

BREAKFAST AND LUNCH FROZEN ENTREES

Cooking/Serving Instructions and Allergens

- **BREAKFAST ENTREES**

BREAKFAST PIZZA – Thaw the pizza overnight under refrigeration. Preheat oven to 325 F and bake the pizza for 11 to 13 minutes or until cheese melts. Allergens: MILK, SOY, WHEAT.

POTATO WEDGES – Cook from frozen. Pre heat oven to 450 F. Spread wedges on a single layer pan. Cook wedges in oven for 25 to 30 minutes. Allergens: NONE

PANCAKES - Cook from frozen. . Preheat oven to 350 F and bake the pancakes for 5 to 6 minutes. Allergens: MILK, EGG, SOY, WHEAT.

ULTIMATE BREAKFAST ROUND (UBR) – Thaw under refrigeration overnight. Allergens: WHEAT, EGG, SOY.

SWEET POTATO MUFFIN – Thaw under refrigeration overnight. Allergens: WHEAT, EGGS.

STRING CHEESE – Thaw under refrigeration overnight. Allergens: MILK

BAGEL - Thaw under refrigeration overnight. Allergens: WHEAT

WAFFLES – Cook from frozen. Preheat oven to 350F. Place frozen waffles flat on a baking sheet for 5 to 7 minutes until crispy and hot. Allergens: MILK, SOY, WHEAT, EGG

- **LUNCH ENTREES**

HAMBURGER:

HAMBURGER BUN – Thaw under refrigeration overnight. Allergens: WHEAT

BEEF PATTY – Thaw beef patty under refrigeration overnight. Preheat oven to 350 F. Cook patty until an internal temperature of 165 F is reached. Allergens: NONE

CHICKEN CHUNKS (4 oz.) – Cook from frozen. Preheat oven to 400 F. Place chicken chunks evenly on a baking pan. Bake for 18 to 20 minutes until crisp and golden. Allergens: EGGS, WHEAT, SOY

FISH STICKS (4 EACH) – Cook from frozen. Preheat the oven to 425 F. Bake the fish sticks for 12 to 16 minutes. Allergens: MILK, SOY, WHEAT.

CHEESE PIZZA – Thaw pizza under refrigeration overnight before cooking. Preheat oven to 325 F. Cook on pan for 11 to 14 minutes or until cheese is melted, crust is golden brown, or when thermometer reads 165 F. Allergens: WHEAT, MILK, SOY.

CHICKEN DRUMSTICK – Preheat oven to 350 F. From frozen, place drumsticks in a single layer on a pan sprayed with pan release. Heat for 35-40 minutes. Allergens: WHEAT.

CHICKEN NUGGETS (4 each) – Cook from frozen. Cook to a minimum of 165 F. Bake in a single layer in preheated oven at 400 F for 12 to 15 minutes. Adjust times to quantity being cooked and equipment used. Do not overcook. Allergens: SOY, WHEAT.

SPICY CHICKEN TENDERS (3 EACH) – Cook from frozen. Preheat the oven to 400 F. Bake for 8 to 10 minutes. Allergens: SOY, WHEAT.

CHICKEN DRUMSTICK – Preheat oven to 350 F. From frozen, place drumsticks in a single layer on a pan sprayed with pan release. Heat for 35-40 minutes. Allergens: WHEAT.

CHICKEN TAMAL – Cook from frozen. Spread tamales on a sheet pan and bake at 350 F for 30 to 40 minutes or until internal temperature reaches 165 F. Allergens: SOY.

PIZZA CRUNCHERS – VEGETARIAN - (4 EACH) – Cook from frozen. Preheat the oven to 350 F. Bake the pizza crunchers for 13 to 15 minutes. Allergens: MILK, WHEAT

PEPPERONI PIZZA – Cook from frozen. Preheat the oven to 350 F. Bake the pizza for 15 to 18 minutes or until cheese is browned. Allergens: MILK, SOY, WHEAT.

CORN DOG – Cook from frozen – Preheat the oven to 350 F and bake for 30 to 35 minutes until internal temperature reaches 165F. Allergens: WHEAT, SOY, EGG.

BRUNCH FOR LUNCH:

SAUSAGE PATTIES (2 each) – Cook from frozen. Place sausage patties on a baking tray in a single layer. Preheat the oven to 350 F for 10 to 12 minutes. Allergens: NONE

FRENCH TOAST STICKS (3 each) – Cook from frozen. Preheat the oven to 350 F and bake the French toast sticks for 12 minutes. Allergens: WHEAT, SOY.

GRILLED CHEESE – Cook from frozen. Preheat the oven to 350 F. Bake in a single layer for 18 to 20 minutes until internal temperature reaches 160 F. Allergens: WHEAT, MILK, SOY

CHICKEN PATTY – Cook from frozen. Preheat the oven to 350 F. Bake the patty for 8 to 10 minutes or until internal temperature reaches 165 F. Allergens: SOY, WHEAT.

SUNBUTTER & JELLY SANDWICH – Thaw under refrigeration overnight. Allergens: WHEAT, SOY

SOYBUTTER & JELLY SANDWICH – Thaw under refrigeration overnight. Allergens: SOY, WHEAT, MILK

PEANUT BUTTER & JELLY SANDWICH – Thaw under refrigeration overnight. Allergens: WHEAT, NUTS.

SOYBUTTER & JELLY SANDWICH – Thaw under refrigeration overnight. Allergens: SOY, WHEAT, MILK

FROZEN FRUIT AND VEGETABLE CUPS – Thaw under refrigeration overnight. Allergens: NONE

PLEASE MAKE SURE ALL ENTREES ARE COOKED UNTIL INTERNAL TEMPERATURE REACHES 165 F

TIMES AND TEMPERATURES MAY VARY BASED ON TYPE OF EQUIPMENT AND QUANTITY OF PRODUCT PREPARED. ADJUST ACCORDINGLY.

SOUTH BAY UNION SCHOOL DISTRICT