

## HEATING INSTRUCTIONS FOR LUNCH

Important: Refrigerate milk. Place frozen entrees and vegetables in the freezer immediately. Milk must be consumed by the expiration date on the carton. Frozen foods must be consumed within 90 days of receiving the product. Perry Township Cafe Express is not liable for improper food temperatures once meals are distributed.

### **Chicken Tenders**

Remove chicken tenders from packaging

#### *Conventional Oven*

Preheat oven to 400°F. Place frozen chicken in a single layer in an ungreased baking pan. Bake uncovered 8-10 minutes to an internal temperature of 165°F. Appliances vary, adjust cook times accordingly.

#### *Microwave*

Arrange frozen strips on microwave safe plate. Heat on high for 3 minutes to an internal temperature of 165°F. Let stand 1 to 2 minutes before serving. Appliances vary, adjust cook times accordingly.

### **Corn**

#### *Stovetop*

Place frozen corn in ½ to 1 cup of boiling water. Cover and bring quickly to a boil. Reduce heat and simmer for 5-8 minutes to an internal temperature of 135°F. Drain carefully. Appliances vary, adjust cook times accordingly.

#### *Microwave*

Place frozen corn in microwave-safe dish. Add 1 Tbsp of water. Cover and cook on high for 1 minute, stir. Microwave another 1 minute. Stir again and return for a final minute to an internal temperature of 165°F. Appliances vary, adjust cook times accordingly.

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### **BBQ Rib Sandwich on Bun**

Remove BBQ Rib from packaging.

#### *Conventional Oven*

Preheat oven to 350°F. Place frozen BBQ rib on a baking sheet. Cook for 12 minutes. Cook to an internal temperature of 165°F. Appliances vary, adjust cook times accordingly. Serve with the included bun.

#### *Microwave*

Place frozen BBQ rib on microwave-safe plate. Heat on high for 2 minutes to an internal temperature of 165°F. Let stand 1 to 2 minutes before serving. Appliances vary, adjust cook times accordingly. Serve with the included bun.

### **Carrots**

#### *Stovetop*

Place frozen carrots in ½ to 1 cup of boiling water. Cover and bring quickly to a boil. Reduce heat and simmer for 5-8 minutes to an internal temperature of 135°F. Drain carefully. Appliances vary, adjust cook times accordingly.

#### *Microwave*

Place frozen carrots in microwave-safe dish. Add 1 Tbsp of water. Cover and cook on high for 2 minutes. Stir and cook on high 30 second intervals until heated through to 165°F. Appliances vary, adjust cook times accordingly.

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### **Calzone**

Remove calzone from packaging.

#### *Conventional Oven*

Preheat oven to 325°F. Place calzone on a baking sheet. Cook for 12-15 minutes. Cook to an internal temperature of 165°F. Appliances vary, adjust cook times accordingly.

#### *Microwave*

Place calzone on microwave-safe dish. Start cooking for 1 minute. Continue heating in 30 second intervals to an internal temperature of 165°F. Appliances vary, adjust cook times accordingly.

### **Broccoli**

#### *Stovetop*

Place frozen broccoli in ½ to 1 cup of boiling water. Cover and bring quickly to a boil. Reduce heat and simmer for 5-8 minutes to an internal temperature of 135°F. Drain carefully. Appliances vary, adjust cook times accordingly.

#### *Microwave*

Place frozen broccoli in microwave-safe dish. Add 2 Tbsp of water. Cover and cook on high for 3 minutes. Stir and cook on high for an additional 5-7 minutes to an internal temperature of 165°F. Allow to stand for 2 minutes before serving. Appliances vary, adjust cook times accordingly.

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### **Cheese Pizza**

Remove pizza from packaging.

*Conventional Oven* Preheat oven to 325°F. Place pizza in the box on a baking sheet. Cook for 12-16 minutes. Appliances vary, adjust cook times accordingly.

#### *Microwave*

Place pizza on microwave-safe dish. Start cooking with 1 minute while keeping an eye on your pizza as it cooks. The pizza is done cooking when the cheese has melted, and the center feels hot to the touch. Appliances vary, adjust cook times accordingly.

### **Broccoli**

#### *Stovetop*

Place frozen broccoli in ½ to 1 cup of boiling water. Cover and bring quickly to a boil. Reduce heat and simmer for 5-8 minutes to an internal temperature of 135°F. Drain carefully. Appliances vary, adjust cook times accordingly.

#### *Microwave*

Place frozen broccoli in microwave-safe dish. Add 2 Tbsp of water. Cover and cook on high for 3 minutes. Stir and cook on high for an additional 5-7 minutes to an internal temperature of 165°F. Allow to stand for 2 minutes before serving. Appliances vary, adjust cook times accordingly.

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### **Mini Corn Dogs**

Remove mini corn dogs from packaging

#### *Conventional Oven*

Preheat oven to 350°F. Place frozen mini corn dogs on a baking pan. Bake for 18-23 minutes and until a minimum internal temperature of 165°F is reached. Appliances vary, adjust cook time accordingly.

#### *Microwave*

Place frozen mini corn dogs on a microwave-safe dish. Microwave on high (1100 watts) for 20-25 seconds. Turn mini corn dogs then microwave for an additional 20-25 seconds until a minimum internal temperature of 165°F is reached. Appliances vary, adjust cook times accordingly.

### **Potato Smiles**

#### *Conventional Oven*

Preheat oven to 425°F Place frozen potato smiles on baking pan. Bake for 9-13 minutes and until a minimum internal temperature of 135°F. Appliances vary, adjust cook times accordingly.

#### *Microwave\*\**

Place frozen potato smiles on microwave-safe dish. Cook on high for 1-2 minutes to 165°F. Appliances vary, adjust cook times accordingly.

*\*\*the quality of this product is better if cooked in a conventional oven.*

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### **Pizza Pull-Aparts**

Remove pizza pull-aparts from packaging

#### *Conventional Oven*

Preheat oven to 350°F. Place frozen pizza pull-aparts on a baking pan. Bake for 9-12 minutes and until a minimum internal temperature of 165°F is reached. Appliances vary, adjust cook time accordingly.

#### *Microwave*

Place frozen pizza pull-aparts on a microwave-safe dish. Microwave on high for 1 minute while keeping an eye on the pizza pull-aparts. They are done cooking when the cheese is melted and the center feels hot to the touch with an internal temperature of 165°F is reached. Appliances vary, adjust cook times accordingly.

### **Carrots**

#### *Stovetop*

Place frozen carrots in ½ to 1 cup of boiling water. Cover and bring quickly to a boil. Reduce heat and simmer for 5-8 minutes to an internal temperature of 135°F. Drain carefully. Appliances vary, adjust cook times accordingly.

#### *Microwave*

Place frozen carrots in microwave-safe dish. Add 1 Tbsp of water. Cover and cook on high for 2 minutes. Stir and cook on high 30 second intervals until heated through to 165°F. Appliances vary, adjust cook times accordingly.