

PGCPS Heating Instructions for Frozen Items SY 2020-2021 – Lunch/Supper

** Please note: All microwaves and ovens vary in power; therefore, all cooking times are approximate and may need to be adjusted.
Remove all packaging unless it is stated in the instructions below.*

PRODUCT	OVEN 	MICROWAVE 
Bean & Cheese Burrito	Place burrito on a baking sheet with seam of wrapper facing down. Frozen: Heat for 25 minutes at 300°F. Thawed: Heat for 15 minutes at 300°F.	Place product on a microwave safe plate. Heat on high 60 seconds, let rest for 30 seconds. Heat for an additional 30 seconds. Let stand 1 minute before eating.
Beef Fiesta Stuffed Sandwich	Place product on a baking sheet. Do not remove the vented film top before heating. Frozen: Heat for 25 minutes at 375°F.	Open one end of plastic wrapper to vent. Place product in a microwave safe plate. Heat on high for 90 seconds. Wait 1 minute before eating.
Beef & Cheese Tray Pack or Mini Corn Dog w/Macaroni & Cheese Tray	Place product on a baking sheet. Do not remove from packaging before heating. Heat at 300°F for 25 minutes.	Make a slit in the center of the plastic film over each compartment of the tray. Heat on high for 1 minutes. Remove film and stir. Return to the microwave and heat for an additional 30 seconds. Stir. Return to the microwave and heat for an additional 15 seconds.
Beef Patty or Pork Patty	Place product on a sheet pan. Frozen: Heat for 15-20 minutes at 350°F. Thawed: Heat for 12-15 minutes at 350°F.	Place product in a microwave safe plate. Heat on high for 60-90 seconds. Wait 10 seconds and enjoy.
Chicken Drumsticks	Place product a baking sheet. Frozen: Heat for 35-40 minutes at 375°F.	Place product on microwave safe plate. Heat on high for 4 minutes. Let stand 1 to 2 minutes before serving.
Chicken Bites Chicken Nuggets Chicken Patty/Filet Chicken Sausage Chicken Tenders Popcorn Chicken	Place frozen chicken in a single layer on a baking sheet. Heat at 350°F for 30 minutes.	No microwave instructions available.
Crinkle Cut Fries	Spread fries in a single layer on a baking sheet. Heat at 400°F for 20 – 25 minutes. Stir several times during baking to ensure fries are evenly cooked	No microwave instructions available
Frozen Vegetables	No oven instructions available	Place frozen vegetable into a microwave-safe bowl. Cover with lid. Add a small amount of water (2-3 teaspoons) if desired. Microwave on high for 3 – 4 minutes. Stir. Repeat until desired tenderness is achieved.
Lasagna Meal or Macaroni & Cheese Meal (in a tray)	Do not open package. Frozen: Heat at 325°F for 35-37 minutes. Thawed: Heat at 325°F for 20-23 minutes. Let stand for 10 minutes before eating	Do not open package. Heat on high for 3-4 minutes. Open package, stir and re-cover to cook an additional 1-2 minutes. Let stand for 1 minute before eating.
Macaroni & Cheese or 3 Cheese Pasta (in a Pouch)	Stove Top Heating Instructions: Empty pasta into an 8-inch sauté pan or small pot. Heat over medium to low heat for 2 to 3 minutes. Remove from heat, stir and serve.	Empty contents of pasta into a microwave safe bowl or container. Cover bowl with damp paper towel. Heat on high for 90 seconds. Carefully remove from microwave and stir prior to enjoying.
Mandarin Orange Chicken	Place product on a sheet pan. Frozen: Heat for 18-20 minutes at 375°F. Cover or dip into sauce.	No microwave instructions available
Mozzarella Cheese Sticks, Breaded	Spread product in a single layer on a baking sheet. Frozen: Heat at 400° F for 13-18 minutes, turning once for uniform cooking.	No microwave instructions available
Pepperoni Stuffed Sandwich	Heat at 350°F for 15 minutes. Rotate product in oven, heat for an additional 13-15 minutes.	Place product on a microwave safe plate. Heat on high 2-2:30 minutes

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Pizza, 4x6, Cheese	Place product on baking sheet. Heat at 325°F for 13-16 minutes, turning once for uniform cooking.	No microwave instructions available
Pizza Bagel	Place product a baking sheet. Heat for 7-10 minutes at 325°F.	No microwave instructions available
Pizza, Stuffed Crust, Cheese	Place product a baking sheet. Heat for 10-12 minutes at 425°F. Rotate pan. Heat for an additional 10-12 minutes for a total of 20-24 minutes.	No microwave instructions available
Pizza Slice	Place pizza on baking sheet Frozen: Heat at 350°F for 15-17 minutes	No microwave instructions available.
Potato Items - Seasoned Potato Wedges, Hash Brown, Tater Tots, Emoji Shaped	Place product in a single layer on a baking sheet. Heat for 8-13 minutes at 425° F, turning once for uniform cooking.	No microwave instructions available
Rice Bowl, Mandarin Orange Chicken or Teriyaki Chicken (without broccoli)	Place product on a baking sheet. Do not remove from packaging before heating, but puncture film 3-4 times. Heat for 45-50 minutes at 350°F. Let stand for 1-2 minutes. Remove film and enjoy.	Do not remove from packaging before heating, but puncture film 3-4 times. Heat on high for 5-6 minutes or until hot. Let stand for 3 minutes. Carefully remove film.
Rice Bowl, Teriyaki Chicken & Broccoli	Place thawed product on a baking sheet. Do not remove from packaging before heating. Heat for 40-42 minutes at 400°F. Let stand for 1-2 minutes. Remove film and enjoy.	Do not remove from packaging before heating. Frozen: Heat on high for 5-6 minutes or until hot. Thawed: Heat on high for 3-4 minutes or until hot. Carefully remove film and let stand for 1 minute before enjoying.
Rotini Pasta with Meat Sauce (in a Bowl)	Place frozen bowls on a sheet pan. Do not remove the vented film top before heating. Heat at 350° F for 25 - 30 minutes. Carefully remove film from bowl. Stir prior to enjoying.	Place product in the microwave. Do not remove the vented film. Heat on high for 6 minutes. Let stand 1 minute before carefully remove the vented film top. Stir pasta before eating.
Sweet Potato Fries	Place product in a single layer on a baking sheet. Heat for 8-13 minutes at 425° F for 8-13 minutes, turning once for uniform cooking.	No microwave instructions available
Taco Meat (Beef) Filling	Stove Top Instructions: Transfer into an 8-inch sauté pan or small pot. Heat over medium to low heat for 2 to 3 minutes. Remove from heat, stir and serve.	Place product in a microwave safe bowl or container. Cover bowl with damp paper towel. Heat on high for 60 seconds. Carefully remove from microwave and stir prior to enjoying.
Turkey Corn Dog Nuggets	Place product a baking sheet. Frozen: Heat for 15-17 minutes at 375°F.	No microwave instructions available
Turkey Frank (Hot Dog)	Place product a baking sheet. Thawed: Heat for 8-10 minutes at 350°F	Place product on microwave safe plate. Heat on high for 60 seconds, wait 20 seconds and enjoy.
Turkey Bacon	Place bacon slices on baking sheet single layer. Heat for 7- 8 minutes at 350°F.	Place 4-6 slices single layer on a paper towel lined microwave-safe plate. Heat on high for 15-20 seconds

**** Upon heating product will be hot. Consume with caution. ****
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