

## Cooking and Heating Instruction

\* Please make sure that an internal temperature of at least 165F for at least 15 seconds is achieved for all cooked products.

- **Bagel** – Microwave and Toaster: Place frozen bagel in a microwave and heat for 20 sec. Then, place the bagel in a toaster and cook for 5 min or until it gets golden brown.
- **Bagel Dog** – Microwave: Place frozen bagel dog in a microwave and heat for 1 -2 min on high heat.
- **BBQ Rib/ BBQ Pork Sandwich/ Pulled Pork Sandwich** – Microwave: Place frozen sandwich in a microwave and heat for 60 to 90 seconds on high heat.
- **Beef and Cheese Taco Stick** – Microwave: Place frozen Taco Stick in a microwave and heat for 1 min on high power.
- **Bosco Stick** – Microwave from Frozen: Place two frozen Bosco sticks in a microwave and heat for 1 min. Oven: Thaw Bosco stick in a refrigerator. Preheat oven to 400F. Place Bosco stick on a sheet pan. Cook for 6-8 min. Let stand 2 min before serving.
- **Bean and Cheese Burrito** – Microwave from Frozen: Open the package and place frozen burrito in a microwave and heat for 2 min. Oven: Preheat oven to 300F. Place frozen burrito on a sheet pan. Cook for 16 – 23 min.
- **Breakfast Burrito** - Microwave from Frozen: Remove the package and place frozen burrito in a microwave and heat for 3 min, flipping halfway.
- **Breakfast Sandwich** - Microwave from Frozen: Remove sandwich from foil and place on microwave safe plate. Place in the microwave for 2.5 min.
- **Chicken Strips** - Preheat oven to 425°F. Place frozen strips on a baking sheet. Heat 18 to 23 minutes. Microwave: Arrange frozen strips on microwave safe plate. Heat on high: 1 strip for 1 1/2 to 2 minutes 2 strips for 2 1/2 to 3 minutes 3 strips for 3 to 3 1/2 minutes. Do not overheat 3. Let stand 1 to 2 minutes before serving.
- **Cheese Pizza** – Preheat oven to 350F. Place frozen pizza on a sheet pan. Cook for 18 – 26 min.
- **Chicken Wing** – Preheat oven to 350F. Place frozen chicken wing in a single layer. Cook for 10 -25 min.
- **Chicken/Veggie Nuggets** - Preheat oven to 350F. Please frozen nuggets in a single layer. Cook for 7-10 min.

- **Chicken Patty/ Spicy Breaded Chicken Sandwich** – Preheat oven to 375F. Place frozen buns and patty separately on a sheet pan. Cook for 6 – 10 min.
- **Chilaquiles** – Microwave: Thaw product in a refrigerator. Place it in a microwave and heat for 1 min on high power.
- **Grilled Cheese Sandwich** – Oven: Preheat oven to 350F and cook for 18 mins if frozen and 12 minutes if thawed. Microwave: Open one end of the package. Place on microwave safe plate. Microwave 40-50 seconds.
- **Spicy Chicken Slider** – Preheat oven to 375F. Place frozen buns and patty separately on a sheet pan. Cook for 6 – 15 min.
- **Sandwich Turkey Ham Cheese Hawaiian Roll-** Preheat oven at 325F for 18-20 min (if frozen, 325F for 30-35min).
- **Mac and Cheese (pouch)** – Microwave: Thaw product in a refrigerator. Cut ½” slit in bag and place slit side up in microwave. Heat on high power for 60 seconds.
- **Mac and Cheese (cup)** – Microwave: Thaw product in a refrigerator. Place frozen meatballs in a microwave and heat for 1-2 min on high power.
- **Meatball Marinara** – Microwave from Frozen: Place frozen meatballs in a microwave and heat for 1-2 min on high power.
- **Frittata** – Microwave from Frozen: Place frozen frittata in a microwave and heat for 1 min.
- **Homemade Chili/ Turkey Chili** – Microwave from Frozen: Poke a hole in the plastic. Place frozen chili in a microwave and heat for 2 – 2.5 min on high power. Stove Top: Defrost chili in a refrigerator. Empty chili in a saucepan. Stir occasionally while heating over medium heat about 5 min.
- **Pasta with Meat Sauce** - Microwave from Frozen: Place frozen pasta in a microwave and heat for 4 min, stirring halfway through.
- **Vegetable pasta** - Microwave from Frozen: Place frozen pasta in a microwave and heat for 2.5 - 3 min, stirring halfway through.
- **Tangerine Chicken w/ Rice** - Microwave from frozen: Place in the microwave and heat for 2.5 min on high power.
- **Tamales** – Microwave from Frozen: Place frozen tamale in a microwave and heat for 2-3 min. Steam: Add water to the bottom of the steamer or large pot that has a metal colander inside. Cover the pot with foil paper and with a lid and bring to a boil. Steam tamale for 30-60 min.
- **Taco Stick** – Oven: Preheat oven to 325F. Place frozen taco sticks on a sheet pan. Cook for 18 min. Microwave: Place frozen taco sticks in a microwave and heat for 60 to 90 seconds on high heat.

- **Taco Nada/ Fiesta Nada** – Oven: Preheat oven to 350F. Bake for 20 min. Microwave: Cook on high for 2 minutes.
- **Hamburger/ Veggie Burger/ Chicken Fillet Burger/ Cheeseburger** – Preheat oven to 375F. Place frozen buns and patty separately on a sheet pan. Cook for 6 – 15 min.
- **French Bread Pizza** – Oven: Preheat oven to 375F. Place frozen bread pizza on a sheet pan. Bake for 10 – 15 min.

### **Meal Storage Instructions**

- All foods required to keep in a refrigerator or freezer need to be kept at a temperature of 41°F or below.
- Shelf-stable items should be stored at a temperature of 85°F or below.
- All fresh milk: Refrigeration required. Consume by the “Best By” date located on the product.
- Fresh whole fruit: Refrigeration recommended, but not required.
- Farm fruits and vegetables: Refrigeration recommended. Wash well before use.
- Fresh processed/bagged fruit & vegetables as well as cold fruit cups: Refrigeration required, and consume within 5 days or by the “Best By” date if located on the product.
- Consume by the “Best By” date located on the product.
- Cold Sandwiches (e.g. PB&J, Sub Sandwich): Refrigeration required. Consume within 5 days.
- Lunch Items that Require Heating: Store in freezer or refrigerator until ready to heat & consume. Store in the refrigerator no longer than 5 days.