

**PCSD Bulk Meal Preparation Instructions 12.16.20 Meals**  
**Keep frozen food frozen until ready for preparation**

Entree #1-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, microwave on high for 20-40 seconds. Heating times and temperatures may vary.

Entree #2-Popcorn Chicken with whole grain bread

Remove tenders 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 #3-Grilled Cheese Sandwich

Stove Top heating- Spray skillet or each side of bread with non-stick spray. Place the sandwich in a skillet. Cook on medium until golden brown on each side and the cheese has completely melted. 3-4 minutes per side, turning once.

Conventional Oven-Preheat Oven to 350 degrees F. Place Grilled cheese on a sheet pan bake for 10-15 min, flipping halfway through. Look for each side of bread to be golden brown.

Entree #4 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.

Entree #5 Quesadilla or Pizza

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.

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-Chicken Alfredo with Whole Grain Bread

Thaw in the refrigerator.

Remove casserole/bake from the 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

**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