

**PCSD Bulk Meal Preparation Instructions 10.7.20 Meals Week 1**  
**Keep frozen food frozen until ready for preparation**

Entree #1- Potato and Cheese Pierogies

Remove from plastic bag

Preheat the oven to 400 degrees F. Spray cooking sheet and both sides of frozen pierogies with nonstick cooking spray.

Bake for 18-20 minutes. Turn halfway. Cook to a minimum of 145 degrees F.

OR Sauté over medium heat with butter or oiled skillet and sauté for 8 minutes per side.

OR Air Fry- toss pierogies in 1 tablespoon of olive oil. Place pierogies in an air fryer. Cook pierogies at 400 degrees for 12-14 minutes. Shake the air fryer basket halfway through.

Entree #2-Hamburger

Remove from plastic bag- thaw bun separately

Preheat the oven to 350°F.

From FROZEN, bake for 11-12 minutes.

OR Microwave Oven Prep-from FROZEN, Microwave on high 60-70 seconds

Entree #3-Hot Dog

Thawing Instructions: Thaw frozen franks to an internal temperature of 35-40 degrees F. Do NOT thaw at room temperature

Stove top: Heat water to a rolling boil. Add franks to the water and simmer until the internal temperature reaches 165 degrees F as measured by a meat thermometer

OR Oven: Lay franks on a sheet pan with a little space between each one.

Convection Oven: Cook time 8-10 minutes or until internal temperature reach 165 degrees F

Conventional Oven: Cook time 15-18 minutes or until internal temperature reached 165 degrees F

Entree #4-Italian Pasta Bake with whole grain bread

Thaw in the refrigerator.

Remove pasta bake from container and place in a microwave safe dish.

Microwave on high for 90 to 120 seconds stirring halfway through.

Heat until temperature reaches a minimum of 165 degrees F

Entree #5-Chicken Patty

Remove patty and bun from plastic wrap-thaw bun separately

Preheat the oven to 400°F.

From FROZEN, place pieces in a single layer on a lined sheet pan or on a wire rack sprayed with pan release. Heat for 8-10 minutes.

Entree #6-Soup with whole grain bread

Thaw soup in the refrigerator. Thaw bread separately.

Remove soup from Styrofoam container and place in pan on the stove top

Heat soup over medium heat until temperature reaches a minimum of 165 degrees F

Entree #7 Bosco Sticks or Pizza Slice

Keep Frozen until cooking

Preheat the oven to 400 degrees F.

Bake from frozen for 14-17 minutes or until or until internal temperature reaches a minimum of 165 degrees F.

**Proper Handling Procedures**

Proper hand washing should take place before handling and eating food

Cold meals must maintain 41 degrees F or colder

Hot food should reach an internal temperature of 165 degrees F

Dispose of uneaten food within 7 days of cooking