





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
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 or Chicken Tenders	Preheat oven at 350°F Place frozen chicken in a single layer on a baking sheet. Heat at 350°F for 30 minutes or to an internal temperature of 165°F	No microwave instructions available
Chicken Nuggets, Tenders. Popcorn Smackers	Preheat oven at 350°F Place frozen chicken in a single layer on a baking sheet. Heat at 350°F for 30 minutes or to an internal temperature of 165°F	No microwave instructions available
Chicken Sausage Patty/Filet	Preheat oven at 350°F Place frozen chicken in a single layer on a baking sheet. Heat at 350°F for 30 minutes or to an internal temperature of 165°F	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
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	Preheat oven to at 400°F. Heat at 400°F for 18-20 minutes or until golden brown and internal temperature reaches 165°F. Heat sauce packet in steamer for 5 to 7 minutes.	No microwave instructions available
Mozzarella Cheese Sticks, Breaded	Spread frozen product evenly on a shallow baking pan. 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

PRODUCT	 OVEN	 MICROWAVE
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 for 8-13 minutes, turning once for uniform cooking.	No microwave instructions available
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 Fillings	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.

**** Upon heating product will be hot. Consume with caution. **
The USDA and MSDE are equal opportunity providers**