

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
Burgers, cooked (2.4 oz) (Silver Spring or JTM)	375°F	15-25 min from frzn	1	MedHigh 8-10 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 3	1 -1½ min 2 -2½ min 3 min	
Chicken Poppers (Tyson 70368)	400 °F	8 - 10	12 pieces	3 min	1-2 min
Chicken Tenders (Tyson 703322)	400 °F	18 - 20	3 tenders 6 tenders	1 ½ -2 min 2 ½ min	1-2 min
Corn, frozen – rinse with cold water before cooking or defrost in refrigerator Container IS NOT microwave safe	Stovetop- skillet	5 - 6 min Stir while heating	+1 Tbsp water 1 serving 2 servings	2 min 2 ½ min	1 min
Corn Dog Nuggets	375	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
Mozzarella Sticks (Richs 65219)	450 °F	10 min	Not recommended	--	--
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	--	--
Pizza, Mickey's wedge (Mickey's G16C16SO8F)	350 °F	15 - 17	Not recommended	--	--
Pizza Round, 5" (Conagra 12514)	400 °F	13 - 15	Not recommended	--	--
Potato Gems ("tater tots") (Simplot 4189)	450 °F	20-25 min	Not recommended		
Ripper, Ham and Cheese (TFS 091B)	350 °F	18 – 25	Not recommended	--	--
Rippers, Buffalo Chicken (TFS 093B)	350 °F	18 – 25	Not recommended	--	--
Rippers, Pepperoni (pizza) (TFS 090B)	350 °F	18 – 25	Not recommended	--	--
Rotini and Meat Sauce (pouch) ** (JTM 5599CE) **see notes below	Stovetop – pot	3 min until hot	1 pouch, thawed	1 min	1 min
Stuffed Crust Dipper (TheMax/Conagra 12439)	400 °F	14-17 min	Not recommended	--	--
Taquito-chicken and cheese (Ruiz 40818)	400 °F	14	2 pieces	2 min	1 min
** Thaw in refrigerator before heating; cut ½ inch slit in bag; place face up in microwave OR empty into small pot for stovetop heating					