

**PCSD Bulk Meal Preparation Instructions 10.14.20 Meals Week 2**  
**Keep frozen food frozen until ready for preparation**

Entree #1- Taco's

Remove items from packaging

Thaw meat, cheese and shells in the refrigerator.

Microwave Oven: Transfer meat to microwave safe bowl or container. Cover with a damp paper towel. Heat on high for 60 seconds or until the product reaches the desired serving temperature or until the product reaches at least 145 degrees F. Carefully remove from the microwave and stir prior to enjoying.

OR Stove Top: Transfer meat to a small sauté pan or small pot. Heat over medium to low heat for 2-3 minutes or until the product reaches 145 degrees F remove from heat, stir and serve.

Entree #2-BBQ Pork on Bun

Thaw meat and bun in the refrigerator.

Microwave Oven: Transfer meat to microwave safe bowl or container. Cover with a damp paper towel. Heat on high for 60 seconds or until the product reaches the desired serving temperature or until the product reaches at least 145 degrees F. Carefully remove from the microwave and stir prior to enjoying.

OR Stove Top: Transfer meat to a small sauté pan or small pot. Heat over medium to low heat for 2-3 minutes or until the product reaches 145 degrees F remove from heat, stir and serve on thawed bun.

Entree #3-Whole Grain Pretzel or Pretzel Nuggets with Cheese and Marinara

Keep frozen until ready to use. Remove from packaging.

Oven: Preheat to 350-400 degrees F. Lightly mist frozen soft pretzel with water, then sprinkle with salt if desired. Place the pretzel in the oven and bake for 3-5 minutes.

Microwave Oven: Lightly mist frozen soft pretzel with water, sprinkle with salt if desired, and microwave on high for 20-40 seconds. Heating times and temperatures may vary.

Entree #4-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 Tenders with whole grain bread

Remove tenders and bun from plastic wrap-thaw bun separately

Preheat the oven to 400°F.

From FROZEN, place chicken 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