

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: Instructions below are for Convection Ovens. Conventional Oven/Appliances vary, please adjust accordingly.

Breakfast Items

Breakfast Pizza Boat

For best results, heat from frozen state. Preheat oven to 375°F. Place unopened wrapper on pan and heat for 16-18 minutes, or until internal temperature reaches 165°F.

Breakfast on a Stick

Preheat oven to 350°F. From frozen, bake 14-16 minutes or until internal temperature reaches 160°F. From thawed, bake 6-8 minutes or until internal temperature reaches 160°F. *Microwave:* from thawed state, microwave on high for 45-60 seconds. From frozen, microwave on high for 90 seconds or until internal temperature reaches 160°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 until you serve the product. Remove all packaging if you choose to heat the product.

Mini Cinnis

Heat & Serve: Heat frozen Mini Cinnis in ovenable pouch. Preheat oven to 350°F. Place pouches on baking sheet and heat for 10-12 minutes *DO NOT place pouches directly on oven rack. *Microwave:* Heat on high for 45 seconds.

Mini Chocolate Chip French Toast

Heat & Serve. Heat frozen mini french toast in ovenable pouch. Preheat oven to 350°F. Place pouches on baking sheet and heat for 10-12 minutes. *DO NOT place pouches directly on oven rack. *Microwave:* Heat on high for 45 seconds.

Mini Maple Pancakes

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

Lunch Items

Beef Tacos & Cheese

Preheat oven to 350°F. If frozen, heat for 25-30 minutes. If thawed, heat for 18-22 minutes, or until internal temperature reaches 165°F. *Microwave:* Place bowl in microwave (Do not remove the vented film). If frozen, heat on high for 2-3 minutes. If thawed, heat for 1-2 minutes.

Bosco Sticks

Preheat oven to 350°F. Place bosco sticks on a baking sheet. From thawed, bake 12-14 minutes. From frozen, bake 20-22 minutes. Bake until internal temperature reaches 165°F.

Calzone – Beef

Preheat oven to 350°F. For best results, do not thaw more than 2 hours before cooking. Cook for 12-15 minutes or until internal temperature reaches 165°F. If individually wrapped, cook in ovenable film.

Cheeseburgers (2 mini burgers)

Thaw under refrigeration overnight. Preheat oven to 350°F. Cook in ovenable film for 12-14 minutes or until internal temperature reaches 165°F.

Cheeseburger Mac

Preheat oven to 350°F. If frozen, heat for 25-30 minutes. If thawed, heat for 18-22 minutes, or until internal temperature reaches 165°F. *Microwave:* Place bowl in microwave (Do not remove the vented film). If frozen, heat on high for 2-3 minutes. If thawed, heat for 1-2 minutes.

Cheesy Breadsticks – Maxstix

Preheat oven to 375°F. Bake in ovenable wrap for 16 to 18 minutes or until internal temperature reaches 165°F.

Chicken Nuggets

Preheat oven to 400°F. From frozen, cook 8-10 minutes or until internal temperature reaches 165°F.

Chicken Soft Taco

Preheat oven to 350° F. Open one end of film to vent and place on baking tray. If frozen, bake for 40 minutes. If thawed, bake for 23 minutes.

Corn Dog on a Stick (Chicken)

Preheat oven to 350°F. Place on baking sheet and cook for 34-36 minutes if frozen, or 24-26 minutes if thawed. Cook until internal temperature reaches 165°F. *Microwave:* from frozen, cook for 30 seconds then turn and cook for 30 more seconds. If thawed, cook for 20 seconds then turn and cook for 20 more seconds.

Grilled Cheese

Thaw product under refrigeration. Preheat oven to 375°F. Product is in ovenable film, it is not necessary to remove from film before heating. Cook for 8-10 minutes, until cheese melts.

Macaroni & Cheese

Preheat oven to 350°F. If frozen, heat for 25-30 minutes. If thawed, heat for 18-22 minutes, or until internal temperature reaches 165°F. *Microwave:* Place bowl in microwave (Do not remove the vented film). If frozen, heat on high for 2-3 minutes. If thawed, heat for 1-2 minutes.

Orange Chicken & Rice

Preheat oven to 350°F. Puncture film 3-4 times and place bowl on baking sheet. Bake for 13-15 minutes. *Microwave:* Puncture film 3-4 times. Cook on high for 5-6 minutes.

Pizza

Preheat oven to 375°F. Pizzas may remain in plastic bag while cooking. From frozen, place pizza on baking sheet and bake 27-29 minutes or until internal temperature reaches 160°F. *Microwave*: Remove pizza from plastic wrap and place on microwave safe plate. Cook on high for 2-2 ½ minutes.

Totally Taco Snax

Preheat oven to 375°F. From frozen, bake on baking sheet for 15-20 minutes or until internal temperature reaches 165°F.

Turkey & Cheese Croissant:

Thaw & Serve: Thaw under refrigeration overnight. Should be kept refrigerated no longer than 3 days.

Optional Heating Instructions: Preheat oven to 350°F. From thawed, place wrapped sandwich on baking sheet and bake for 6-8 minutes.

Turkey & Cheese Sandwich

Thaw & Serve: Thaw under refrigeration overnight.

Optional Heating Instructions: Preheat oven to 350°F. From thawed, place wrapped sandwich on baking sheet and bake 10-12 minutes. *Microwave*: from thawed, heat for 1 minute.

Turkey Tacos & Queso

Preheat oven to 350°F. If frozen, heat for 25-30 minutes. If thawed, heat for 18-22 minutes, or until internal temperature reaches 165°F. *Microwave*: Place bowl in microwave (Do not remove the vented film). If frozen, heat on high for 2-3 minutes. If thawed, heat for 1-2 minutes.