

Alternative Meal Foods Heating Guidelines

- ▶ **Keep items cold (refrigerate) until ready to prepare**
- ▶ **Wash hands before opening and handling**

Times are approximate and may vary with your appliance

Heat until hot (165°F)



Item	Oven <i>preferred method</i>		Microwave <i>place in microwave safe dish; cover</i>		
	Temp °F	Minutes	# of pieces	Cook Time	Let stand
BOWL – Cheeseburger Mac ^^ (JTM CP5163)	350°F on sheet pan	25 - 30	1	2½ - 3 min	1 min
BOWL – Rotini in Meat Sauce^^ (JTM CP5501)	350°F on sheet pan	25 - 30	1	2½ - 3 min	1 min
BOWL – Vegetarian Chili^^ (JTM 5385)	350°F on sheet pan	25 - 30	1	2½ - 3 min	1 min
Breakfast Items in pouches Apple Cinnamon Toast, Mini French Toast, Pancakes, Waffle bites, Filled Bars, mini bagel packs, Mini Cinni's etc	350 °F	9-12 min from frzn	1	30 sec	1 min
Burgers, cooked (2.4 oz) (JTM)	375°F	15-25 min from frzn	1	MedHigh 5 min	3 min
Chicken Breast Fillet (Tyson 70322)	375 °F	Covered 20 min	1 2	2½ -3 min 3½ -4 min	2 min
Chicken Drumsticks (Tyson)	375 °F	35 – 40	Not recommended	--	--
Chicken Nuggets (Tyson 70364)	400 °F	11 - 13	5 nuggets 10 nuggets 15 nuggets	1-1 ½ min 2 -2 ½ min 2 ½ -3 min	1-2 min
Chicken Pattie (Tyson 70304)	400 °F	17 - 20	1 2	1 -1½ min 2 -2½ min	
Chicken Poppers (Tyson 70368)	400 °F	8 - 10	12 pieces	3 min	1-2 min
Chicken Tenders (reg or spicy) (Tyson 70332 or /038479)	400 °F	18 - 20	3 tenders 6 tenders	1 ½ -2 min 2 ½ min	1-2 min
Corn Dog Nuggets	375 °F	14 - 16	5 nuggets 10 nuggets	1 min 1 ½ min	1 min
French Toast Sticks (Richs 37720)	400 °F	12 - 15	3 pieces	90 sec	1-2 min
Macaroni and Cheese (pouch) ** (JTM 5798) **see notes below	Stovetop – pot	3 min until hot	1 pouch, thawed	1 min	1 min
Meatballs, beef (JTM #5053) Container IS NOT microwave safe	400 °F	30 min	4 meatballs	5 min	1-2 min
Mozzarella Sticks (Richs 65219)	450 °F	10 min	Not recommended	--	--
Pancake n'Sausage (Jimmy Dean 70609, 70613)	375 °F	25 min In pouch	1	55 sec Slit film	2 min
Pizza Bagel, mini cheese (52222) or mini pepperoni (52223)	425 °F	9 – 11	4 bagels 8 bagels	90 sec 2 min	1 min
Pizza Crunchers (Richs 65225)	375 °F	20 – 25	4 pieces	3 min	1-2 min
Pizza, French Bread (Schwan 68724)	400 °F	20-22	Not recommended	--	--

** Thaw in refrigerator before heating; cut ½ inch slit in bag; place face up in microwave OR empty into small pot for stovetop heating

^^Do not remove *vented* film top; **Container IS microwave and oven safe**; reduce cooking time if thawed; Stir halfway through microwave heating

Item	Oven <i>preferred method</i>		Microwave <i>place in microwave safe dish; cover</i>		
	Temp °F	Minutes	# of pieces	Cook Time	Let stand
Pizza, Mickey's 9" (two servings per pizza) (<i>Mickeys</i>)	350 °F	13 - 15	Not recommended	--	--
Pizza, Mickey's wedge large pizza (<i>Mickeys G16C16SO8F</i>)	350 °F	15 - 17	Not recommended	--	--
Pizza Round, 5" (<i>Conagra 12514</i>)	400 °F	13 - 15	Not recommended	--	--
Potato Gems ("tater tots") (<i>Simplot 4189</i>)	450 °F	20-25 min	Not recommended		
Potato Wedges, seasoned	450 °F	25 - 35 min	Not recommended		
Ripper, Pepperoni (pizza) (<i>TFS 090B</i>), OR Ham-Cheese (<i>091B</i>), OR Buffalo Chicken (<i>093B</i>)	350 °F	18 - 25	Not recommended	--	--
Rotini and Meat Sauce (pouch) ** (<i>JTM 5599CE</i>) ** <i>see notes below</i>	Stovetop – pot	3 min until hot	1 pouch, thawed	1 min	1 min
Stuffed Crust Dipper (<i>TheMax/Conagra 12439</i>)	400 °F	14-17 min	Not recommended	--	--
Taco Meat (pork) (<i>JTMCP5205</i>) Container IS NOT microwave safe	Stovetop – pot	out of pouch – 3-5 min	1 serving	3 ½ min	1 min
Taquito-chicken and cheese (<i>Ruiz 40818</i>)	400 °F	14 min	2 pieces	2 min	1 min
Tornado-egg, sausage and cheese (<i>Ruiz86969</i>)	350 °F frozen 450 °F thawed	25 min 12 min	1 piece	1 ¼ min	1 min
TRAY – Corn Dog Nugget/Mac and Cheese^^ (<i>JTM 5984</i>)	325 °F	25 min	1 (may make nuggets soggy)	2 min	1 min
TRAY – Taco and Cheese Sauce^^ (<i>JTM CP5982</i>)	325 °F	30 min	1	2 min full 1 min 50%	1 min
Veggies- Container IS NOT microwave safe Rinse with cold water before cooking or defrost in refrigerator Corn, frozen Green beans, frozen	Stovetop-skilllet	5 - 6 min Stir while heating	+1 Tbsp water 1 serving 2 servings	2 min 2 ½ min	1 min
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