

**Many items in the meal packages are cold or frozen and will need to be placed in a refrigerator or freezer after pick-up. Heating instructions: Conventional Oven/Appliances very, adjust accordingly**

## **Breakfast Items**

### **Breakfast Sliders**

Preheat oven to 350°F and bake 11-14 minutes. Rotate pan halfway through cook time to prevent cheese from burning. For food quality and safety cook to an internal temperature of 165°F.

### **Cinnamon Roll**

For best results - take product out of the freezer the night before you plan on using it. Keep at ambient / room temperature till you serve the product. Remove all packaging if you choose to heat the product.

### **Egg and Cheese Sandwich**

From thawed state, leave in oven ready film. Do not open. Preheat oven to 275 degrees F. Bake for 15-17 minutes. Microwave: From thawed, leave in oven ready film, do not open. Heat for 30-40 seconds

### **Mini Cinnis**

Heat & Serve: Heat frozen Mini Cinnis in ovenable pouch. Preheat oven to 350 degrees F. Place pouches on baking sheet and heat for 10-12 minutes \*DO NOT place pouches directly on oven rack.

### **Mini Maple Pancakes**

Heat & Serve. Heat frozen pancakes in ovenable pouch. Preheat oven to 350F. Place pouches at on a baking sheet and heat for 13-15 minutes. \*Microwave: Heat for 45 seconds on high. \*DO NOT place pouches directly on oven rack or let pouches touch oven sides.

### **Pancake Sausage Sandwich**

From frozen - Product is in ovenable film. It is not necessary to remove from film before heating. Heat product at 375 degrees F for 20-22 minutes. For food safety and quality, product is fully cooked when it reaches an internal temperature of 165F.

### **Waffle Sausage Sandwich**

From frozen - Product is in ovenable film. It is not necessary to remove from film before heating. Heat product at 350 degrees F for 20-22 minutes. For food safety and quality, product is fully cooked when it reaches an internal temperature of 165F.

# Entrees

## **Beef Patty**

7-9 Minutes at 350° from frozen. Place frozen beef patties flat on a sheet pan. Internal temperature of 160° or higher.

## **Bosco Sticks**

7-9 Minutes at 400° from thawed. Place Bosco Sticks on a baking sheet. Let stand 2 minutes before serving. Cook to internal temperature of 165°. Top Bosco Sticks with butter and parmesan cheese (not included) after baking. Prior to baking thaw in refrigerator, covered/up to 8 days.

## **Calzone – Beef**

12-15 minutes at 350°F from frozen (or thawed no more than 2 hours prior to cooking). Do not refreeze. If individually wrapped, cook in ovenable film. Cook to an internal temperature of 165°.

CAUTION: Product will be hot. Let stand for 2 minutes.

## **Cheesy Breadsticks – Maxstix**

Conventional Oven: Bake at 400°F for 14 to 17 minutes or until internal temperature reaches a minimum of 165°F.

## **Chicken & Waffle**

Chicken Tenders: 11-13 minutes at 400° from frozen. Place frozen strips in a single layer on a baking sheet. Cook to an internal temperature of 165°.

Waffle: Heat in oven, microwave or toaster

## **Chicken Nuggets**

8-10 minutes at 400°F from frozen. Cook to an internal temperature of 165°.

## **Chicken Patty**

30 minutes at 350 degrees from frozen. Place frozen chicken patty on ungreased baking pan and bake uncovered for 30 minutes or until internal temperature reaches 165 degrees.

## **Chicken Soft Taco**

Preheat oven to 350° F. Place soft tacos on baking tray. Open one end of film to vent. From frozen, bake for 40 minutes. Let product rest for 1 minute.

## **Chicken Tenders**

Preheat oven to 400°F. Place frozen strips in a single layer on baking sheet. Heat for 11-13 minutes, uncovered until internal temperature reaches 165 degrees.

## **Corn Dog on a Stick (Chicken)**

Preheat oven to 350°F. Heat on sheet tray for 34-36 minutes from frozen or 24-26 minutes from thawed. Microwave: 30 seconds turn then 30 more seconds from frozen or 20 seconds turn then 20 more seconds from thawed. Product should reach 160 degrees.

**Grilled Cheese** - Thaw product under refrigeration. Preheat oven to 375 degrees F. Product is in ovenable film. It is not necessary to remove from film before heating. Heat approximately 8-10 minutes, until cheese melts.

**Pancakes**

Heat & Serve. Heat frozen pancakes in ovenable pouch. Preheat oven to 350 degrees F. Place pouches flat on a baking sheet and heat for 13-15 minutes. Microwave: Heat for 45 seconds on high. \*DO NOT place pouches directly on oven rack or let pouches touch oven sides.

**Pizza Crunchers**

Preheat oven to 350 degrees. Arrange in a single layer on baking sheet. Bake for 12-15 minutes.

**Pizza**

Preheat oven to 325 degrees. Place boxed pizza on a baking sheet or pan liner paper. Cook pizza in ovenable box for 12-16 minutes or until cheese is melted. Let pizza sit in box for 1 minute before opening and removing pizza.

**Sausage Patty – Turkey:** Thaw in refrigerator. DO NOT thaw at room temperature. FLAT TOP GRILL METHOD: (PREFERRED METHOD FOR THAWED). Coat flat top grill with nonstick spray. Position patties in a single layer about 1" apart. Cook at 400°F, turning at the half-way point. Cook until internal temp reaches 140°F. CONVENTIONAL OVEN METHOD: Frozen - 9 minutes @ 400° F; Thawed - 7 minutes @ 400° F

**Totally Taco Snax**

Bake for 12-15 minutes. 15-20 minutes at 375 degrees from frozen on sheet tray (or until internal temperature of 165 degrees)

**Turkey & Cheese Croissant:**

THAW AND SERVE: Thaw under refrigeration overnight. Should be kept refrigerated no longer than 3 days. FOR BEST QUALITY COOK: Product is in ovenable film, it is not necessary to remove from film before heating. IF FROM THAWED: Heat product at 350 degrees F for 10-12 minutes. IF FROM FROZEN: Heat product at 350 degrees F for 18-20 minutes.

# Vegetables

## **Butternut Squash**

Preheat oven to 400 degrees F. Spray sheet tray and place cubed squash on tray. Heat for 25-30 minutes then toss with brown sugar and cinnamon if desired.

## **Potato Starz**

Preheat oven to 400 degrees F. Spread evenly on sheet pan and bake for 20-25 minutes, turning once.

## **Sweet Potato Fries**

Preheat oven to 425 degrees F. Spread evenly on sheet pan and bake for 32 – 34 minutes, turning once.

## **Wedge Cut Fries**

Preheat oven to 400 degrees F. Spread evenly on sheet pan and bake for 15-20 minutes, turning once.