

# Heat-at-Home Meals

We hope your students enjoy these school lunch classics ready to be heated at home!



The aluminum container is OVEN safe, but the lid is not. Remove lid before placing in oven. **CAUTION: DO NOT MICROWAVE aluminum container.**

All frozen food items in aluminum container are FULLY COOKED. Keep frozen until ready to use. If frozen food will not be heated and eaten immediately, frozen food items should be returned to the freezer immediately following pick up from the school. These items should be cooked/reheated to 165°F as measured by a food thermometer. Use caution as food will be hot! When finished cooking, let food stand for 1 minute before serving.

Cold items like milk and juice should be refrigerated immediately following pick up from the school or eaten within 1 hour of pickup. Please wash all fresh fruit before eating.

Enjoy!  Vernon Public Schools Food & Nutrition Services

## *Heating at Home from Frozen*

*Note that heating times may vary based on equipment and quantity of food being heated at one time.*

### **Conventional Oven:**

1. Preheat oven to 350F.
2. Remove lid.
3. Place aluminum container on sheet pan.
4. Heat for 15-20 minutes or until product reaches an internal temperature of 165°F.
5. Carefully remove from oven and let stand for 1 minute before serving.

### **Microwave Oven:**

1. *Remove food items from container* and place on microwave-safe plate.
2. Microwave on high for 2-3 minutes or until product reaches an internal temperature of 165°F.
3. Carefully remove from microwave and let stand for 1 minute before serving.



*Aluminum pans can be rinsed and recycled.*