



SCASD Food Services Department Meal Handling Instructions

We hope you enjoy your meals! Please take a few moments to read the information below regarding storage and preparation of the food you received.

*****IMPORTANT*****

For food allergies, please see reverse side for ingredients before consuming. For food items without ingredients listed here or on packaging, contact the food service office at mas15@scasd.org.

Fresh produce should be washed before consuming. All refrigerated or frozen foods must be properly stored within 1 hour of receipt. Refrigerated items must be kept at a temperature of 40° or below and frozen items below 0°.

Fresh Milk - Refrigeration required. Consume by the "Best By" date.

Frozen Fruit Cups & Juice - Freeze or refrigerate. Use within 7 days of being fully thawed.

Frozen Vegetables - Store in the freezer until ready to prepare. Refrigerate leftovers and consume within 7 days.

Frozen Entrees - Store in the freezer until ready to prepare. Refrigerate leftovers and consume within 7 days.

Cereals, Crackers, Chips, and Snacks - Shelf stable. Consume by the "Best By" date.

Applesauce, Raisins, and Craisins - Shelf stable. Consume by the "Best By" date.

Fresh Fruits and Vegetables - Apples, oranges & bananas should be stored at room temperature. Other fresh produce must be refrigerated.

Deli Meats and Cheeses - Store in the refrigerator and consume within 5 days.

Breakfast Entrees - Store in the freezer until ready to consume.

Preparation should be done by an adult or under the supervision of an adult.

Please Note: as food products and the power of cooking equipment vary, all cooking times are approximate and may need to be adjusted.

Hot Dogs - Bring a pot of water to a boil. Add the hot dogs to the water, turn the heat down to low, and let the hot dogs simmer for 5-6 minutes to an internal temperature of 165°.

Hamburgers - bake in a 350° oven for 20-30 minutes from frozen to an internal temperature of 165°.

Grilled Cheese Sandwich - Although this product is ready-to-eat, it is recommended that it is heated for better quality. Do not remove the wrapping from the product before heating. From a thawed state, bake in a 350° oven for 12 minutes.

Veggie Burgers - heat in a lightly oiled skillet, over medium heat, for 3-4 minutes on each side until heated to 165°. Alternately, can be cooked on a charcoal or gas grill.

Deli Sandwiches - assemble 3 oz of deli meat and 1 oz of cheese on a wrap or roll. Garnish with lettuce and tomatoes.

Baked Beans - place in a microwave safe dish, cover, and microwave for 2-3 minutes, stirring half way through, until heated to 135°.



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Suggested meals from this week's kits - all served with 8 oz of milk:

Hamburger - 1 sandwich with 1/2 c. baked beans, 1/4 c. each carrots and cucumbers, & an apple.

Grilled Cheese Sandwich - 1 sandwich, 1/2 c. cole slaw, 1/4 c. each carrots and pepper strips, & 1 fruit cup.

Deli Sandwich - 1 roll or wrap with 2 oz. of meat and 1 oz. of cheese, 1 cup of salad with cucumbers and tomato, & an apple.

Breakfast - cereal and grahams with raisins, juice & milk or muffin with applesauce, juice & milk

Ingredients:

Beef patty - ground beef not more than 20 fat, salt, caramel color

Kunzler Hot Dog - mechanically separated turkey, beef, water, 2% or less of: salt, potassium lactate, prime rib beef seasoning (natural flavoring, salt, beef fat), natural flavorings, sodium phosphates, paprika, sodium diacetate, sodium erythorbate, sodium nitrite

Sandwich/Hot Dog Bun - whole grain white whole wheat flour, water, sugar, wheat gluten, yeast, soybean oil, salt, cultured wheat flour, vinegar, wheat flour, guar gum, calcium, sulfate, enzymes, ascorbic acid

Grilled Cheese Sandwich - whole grain bread: whole wheat flour, unbleached enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, sugar, canola oil, yeast, salt, dough conditioner (wheat gluten, wheat flour, deactivated yeast, enzymes, ascorbic acid), vital wheat gluten, bread softener (enriched wheat flour, enzymes). reduced sodium, reduced fat pasteurized process american cheese: milk and skim milk, water, dairy product solids*, modified food starch*, cream, contains 2% or less of cheese culture, citric acid, color added, enzymes, milk protein concentrate*, potassium citrate, salt, sodium citrate, sorbic acid (preservative), soy lecithin, vitamin a palmitate. *ingredient not in regular pasteurized process american cheese. low moisture part skim mozzarella cheese: pasteurized part skim milk, cheese cultures, salt, enzymes. canola oil

Baked Beans - vegetarian beans, ketchup, brown sugar, spices

Veggie Burger - black beans, brown rice, panko breadcrumbs, onions, bbq sauce, brown sugar, vegetable oil, spices

Cole Slaw - shredded cabbage and carrots; dressing: Soybean Oil, High Fructose CornSyrup, Distilled Vinegar, Egg Yolk, Water, Cider Vinegar, Salt, Contains less than 2% of: Spice, Xanthan Gum, Sodium Benzoate and CalciumDisodium EDTA as preservatives, Onion, Annatto and Turmeric. Contains: Eggs

Sub Roll - Unbleached Unbromated Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, and Folic Acid), Water, Sugar, Contains 2% or less: Cracked Wheat, Wheat Bran, Yeast, Salt, Palm Oil, Cultured Wheat Flour, Dough Conditioner (Wheat Flour, Malted Barley Flour, Enzymes, Ascorbic Acid), Molasses,Wheat Gluten, Caramel Color (Sulfites), Calcium Sulfate, Wheat Starch

Wrap, Garlic Herb - Bleached Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Blend of Vegetable Oils (Soybean Oil and Hydrogenated Cottonseed Oil), Garlic Herb Seasoning [Dextrose, Spices, Onion Powder, Dehydrated Bell Peppers, Parsley, Extractives of Spices including Garlic and Onion, Turmeric (color), Silicon Dioxide and Soybean Oil added to prevent caking], Contains 2% or less of the following: Leavening (Sodium Bicarbonate, Sodium Acid Pyrophosphate, Corn Starch, Monocalcium Phosphate), Salt, Fumaric Acid, Dough Conditioner (Wheat Flour, Calcium Sulfate, Sorbic Acid), Cellulose Gum, Mono and Diglycerides, Calcium Propionate (preservative), Potassium Sorbate (preservative)

Turkey - turkey breast, white turkey, turkey broth, contains 2 or less modified food starch, potassium chloride, sodium phosphate, salt, rosemary extract

Ham (oval slices) - pork cured with water, dextrose, salt, contains 2% or less of potassium lactate, sodium lactate, sodium phosphates, sodium diacetate, sodium erythorbate, sodium nitrite.

Ham (round slices) - turkey thigh meat, water, contains 2 or less lite salt potassium chloride, sodium chloride, sugar, sodium phosphate, salt, carrageenan, sodium erythorbate, natural smoke flavoring, sodium nitrite

Banana Bread (made in SCASD HS Bakeshop) - flour, whole wheat flour, bananas, sugar, butter, margarine, eggs, buttermilk, chocolate chips, baking powder, baking soda, salt, vanilla

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