

# Child Nutrition Services

## *How to Cook Foods At Home*

### 5 Tips to Remember:

- ✓ Always wash your hands before preparing or eating foods.
- ✓ Store food at home the same way it is stored at the grocery.
- ✓ Foil, Aluminum, and other metals **cannot be microwaved**.
- ✓ Check the best by date before consuming food.
- ✓ Wash all fruits and vegetables with water before cooking or eating.

### Food Storage Temperatures:

- ❖ Foods requiring refrigeration should be placed immediately in the refrigerator that is kept at **40° or below**.
- ❖ Frozen foods should be placed immediately in a freezer that is kept at **0° or lower**.
- ❖ Frozen foods should be kept frozen until ready to eat. Thaw food in the refrigerator no more than one day prior to cooking. Food should be cooked until they reach an **internal temperature of 165°F**.

### Food included in the meals provided by Bowling Green City Schools are in Four Categories:

**Ready to eat refrigerated foods:** These foods can be eaten straight from the fridge without cooking. Examples of foods sent home are grapes, string cheese, and hummus.

**Ready to eat non-refrigerated foods:** These foods are eaten at room temperature, and can be kept on a countertop. Examples of foods sent home are bananas, oranges, and bagels.

**Frozen foods that require reheating:** These foods must be reheated prior to eating. Reheating foods ensures food safety as well as improves quality for tasting. Examples of foods sent home are chicken corn dogs, pizzas, and crispitos.

**Frozen foods that need to be thawed:** These foods do not require cooking, but rather just thawing to reach room temperature. Examples of foods sent home are peanut butter and jelly sandwiches



# REHEATING GUIDE

All foods sent home that require cooking are already fully cooked, they only require reheating. When reheating foods, they should reach an internal temperature of 165°F.

Using a microwave is the quickest way to fully reheat foods to the proper temperature. *\*Times may vary due to wattage of microwave.*

## MICROWAVE TIMES ARE AS FOLLOWS:

- **Crispito:** 150 seconds wrapped in a paper towel, then again for 90 seconds
- **Corn Dog/Pancake on a stick:** 60 seconds
- **Breadsticks:** 40-45 seconds
- **Chicken Tenders:** 120 seconds
- **Macaroni and cheese:** 90 seconds
- **French Toast:** 90 seconds
- **Tornado Wrap:** 120 seconds
- **Calzone:** 120 seconds
- **Pizza:** 120 seconds
- **English Muffin Sandwich:** 65 seconds
- **Grilled Cheese:** 30 seconds
- **Chicken Enchilada:** 120 seconds
- **Mandarian Chicken:** 120 seconds



State Fair Crisпитos