



Santiam Canyon School District 129J

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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.**