

PCSD Bulk Meal Preparation Instructions 1.20.21 Meals
Keep frozen food frozen until ready for preparation

Entree #1-Chicken Patty on whole grain bun

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 #2-Philly Steak

Remove from freezer- thaw bun separately

Preheat the oven to 350°F.

From refrigeration, bake for 11-12 minutes.

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

Entree #3- 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 #4-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 #5-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 roiling 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 #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-Asian Chicken and Rice with Whole Grain Bread or Egg Roll

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