

FROZEN FOOD HEATING INSTRUCTIONS

Follow Internal Temperature Guidelines to avoid food borne illness.

HANDLE HOT ITEMS WITH CARE!

*Heat times may vary depending on oven and # of items - Times shown are for one serving.

Let items stand for 1 to 2 minutes before serving. Remove all packaging before heating, unless indicated.

Food Item	Oven Temp	*Heat Time Minutes	Heating Instructions Use baking sheet to heat in the oven Use microwave safe plate to heat in the microwave	Microwave on High For:
Chicken Nuggets Popcorn Chicken	400°	8 - 10	Spray baking sheet, space apart, middle rack. Use paper towel on plate to heat in microwave. <i>Heat to 165° internal</i>	1 - 1.5 min.
Chicken Tenders	400°	11 - 13	Spray baking sheet, middle rack. Flip halfway thru heating. Use paper towel on plate to heat in microwave <i>Heat to 165° internal</i>	1.5 – 2 min.
Chicken Drumstick	375°	30 - 40	Spray baking sheet, space apart, middle rack. Use paper towel on plate to heat in microwave. <i>Heat to 165° internal</i>	1 - 1.5 min.
Sausage Patty	350°	10 - 14	Place flat on baking sheet, middle rack. Use paper towel on plate to heat in microwave. <i>Heat to 165° internal</i>	40 - 60 sec.
Mini Waffles Mini French Toast	350°	15 - 18	Place package, picture side up, flat on baking sheet, middle rack. Package can stay on, cook until hot. OR use a toaster for crispy waffles. Place directly on plate to heat in microwave. <i>Safe to consume thawed within 1 hour</i>	30 - 40 sec.
Mini Pancakes Mini Filled Bagels Frudel Pastry	350°	10 - 15	Place package, picture side up, flat on baking sheet, middle rack. Package can stay on, cook until hot. OR use a toaster for crispy pancakes. Place directly on plate to heat in microwave. <i>Safe to consume thawed within 1 hour</i>	30 - 40 sec.
Berries & Cream Danish	325°	2 - 4	Place slightly thawed product on baking sheet. Package can stay on, cook until hot. Place directly on plate to heat in microwave. <i>Safe to consume thawed within 1 hour</i>	30 - 40 sec.
Fries and Potato Wedges	400°	12 - 20	Cover baking sheet with foil. Single layer, cook until golden brown. Use paper towel on plate to heat in microwave. Turn occasionally. Fries/tots won't be crispy using this method. <i>Heat to at least 140° internal</i>	1 – 2 min.
Frozen Vegetables	Heat on Stove top	3 - 6	Prepare frozen vegetables directly from frozen (do not thaw, do not boil). Cook in a pot with a small amount of water (not completely covering the vegetables) on medium-low heat for a couple of minutes until hot. Put in covered dish, add (1) TBS water, cook until hot. <i>Heat to 165° internal</i>	1.5 - 2 min.
Meatballs	375°	10 - 15	Space apart on baking sheet. Flip halfway thru cooking. Use paper towel on plate to heat in microwave. <i>Heat to 165° internal</i>	1 – 2 min.
Chicken Egg Roll	425°	22 - 24	Spray baking sheet, middle rack. Place directly on plate to heat in microwave. <i>Heat to 165° internal</i>	1 - 2 min.
Pizza Pocket	375°	22 - 24	Place flat on baking sheet, middle rack. Place directly on plate to heat in microwave. <i>Heat to 165° internal</i>	1.5 - 2 min.