

Santiam Canyon School District 129J

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Todd Miller, Superintendent Yvonne Hanna, Business Manager Nichole Cooper, AP & Payroll Lisa Follis, District Secretary

- 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.

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