

THOMPSON PUBLIC SCHOOLS
Food Service Department
785 Riverside Drive, N. Grosvenordale, CT 06255
www.district.thompsonk12.org

General Food Safety Procedures and Preparation Instructions

Meals are provided for children 18 years of age and younger. The USDA regulations allow for one breakfast and one lunch per child per day.

Keep hot and cold foods safe:

- Refrigerate, freeze, or consume hot/cold foods within 2 hours of pick-up.
- Hot foods that will not be consumed immediately should be stored in the refrigerator or frozen. Reheat to an internal temperature of 165F.
- Cook reheated foods to an internal temperature of 165F.
- Keep cooked foods at 135F or above until eaten.
- Keep cold foods refrigerated at 41F or below.
- Keep frozen foods at "0" degrees or below.
- Keep milk refrigerated.
- Discard all refrigerated foods within 5 days after receiving.

Preparation Instructions:

- Take foods out of their foil or plastic packaging before microwaving them.
- Items packaged in foil can be heated in oven.
- Remove foods from Styrofoam & Plastic containers or bags before cooking/heating them.
- Wash your hands before eating!

Questions/Concerns?

Please contact the Food Service Director @ (860) 923-9581, x588
ldurand@thompsonpublicschools.org

Resources

Food Safety Basics (USDA Food Safety and Inspection Service):
https://www.fsis.usda.gov/food_safety/safe_food_handling_and_preparation/food_safety_basics

Food Safety for Child Nutrition Programs (CSDE webpage):
<https://portal.ct.gov/SDE/Nutrition/Food-Safety-for-Child-Nutrition-Programs>

Food Safety Tip Sheets (English and Spanish): Clean, Separate, Cook, Chill (FDA):
<https://www.fda.gov/food/health-educators/everyday-food-safety-resources.health-educators>

Keep Food Safe (FoodSafety.gov):
<https://www.foodsafety.gov/keep-food-safe>

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- (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights,
1400 Independence Avenue, SW, Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov

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"GRAB & GO" MEALS

(Heating Instructions: Heat until internal temp reaches a minimum of 165 degrees)

**(Microwave Ovens vary. Times are approximate. Be careful for "hot spots" after heating)
(IMPORTANT...Do Not Use Foil in Microwave Ovens!)**

Pizza

Conventional Oven: Bake "frozen" pizza @ 375-400 degrees on prepared pan for 12-17 minutes.

Chicken Nuggets

Conventional Oven: Preheat oven to 400 degrees. Remove chicken from paper boat and arrange frozen nuggets in a single layer on a lined sheet pan. Heat for 8-10 minutes.

Microwave Oven: Arrange FROZEN nuggets on a microwave safe plate. Heat on HIGH:

5 nuggets for 1 – 1-1/2 minutes ~ 10 nuggets for 2 – 2-1/2 minutes ~ 15 nuggets for 2-1/2 – 3 minutes

Do not overheat. Let stand 1-2 minutes before serving.

Chicken Patty

Conventional Oven: Preheat oven to 400 degrees. Place frozen patty on a lined sheet pan. Heat for 8-10 minutes.

Microwave Oven: Arrange frozen chicken on microwave safe plate and cover complete with plastic wrap. Heat on High: 1-2 patties for approximately 2-3 minutes. Do not overheat. Let stand 1-2 minutes before serving.

Popcorn Chicken

Microwave Oven: Remove chicken from paper boat and arrange on microwave safe plate. Heat on HIGH:

3 pieces for 1 – 1-1/2 minutes ~ 6 pieces for 2 – 2-1/2 minutes ~ 9 pieces for 2-1/2 – 3 minutes

Mozzarella Sticks

Conventional Oven: Preheat oven to 450 degrees. Remove mozzarella sticks from paper boat and arrange in a single layer on a baking sheet, place on middle rack of oven. Bake for 8-9 minutes.

Hamburger

Conventional Oven: Preheat oven to 350 degrees. Bake frozen hamburger patty for 10-15 minutes.

Microwave Oven: Reheat frozen hamburger patty for up to 2 minutes.

Taco

Microwave Oven: Remove taco meat from plastic cup and place in a microwave-safe dish. Heat for 30 seconds. Stir. Heat an additional 30 seconds, if needed. Stir.

Corn Dogs

Conventional Oven: Remove corn dogs from paper boat and place on a sheet pan. Heat @ 375 degrees for 14-16 minutes.

Microwave Oven: Remove foil from corn dogs and heat for 45-60 seconds.

Chicken Fajita w/Peppers & Onions

Microwave Oven: Remove Chicken/Peppers/Onions from plastic cup and place in a microwave-safe dish. Heat for 30 seconds. Stir. Heat an additional 30 seconds, if needed. Stir.

Egg Sandwich

Microwave Oven: Remove foil from sandwich and loosely wrap sandwich with paper towel. Place in microwave for 1 minute. Check sandwich for doneness and heat more if necessary.

Tater Tots/French Fries

Conventional Oven: Preheat oven to 425 degrees. Remove tater tots from paper boat and place on a sheet pan. Bake, turning once for uniform cooking. Bake for 12-17 minutes.

