

Cooking instructions for RNC Meals- LUNCH MEALS

Pizza Round- Preparation Instructions

1. Preheat Oven And Bake At 325°-350°F. 2. Keep Pizza In Oven Safe Wrapper And Place On A Baking Sheet Or Parchment Liner. 3. Bake 12-16 Minutes Or

Until Cheese Is Melted And Golden Brown. 4. Let Pizza Sit In Wrapper For 1 Minute Before Opening And Removing Pizza. Note: Appliances May Vary. Adjust cooking Time And Temperatures As Needed.

Popcorn Chicken-

Conventional Oven: Preheat Oven To 350°F. Place Frozen Chicken Pieces In A Single Layer On An Ungreased Baking Pan. Bake Uncovered For 30 Minutes.

Convection Oven: Preheat Oven To 350°F. Place Frozen Chicken Pieces In A Single Layer On An Ungreased Baking Pan. Bake Uncovered For 14 Minutes.

Insert A Meat Thermometer Into The Thickest Portion Of The Product. Continue Heating Until The Internal Temperature Reaches 165°F. Appliances Vary, Adjust Heat Times Accordingly.

Meatloaf w/ Potatoes-

Microwave in a container until the internal temperature is 165°F.

French Toast-

Microwave: Time from Frozen 60 sec; Time from Thawed Not recommended; Place one package of frozen French Toast, glaze side up, on a microwave safe plate. Do not remove or open outer wrap.

Heat product in microwave at full power.; Use caution when removing the plate from the microwave and when removing wrap.

Egg Patty-

Microwave: Time From Frozen 40-60 Sec; Time From Thawed 20-25 Sec; Place Product In Ungreased Microwavable Dish. Cover With Plastic Wrap And Vent. Heat At Full Power (1200 Watt Microwave).

Taco Meat-

Microwave in a container until the internal temperature is 165°F. Ensure the meat reaches an internal temperature of 165°F.

Hamburger Patty-

Place the patty on a microwave-safe plate, cover it with a slightly damp paper towel to retain moisture, and cook on high for 45 seconds to 1 minute and check the temperature. Ensure the meat reaches an internal temperature of 165°F for food safety.

Baked Beans-

Microwave in a container until the internal temperature is 135°F.

Mike Bites-

Preheat Oven To 325 F. Place Frozen Cheese Bites On Baking Sheet. Bake: 11 - 13 Minutes. Let Stand 1 - 2 Minutes Before Serving Due To Cheesy Filling Being Hot. Due To Oven Variances, Times And Temperatures May Require Adjustments. Microwave in a package for 30 seconds and turn over and cook for another 15 seconds at a time until the internal temperature is 135°F.

Chicken Patty-

From Frozen: Conventional Oven: Preheat Oven To 350°F. Place Frozen Chicken Pieces In A Single Layer On Ungreased Baking Pan. Bake Uncovered For 30 Minutes. Fully Heat Product To A Minimum Internal Temperature Of 165°F. Appliances Vary, Adjust Heat Times Accordingly. Place the patty on a microwave-safe plate, and cook on high for 45 seconds to 1 minute and flip the patty over and cook for another 45 seconds to 1 minute. Ensure the meat reaches an internal temperature of 165°F for food safety.

Salisbury Steak with Mashed Potatoes-

Microwave in a container until the internal temperature is 165°F.

Lasagna Roll up-

Microwave in a container until the internal temperature is 165°F.

Riblet-

Place the patty on a microwave-safe plate, cover it with a slightly damp paper towel to retain moisture, and cook on high for 45 seconds to 1 minute and check the temperature. Ensure the meat reaches an internal temperature of 165°F for food safety.

Mac & Cheese-

Cover the dish and microwave on 50% power for 1 minute. Stir, then continue microwaving in 30-second intervals until hot.

Breadstick with Cheese-

Heated Sticks in the microwave, place them on a microwave-safe plate and heat on HIGH. Heat Thawed sticks for 35–40 seconds and Frozen sticks for 55–60 seconds. Always let them stand for 2 minutes before eating, as the cheese filling gets extremely hot.

Chicken Nuggets-

Heating Instructions From Frozen: Conventional Oven: Preheat Oven To 350°F. Place Frozen Chicken Pieces In A Single Layer On An Ungreased Baking Pan. Bake Uncovered For 30 Minutes. Fully Heat Product To A Minimum Internal Temperature Of 165°F. Appliances Vary, Adjust Heat Times Accordingly. Microwave instructions- Place the nuggets on a microwave-safe plate, and cook on high for 45 seconds to 1 minute and flip the chicken over and cook for another 45 seconds to 1 minute. Ensure the meat reaches an internal temperature of 165°F for food safety.

Meatballs & mashed potatoes-

Microwave in a container until the internal temperature is 165°F.

Hotdog-

Place the patty on a microwave-safe plate and cook on high for 45 seconds to 1 minute and check the temperature. Ensure the meat reaches an internal temperature of 160°F for food safety.

Burrito-

For Best Results, Heat From A Refrigerated State. Thaw In Refrigerator For 24-48 Hours. Place Foil Wrapped Burritos On A Sheet Pan Lined With Parchment Paper. Heat To An Internal Temperature Of 160°F. Caution: Do Not Over Heat; Heating Above 165°F. May Cause Filling Leakage. Heating Times May Vary Due To Variation In Equipment Used. Frozen: Preheat Oven To 300°F. And Heat For 45-55 Minutes. Refrigerated: Heat For 20-30 Minutes. Caution: Contents Will Be Hot. Serve Burrito With Foil Wrap On Product. Microwave (Results May

Vary): Remove Foil Wrapper Prior To Heating. Frozen: Heat On High For 1 Minute And 40 Seconds. Flip Halfway Through. Let Rest For 1 Minute Before Consuming. Refrigerated: Heat For 40 Seconds. Let Rest For 15 Seconds. Heat For Another 30 Seconds. Let Rest For 1 Minute Before Consuming.

Pizza Dunker-

Prepare From Frozen State. Preheat Oven to 400°F and Arrange Pizza In A Single Layer on a Sheet Pan. Cook Until Cheese is Melted.

Woodle Bowl-

1. Fold Back Lid. Add Room Temperature Water To The Exterior Fill Line (1/2 Inch Above Noodles).
2. Microwave On High For 1 1/2 - 2 1/2 Minutes (Times May Vary).
3. Cover, Let Sit For 1-2 Minutes, Stir, And Enjoy!

Sliced Chicken-

Put in a microwave safe plate and cover on 50% power for 1 minute. Stir, then continue microwaving in 30-second intervals until hot and temperature reaches 165.

Grilled Cheese-

Microwave From Thawed State: *(Microwave Ovens Vary; Adjust Time Accordingly To Heat Product). 1. Open One End Of The Package. 2. Place On Microwave Safe Plate. 3. Microwave 40-50 Seconds; Or Until Heated Through.

Bosco Stick-

Heated Sticks in the microwave, place them on a microwave-safe plate and heat on HIGH. Heat Thawed sticks for 35–40 seconds and Frozen sticks for 55–60 seconds. Always let them stand for 2 minutes before eating, as the cheese filling gets extremely hot.

Chicken Strips-

Heating Instructions From Frozen: Conventional Oven: Preheat Oven To 350°F. Place Frozen Chicken Pieces In A Single Layer On An Ungreased Baking Pan. Bake Uncovered For 30 Minutes. Fully Heat Product To A Minimum Internal Temperature Of 165°F. Appliances Vary, Adjust Heat Times Accordingly. Microwave instructions- Place the strips on a microwave-safe plate, and cook on high for 45 seconds to 1 minute and flip the chicken over and cook for another 45 seconds to 1 minute. Ensure the meat reaches an internal temperature of 165°F for food safety.

Spaghetti w/ Meatballs-

Heat on medium power in 1 to 1.5-minute intervals, and stir well between sessions so it warms evenly. Microwave in a container until the internal temperature of meatballs is 165°F.

BBQ Meat-

Cook on high for 45 seconds to 1 minute and stir meat and cook for another 45 seconds to 1 minute. Ensure the meat reaches an internal temperature of 165°F for food safety.

Nacho Meat-

Cook on high for 45 seconds to 1 minute and stir meat and cook for another 45 seconds to 1 minute. Ensure the meat reaches an internal temperature of 165°F for food safety.

Cheesy Pull Apart-

Place 1 pouch in the microwave and heat for 50-60 seconds; let stand for 1 minute before removing from the microwave.

Chicken Chunks-

Heating Instructions From Frozen: Conventional Oven: Preheat Oven To 350°F. Place Frozen Chicken Pieces In A Single Layer On An Ungreased Baking Pan. Bake Uncovered For 30 Minutes. Fully Heat Product To A Minimum Internal Temperature Of 165°F. Appliances Vary, Adjust Heat Times Accordingly. Microwave instructions- Place the chunks on a microwave-safe plate, and cook on high for 45 seconds to 1 minute and flip the chicken over and cook for another 45 seconds to 1 minute. Ensure the meat reaches an internal temperature of 165°F for food safety.

Corn Dog-

Microwave High (1100 Watts) €" Frozen: 30 Seconds, Turn Then 30 More Seconds; Thawed: 20 Seconds, Turn Then 20 More Seconds - Quantity - 2 Conventional Oven 350°F - Frozen: 34-36 Minutes; Thawed 24-26 Minutes.

Beef Bites-

From frozen state, bake in preheated 350°F conventional oven for 10-12 minutes or until internal temperature reaches 145°F. Microwave instructions- Place the nuggets on a microwave-safe plate, and cook on high for 45 seconds to 1 minute and flip the nugget over and cook for another 45 seconds to 1 minute. Ensure the meat reaches an internal temperature of 165°F for food safety.

Frozen Vegetables-

Place in a microwave safe dish and microwave on 50% power for 1 minute. Stir, then continue microwaving in 30-second intervals until hot.

Cooking Instructions for Breakfast:

Waffles, Pancakes, Frudel, Cinni-mini, Crescent Roll, Soft Cinnamon Toast Crunch Bar:

Microwave: Place One Pouch In Microwave And Heat On High For 30-55 Seconds. Let Stand One Minute Before Removing From Microwave. Caution: Pouch And Product Can Be Very Hot! Use Caution When Handling And Eating. Thaw & Serve: Thaw At Room Temperature For 90 Minutes Prior To Serving.

Breakfast Bagel:

Conventional Oven Single Serving Directions. For Best Results Open One End Of Plastic Wrapper To Vent Prior To Cooking. 1. Preheat Oven To 375°F. 2. Place Frozen Bagel On A Sheet Pan. 3. Place Pan On Center Oven Rack. 4. Cook For 20-23 Minutes Or Until Cheese Is Fully Melted. Let Bagel Rest In Wrapper 4 Minutes Before Serving. Microwave Oven Single Serving Directions. Remove Bagel From Plastic Wrapper Prior To Cooking. 1. Place Frozen Bagel On A Microwave Safe Plate. 2. Place In Center Of Microwave. 3. Cook On High For 1 Minute 15 Seconds - 1 Minute 30 Seconds Or Until Cheese Is Fully Melted. Let Bagel Rest 4 Minutes Before Serving.