

WE WANT TO HELP KEEP YOU HEALTHY AND SAFE

Simple food safety guidelines for families receiving meals

This information is provided by the California Department of Education, July 2020

Cold Foods

- **Cold meals** should be eaten immediately or refrigerated within two hours of receiving the meal.
- For **cold foods** like milk, cheese, and meat, refrigerate immediately at 41°F or lower.



Hot Foods

- **Hot meals** should be eaten immediately or refrigerated within two hours of receiving the meal.
- For all **hot foods**, use the stove, oven, or microwave to reheat foods to a minimum of 165°F or higher before eating.

Discarding Food

- Discard all meals left out at room temperature for two hours or more.
- Uneaten meals should be thrown away after four days.

Remember – Always wash your hands for at least 20 seconds with soap and water before eating your meals.

This Institution is an equal opportunity provider

LUSD Cooking Instructions for Frozen Meals

- * All frozen meals can be stored in the refrigerator for up to 3 days. Throw away after the 5th day.
- * Preferred cooking method: Microwave Full-Power. Alternate cooking method (if an adult is present): Pre-heated oven. All cooking times are estimated. Cook food until the internal temperature reaches 165°F.
- * Food will be hot! Be careful not to burn yourself. Allow food to rest for 3-5 minutes before opening.

Mini Cheeseburgers: Cook in the wrapper.
Microwave ~ 2 minutes **or** 325°F Oven: 18-20 minutes

Pasta with Meat Sauce: Put in safe bowl to cook in
Microwave ~ 2 minutes **or** 350°F Oven: 15 minutes

Carnitas Tacos: Put meat in safe bowl to cook in
Microwave ~ 2 minutes **or** 300°F Oven: 15 minutes

Pizza: Remove from wrapper prior to cooking.
Microwave ~ 2 minutes **or** 375°F Oven: 20-25 minutes

Burrito: Cook in the wrapper.
Microwave ~ 2 minutes **or** 350°F Oven: 10-16 minutes

Taco Nada: Cook in the wrapper.
Microwave ~ 2 minutes **or** 350°F Oven: 17-20 minutes

Hamburger: Remove hamburger patty.
Microwave ~ 2 minutes

Breakfast items: Microwave in package ~ 1-2 minutes