










REHEATING GUIDELINES

FOOD TYPE	CHILL WITHIN 2 HOURS	SHALLOW CONTAINER <2 INCHES THICK	STORE IN SEALED CONTAINER	REHEAT IN MICROWAVE	REHEAT IN OVEN	REHEAT ON STOVE TOP	REHEAT TO 165 INTERNAL TEMPERATURE	EAT WITHIN 4 DAYS IF KEPT REFRIGERATED	ADDITIONALLY
 PIZZA	✓		✓	✓	✓		✓	✓	Toss if moldy or smells off
 MAC N CHEESE	✓	✓	✓	Yes - Covered	Best (350 degree)	✓	✓	✓	Glass container works best - add a bit of milk or water if dry or sticky
 CHICKEN	✓	Cut into smaller pieces	✓	✓	Best (350 degree)		✓	✓	Includes chicken salad or nuggets
 EGG ROLLS	✓		✓	Start here	Finish here for crunchy outside		✓	✓	Wrap tightly in foil or plastic wrap
 PAD THAI / SPAGHETTI	✓	✓	✓	Yes - Stirring often	Large portions (350 degrees)	✓	✓	✓	Spaghetti can be frozen
 RICE DISHES	✓	✓	✓	Yes - Covered	✓	✓	✓	✓	Add a bit of water when reheating.
 SUSHI / POKE	✓		✓	✗	✗	✗	✗	Eat within 24 hours	
 GRAINS	✓	✓	✓	✓	✓		✓	✓	Or use cold within 4 days
 PRE MADE SALADS	✓							✓	Keeps best with no salad dressing

When reheating leftovers, be sure they reach 165° F as measured with a food thermometer. Cover leftovers to reheat. This retains moisture and ensures that food will heat all the way through. **Remember the Two-Hour Rule: All perishable items should be refrigerated within two hours of coming out of the oven or refrigerator.** After two hours, perishable food enters the Danger Zone (between 40 to 140 degrees Fahrenheit) where bacteria can multiply quickly and cause the food to become unsafe. If foods have been left out for more than two hours, discard items to prevent foodborne illness.