

PCSD Bulk Meal Preparation Instructions 12.21.20 Meals
Keep frozen food frozen until ready for preparation

Entree #1-Peanut Butter & Jelly Uncrustable Sandwich

Simply thaw and serve.

Entree #2-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 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-Pillsbury Cheesy Pull Aparts

Follow heating instructions on the package.

Entree #4-Meatballs in Sauce with Mozzarella Cheese served with a Whole Grain Hoagie

Remove from the container and thaw bread separately.

Stove Top: Empty contents of container into small saucepan

Heat meatballs and sauce on medium heat, stirring often.

Heat until it reaches 165 degrees F. Stir prior to serving.

Entree #5- Mini Corn Dogs

Remove corn dogs from plastic wrap

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-Pasta Bake 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