Fruit & Vegetables as well as cold fruit cups** – Refrigeration required.
Consume by the “Best By” date located on the product. **Frutas y verduras frescas procesadas / en bolsas, así como tazas de frutas frías** se requiere refrigeración. Consumir antes de la fecha "Best By" que se encuentra en el producto.

**Cold Sandwiches** (e.g.: PBJ, Wraps, Sub Sandwich, etc)

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

***IMPORTANTE*** Para cualquier persona que tiene alergias, asegúrese de leer TODAS las etiquetas antes de consumir.
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.

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.