

# Upper Perkiomen School District

## Grab & Go Meals Reheating Instructions



### Egg & Cheese in Tortilla- frozen

**Please Note: This product is fully cooked and only needs to be reheated!**

#### REHEATING INSTRUCTIONS

##### Microwave

Place product in ungreased microwaveable dish. Cover with plastic wrap and vent. Heat at full power (1200 watt microwave).

Time from Frozen: 3- 4 ½ minutes;

Time from Thawed: 2-3 minutes;

or until internal temperature reaches 165° F (74° C) as measured by a food thermometer.

**Cooking times are based on a 1200-watt microwave.**

**CAUTION: Food may be hot after microwaving, allow time to cool before consuming.**

##### Conventional Oven:

1. Preheat oven to 350°F
2. Remove frozen egg tortilla from bag, place on oven safe pan.
3. If frozen, bake for 20-25 min; If thawed 12-17 minutes, or until internal temperature reaches **165° F (74° C)** as measured by a food thermometer.

*Oven thermostat or microwave wattages may vary, requiring slight adjustments to heating times.*

*Check that product is cooked thoroughly. For food safety and quality, heat to a minimum internal temperature of 165° F (74° C) as measured by a food thermometer.*

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### French Toast Sticks- frozen

**Please Note: This product is fully cooked and only needs to be reheated!**

#### REHEATING INSTRUCTIONS

##### Microwave

1. Remove frozen Sticks from bag & place on a microwave-safe plate.
2. Heat on High for 45-60 seconds (or until internal temperature reaches 165° F (74° C) as measured by a food thermometer).

**Cooking times are based on a 1200-watt microwave.**

**CAUTION: Food may be hot after microwaving, allow time to cool before consuming.**

##### Conventional Oven:

4. Preheat oven to 350°F
5. Remove frozen Sticks from bag, place on oven safe pan.

6. Bake for 10-15 minutes, or until internal temperature reaches **165° F (74° C)** as measured by a food thermometer.

*Oven thermostat or microwave wattages may vary, requiring slight adjustments to heating times.*

*Check that product is cooked thoroughly. For food safety and quality, heat to a minimum internal temperature of 165° F (74° C) as measured by a food thermometer.*

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### **Breakfast Sausage- frozen**

**Please Note: This product is fully cooked and only needs to be reheated!**  
**REHEATING INSTRUCTIONS**

#### **Microwave**

1. Remove frozen sausage pieces from bag & place on a paper towel. Place paper towel and sausages on a microwave-safe plate.
2. Heat on High for 50-90 seconds, or until internal temperature reaches 165° F (74° C) as measured by a food thermometer.

**Cooking times are based on a 1200-watt microwave.**

**CAUTION: Food may be hot after microwaving, allow time to cool before consuming.**

#### **Conventional Oven:**

3. Preheat oven to 325°F
4. Remove frozen sausage pieces from bag, place on oven safe pan.
5. Heat for 9-11 minutes if frozen (7-9 minutes if thawed), or until internal temperature reaches **165° F (74° C)** as measured by a food thermometer.

*Oven thermostat or microwave wattages may vary, requiring slight adjustments to heating times.*

*Check that product is cooked thoroughly. For food safety and quality, heat to a minimum internal temperature of 165° F (74° C) as measured by a food thermometer.*

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### **Egg Pattie- frozen**

**Please Note: This product is fully cooked and only needs to be reheated!**  
**REHEATING INSTRUCTIONS**

#### **Microwave**

Place product in ungreased microwaveable dish. Cover with plastic wrap and vent. Heat at full power (1200 watt microwave).

Time from Frozen: 40 - 60 sec;

Time from Thawed 20 - 25 sec;

or until internal temperature reaches 165° F (74° C) as measured by a food thermometer.

**Cooking times are based on a 1200-watt microwave.**

**CAUTION: Food may be hot after microwaving, allow time to cool before consuming.**

#### **Conventional Oven:**

1. Preheat oven to 350°F
2. Remove frozen egg patties from bag, place on oven safe pan.

3. If frozen, bake for 30 - 35 min; If thawed 18-20 minutes, or until internal temperature reaches **165° F (74° C)** as measured by a food thermometer.

*Oven thermostat or microwave wattages may vary, requiring slight adjustments to heating times.*

*Check that product is cooked thoroughly. For food safety and quality, heat to a minimum internal temperature of 165° F (74° C) as measured by a food thermometer.*

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## Oven Roast Chicken- frozen

**Please Note: This product is fully cooked and only needs to be reheated!**

### REHEATING INSTRUCTIONS

#### Microwave

1. Remove frozen chicken pieces from bag & place on a microwave-safe plate.
  2. Heat, covered, on High for:
    3. 1 piece for 2 1/2 to 3 minutes,
    4. 2 pieces for 3 1/2 to 4 minutes,
    5. Let stand 1 to 2 minutes before serving
- or until internal temperature reaches 165° F (74° C) as measured by a food thermometer.

**Cooking times are based on a 1200-watt microwave.**

**CAUTION: Food may be hot after microwaving, allow time to cool before consuming.**

#### Conventional Oven:

1. Preheat oven to 375°F
2. Remove frozen chicken pieces from bag, place on oven safe pan.
3. Bake for 18-20 minutes, or until internal temperature reaches **165° F (74° C)** as measured by a food thermometer.

*Oven thermostat or microwave wattages may vary, requiring slight adjustments to heating times.*

*Check that product is cooked thoroughly. For food safety and quality, heat to a minimum internal temperature of 165° F (74° C) as measured by a food thermometer.*

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## Popcorn Chicken- frozen

**Please Note: This product is fully cooked and only needs to be reheated!**

### REHEATING INSTRUCTIONS

#### Microwave

1. Remove frozen chicken pieces from bag & place on a microwave-safe plate.
  2. Heat on High for:
    - 3 pieces for 1 to 1 1/2 minutes,
    - 6 pieces for 2 to 2 1/2 minutes,
    - 9 pieces for 2 1/2 to 3 minutes.
- or until internal temperature reaches 165° F (74° C) as measured by a food thermometer.

**Cooking times are based on a 1200-watt microwave.**

**CAUTION: Food may be hot after microwaving, allow time to cool before consuming.**

#### Conventional Oven:

1. Preheat oven to 400°F

2. Remove frozen chicken pieces from bag, place on oven safe pan.
3. Bake for 15-20 minutes, or until internal temperature reaches **165° F (74° C)** as measured by a food thermometer.

*Oven thermostat or microwave wattages may vary, requiring slight adjustments to heating times.*

*Check that product is cooked thoroughly. For food safety and quality, heat to a minimum internal temperature of 165° F (74° C) as measured by a food thermometer.*

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### **Corn Dogs (Turkey) (frozen)**

**Please Note: This product is fully cooked and only needs to be reheated!**  
**REHEATING INSTRUCTIONS**

#### **Microwave**

1. Remove Corn Dogs from bag & place on a microwave-safe plate.
2. Heat on High for 1 minute if refrigerated, 1 min & 30 seconds if frozen.

**Cooking times are based on a 1200-watt microwave.**

**CAUTION: Food may be hot after microwaving, allow time to cool before consuming**

#### **Conventional Oven:**

1. Preheat oven to 350°F (175°C).
2. Remove Corn Dogs from bag & place on oven safe pan.
3. Bake for 25 minutes if frozen, 17 minutes if thawed.

*Oven thermostat or microwave wattages may vary, requiring slight adjustments to heating times.*

*Check that product is cooked thoroughly. For food safety and quality, heat to a minimum internal temperature of 165° F (74° C) as measured by a food thermometer.*

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### **Meatballs (frozen) & Marinara Sauce**

**Please Note: This product is fully cooked and only needs to be reheated!**  
**REHEATING INSTRUCTIONS**

#### **Microwave**

1. Remove Meatballs from bag & place on a microwave-safe plate.
2. Heat on High for 1 minute 10 seconds, if refrigerated. 2 minutes if frozen.
3. Top with marinara sauce

**Cooking times are based on a 1200-watt microwave.**

**CAUTION: Food may be hot after microwaving, allow time to cool before consuming.**

#### **Conventional Oven:**

1. Preheat oven to 350°F (175°C).
2. Remove Meatballs from bag & place on oven safe pan.
3. Bake for 15 minutes if frozen, 8-10 minutes if thawed.
4. Top with marinara sauce

*Oven thermostat or microwave wattages may vary, requiring slight adjustments to heating times.*

*Check that product is cooked thoroughly. For food safety and quality, heat to a minimum internal temperature of 165° F (74° C) as measured by a food thermometer.*

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### **Rib B Cue Patty- frozen**

**Please Note: This product is fully cooked and only needs to be reheated!**  
**REHEATING INSTRUCTIONS**

#### **Microwave**

1. Remove Rib B Cue from bag & place on a microwave-safe plate.
2. Heat on High for 40-50 seconds per piece, if refrigerated. 1 min 30 seconds per piece, if frozen.

**Cooking times are based on a 1200-watt microwave.**

**CAUTION: Food may be hot after microwaving, allow time to cool before consuming.**

#### **Conventional Oven:**

1. Preheat oven to 350°F (175°C).
2. Remove Rib B Cue from bag, place on oven safe pan.
3. Bake for 22-24 minutes if frozen, 10 – 15 minutes if thawed.

*Oven thermostat or microwave wattages may vary, requiring slight adjustments to heating times.*

*Check that product is cooked thoroughly. For food safety and quality, heat to a minimum internal temperature of 165° F (74° C) as measured by a food thermometer.*

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### **Cheesy Meatloaf- frozen**

**Please Note: This product is fully cooked and only needs to be reheated!**  
**REHEATING INSTRUCTIONS**

#### **Microwave**

1. Remove meatloaf from bag & place on a microwave-safe plate.
2. Heat on High for 40-50 seconds per piece, if refrigerated. 1 min 30 seconds per piece, if frozen.

**Cooking times are based on a 1200-watt microwave.**

**CAUTION: Food may be hot after microwaving, allow time to cool before consuming.**

#### **Conventional Oven:**

1. Preheat oven to 350°F (175°C).
2. Remove meatloaf from bag, place on oven safe pan.
3. Bake for 22-24 minutes if frozen, 10 – 15 minutes if thawed.

*Oven thermostat or microwave wattages may vary, requiring slight adjustments to heating times.*

*Check that product is cooked thoroughly. For food safety and quality, heat to a minimum internal temperature of 165° F (74° C) as measured by a food thermometer.*

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## Hamburger Sliders w/Buns- frozen

**Please Note: This product is fully cooked and only needs to be reheated!**  
**REHEATING INSTRUCTIONS**

### Microwave

1. Remove sandwiches from bag, place on a microwave-safe plate and cover with a paper towel.
2. Heat on High for 15 – 20 seconds per sandwich, if refrigerated. 30 seconds per sandwich, if frozen.

**Cooking times are based on a 1200-watt microwave.**

**CAUTION: Food may be hot after microwaving, allow time to cool before consuming.**

### Conventional Oven:

1. Preheat oven to 350°F (175°C).
2. Remove hamburgers from bag, separate and place on broiler pan.
3. Cover broiler pan with foil and seal tightly.
4. Heat for 15 – 20 minutes if frozen, 10 – 15 minutes if thawed.
5. After heating, let pan sit for 2 minutes before removing foil.

**Oven thermostat or microwave wattages may vary, requiring slight adjustments to heating times.**

**Check that product is cooked thoroughly. For food safety and quality, heat to a minimum internal temperature of 165° F (74° C) as measured by a food thermometer.**

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## Cheese Pizza 5" COOKING INSTRUCTIONS

### CONVENTIONAL OVEN

1. Preheat oven to 375°F.
2. Remove pizza from plastic bag.
3. Place pizza on a baking sheet.
4. Bake 21 to 23 minutes.
  - Pizza is done when cheese is melted and edges are golden brown.

### MICROWAVE (1100 Watts)

1. Remove Pizza from plastic bag. Microwave only 1 pizza at a time
2. Place pizza on a microwave safe plate. Place in microwave.
3. Cook on high (100% power) for 2 minutes and 30 seconds to 3 minutes and 30 seconds. Let stand for 1 minute
  - Pizza is done when all cheese is melted.

### Cooking notes for both:

- CAREFUL: Product is hot!
  - For food safety and quality, cook before eating to an internal temperature of 160°F.
  - Note: Due to oven variances cooking times may require adjustments. Refrigerate or discard any unused portion.
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## Frozen Green Beans Cooking Instructions

### HEATING INSTRUCTIONS

#### Microwave:

1. Remove Green Beans from bag & place in a microwave-safe bowl.
2. Heat on High for 2-3 minutes if frozen, 1-2 minutes if thawed.
3. Pause cooking ½ way through to stir.

**Cooking times are based on a 1200-watt microwave.**

**CAUTION: Food may be hot after microwaving, allow time to cool before consuming.**

#### Stove:

1. Fill a saucepan with water (enough to cover the Green Beans, but don't add them yet).
2. Heat water on high until boiling, then reduce to a simmer.
3. Place the Green Beans in the simmering water for 6-8 minutes. Stir with a spoon intermittently so they cook evenly.
4. Cook until tender. Remove saucepan from stove.
5. Strain Green Beans from water in a colander over the sink, and serve.

*Oven thermostat, microwave wattages, & stove temps may vary, requiring slight adjustments to heating times.*

*Check that product is cooked thoroughly. For food safety and quality, heat to a minimum internal temperature of 165° F (74° C) as measured by a food thermometer.*

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## Frozen Peas Cooking Instructions

### HEATING INSTRUCTIONS

#### Microwave:

1. Remove Peas from bag & place in a microwave-safe bowl.
2. Heat on High for 2-3 minutes if frozen, 1-2 minutes if thawed.
3. Pause cooking ½ way through to stir.

**Cooking times are based on a 1200-watt microwave.**

**CAUTION: Food may be hot after microwaving, allow time to cool before consuming.**

#### Stove:

1. Fill a saucepan with water (enough to cover the peas, but don't add them yet).
2. Heat water on high until boiling, then reduce to a simmer.
3. Place the peas in the simmering water for 2-3 minutes. Stir with a spoon intermittently so they cook evenly.
4. Cook until tender. Remove saucepan from stove.
5. Strain Peas from water in a colander over the sink, and serve.

*Oven thermostat, microwave wattages, & stove temps may vary, requiring slight adjustments to heating times.*

*Check that product is cooked thoroughly. For food safety and quality, heat to a minimum internal temperature of 165° F (74° C) as measured by a food thermometer.*

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## Frozen Corn Cooking Instructions

### HEATING INSTRUCTIONS

#### Microwave

1. Remove Corn from bag & place in a microwave-safe bowl.
2. Heat on High for 2-3 minutes if frozen, 1-2 minutes if thawed.
3. Pause cooking ½ way through to stir.

**Cooking times are based on a 1200-watt microwave.**

**CAUTION: Food may be hot after microwaving, allow time to cool before consuming.**

#### Stove:

1. Fill a saucepan with water (enough to cover the corn, but don't add the corn yet).
2. Heat on high until boiling, then reduce to a simmer.
3. Place the corn in the simmering water for 2-3 minutes. Stir with a spoon intermittently so it cooks evenly and doesn't stick.
4. Cook until tender. Remove saucepan from stove.
5. Strain Corn from water in a colander over the sink, and serve.

***Oven thermostat or microwave wattages may vary, requiring slight adjustments to heating times.***

***Check that product is cooked thoroughly. For food safety and quality, heat to a minimum internal temperature of 165° F (74° C) as measured by a food thermometer.***

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## Whole Grain Reduced Sodium Breadstick- frozen

**Please Note: This product is fully cooked and only needs to be reheated!**

### REHEATING INSTRUCTIONS

#### Microwave

Microwave reheating not recommended

#### Conventional Oven:

1. Preheat oven to 400°F
2. Remove frozen Sticks from bag, place on oven safe pan.
3. Bake for 8-12 minutes until golden brown, or until internal temperature reaches **165° F (74° C) as measured by a food thermometer.**
4. **If thawed**, Bake for 5-10 minutes until golden brown, or until internal temperature reaches **165° F (74° C) as measured by a food thermometer**

***Oven thermostat or microwave wattages may vary, requiring slight adjustments to heating times.***

***Check that product is cooked thoroughly. For food safety and quality, heat to a minimum internal temperature of 165° F (74° C) as measured by a food thermometer.***



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### **Chicken Patty:**

BAKE: Conventional Oven (Preferred method).

1. Preheat oven to 400°F.
2. Place frozen chicken patties on baking sheet.
3. Heat 17 to 20 minutes, or until internal temperature reaches 165° F (74° C) as measured by a food thermometer.

Appliances vary. Heating times approximate.

Microwave:

1. Arrange frozen chicken patties on microwave safe plate.
2. Heat on HIGH:

1 patty for 1 to 1 1/2 minutes,  
2 patties for 2 to 2 1/2 minutes,  
3 patties for 3 minutes.

Do not overheat.

3. Let stand 1 to 2 minutes before serving. or until internal temperature reaches 165° F (74° C) as measured by a food thermometer.

Appliances vary. Heating times approximate.

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### **Frozen Grilled Cheese:**

#### **Instructions**

1. Bake at 425 for 6-8 minutes. Flip over and bake for 3-4 more minutes.
  2. The cooking time may vary depending on how toasted you like the bread on your grilled cheese sandwiches. The first time you do this, you might check on it a few times to be sure it does not get more crisp than you like them to be.
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### **Farm Rich Whole Grain Breaded Pizza Crunchers- frozen**

**Please Note: This product is fully cooked and only needs to be reheated!**  
**REHEATING INSTRUCTIONS**

#### **Microwave**

Microwave reheating not recommended

#### **Conventional Oven:**

1. Preheat oven to 350°F
2. Remove frozen Crunchers from bag, place on oven safe pan.

3. Bake for 13-15 minutes until golden brown, or until internal temperature reaches **165° F (74° C) as measured by a food thermometer**. If cheese becomes visible, remove from heat.

***Oven thermostat or microwave wattages may vary, requiring slight adjustments to heating times.***

***Check that product is cooked thoroughly. For food safety and quality, heat to a minimum internal temperature of 165° F (74° C) as measured by a food thermometer.***