

Summer Meals Recipe Sheet

Entrees

For All Chicken Products Keep Chicken Frozen Until Ready to Prepare

Take out of plastic bag and place on pan.
Bake at 400 for 8 - 10 minutes
Cook to internal temperature of 165.

Keep Burger Frozen Until Ready to Prepare

Take out of plastic bag and place on pan.
Cook at 375 for 8 - 10 minutes.
Cook to internal temperature of 165.

Penne Pasta Cooking Instructions

Bring 4 cups water to rolling boil.
Add contents of package to boiling water,
stir gently. Boil uncovered, stirring
occasionally, for 11 minutes

Keep Meat Sauce Frozen Until Ready to Prepare

Refrigerate overnight, take out of plastic cup
and put in microwavable container.
Heat for 1 – 2 minutes. Stir.
Cook to internal temperature of 165.

Keep Macaroni & Cheese Frozen Until Ready to Prepare

Refrigerate overnight, take out of plastic
cup, and put in microwavable container.
Heat for 1 – 2 minutes. Stir.
Cook to internal temperature of 165.

Keep Pizza Frozen Until Ready to Prepare

Take out of plastic bag and place on pan.
Bake at 400 for 12 - 17 minutes
Cook to internal temperature of 165.

Keep Quesadilla Frozen Until Ready to Prepare

Take out of plastic bag and place on pan.
Bake at 450 for 15 - 17 minutes
Cook to internal temperature of 165.

Keep Pizza Sticks Frozen Until Ready to Prepare

Take out of plastic bag and place on pan.
Bake at 400 for 10 - 15 minutes
Cook to internal temperature of 165.



Entrees

Keep Pulled Pork Frozen Until Ready to Prepare

Refrigerate overnight, take out of plastic
cup, and put in microwavable container.
Heat for 1 – 2 minutes. Stir.
Cook to internal temperature of 165.

Keep Mini Corn Dogs Frozen Until Ready to Prepare

Take out of plastic bag and place on pan.
Cook at 375 for 14 - 16 minutes.
Cook to internal temperature of 165

Keep Hot Dog Refrigerated Until Ready to Prepare

Take out of plastic bag before preparing
**Microwave for 40 - 45 seconds OR Boil
for 7 – 9 minutes OR Bake at 350 for 10
minutes.**

Keep Taco Meat Frozen Until Ready to Prepare

Refrigerate overnight, take out of plastic cup
and put in microwavable container.
Heat for 1 – 2 minutes. Stir.
Cook to internal temperature of 165.

Keep Turkey & Gravy Frozen Until Ready to Prepare

Refrigerate overnight, take out of plastic
cup, and put in microwavable container.
Heat for 1 – 2 minutes. Stir.
Cook to internal temperature of 165.

Keep Bosco Sticks Frozen Until Ready to Prepare

Thaw Overnight
Take out of plastic bag and place on pan.
Bake at 375 for 12 - 15 minutes
Cook to internal temperature of 165.

Breads

Keep Garlic Bread Frozen Until Ready to Prepare

Take out of plastic bag and place on pan.
Cook at 450 for 4 - 5 minutes.
*Or Toast on a Skillet (approx. 2-3 minutes
each side)*

Keep Breads Frozen Until Ready to Eat

(Breads - Croissants, English Muffins, Biscuits)
Take out of Freezer the night before ready to
eat. Place on kitchen counter.
Take out of plastic bag before eating

Breakfast

Pancakes

Take out of plastic bag before preparing
Microwave 30 Seconds (thawed)
Or Microwave 1 Minute (frozen)

Keep French Toast Sticks Thawed to Prepare

Microwave 20 – 30 Seconds

Keep Omelet Frozen

Thaw overnight, take out of plastic bag,
place on pan, and cover with foil.
Cook at 325 for 15-18 minutes.
(Or Microwave for 2 minutes)

Keep Egg Patty Frozen

Thaw overnight, take out of plastic bag,
place on pan, and cover with foil.
Cook at 325 for 8 - 10 minutes.
(Or Microwave for 20 – 30 seconds)

Sides

Keep Baked Beans Frozen Until Ready to Prepare

Refrigerate overnight, take out of plastic cup,
and put in microwavable container.
Heat for 1 minute. Stir.
Cook to internal temperature of 165.

Keep French Fries Frozen Until Ready to Prepare

Take out of plastic bag. Spread evenly on pan.
Bake at 450 for 14 - 18 minutes
Cook to a Light Gold Color

Keep Tater Tots Frozen Until Ready to Prepare

Take out of plastic bag. Spread evenly on pan.
Bake at 450 for 14 - 18 minutes
Cook to a Light Gold Color

Keep Mashed Potatoes Frozen Until Ready to Prepare

Refrigerate overnight, take out of plastic cup,
and put in microwavable container.
Heat for 1 – 2 minutes. Stir.
Cook to internal temperature of 165.

