

Breakfast

Store in Freezer:

Bagel

THAW AND TOAST FOR BEST RESULTS.

Baked Goods (Muffins, loafs, donuts)

THAW AT ROOM TEMPERATURE, ENJOY!

Pancakes/Waffles/French Toast

PREHEAT OVEN TO 350 DEGREES F. PLACE POUCH ON A BAKING SHEET.

BAKE FOR 13-15 MINUTES IF FROZEN; 7-8 MINUTES IF THAWED.

Breakfast Burrito

THAW UNDER REFRIGERATION. DO NOT THAW AT ROOM TEMPERATURE.

REHEATING INSTRUCTIONS: COOK FROM THAWED STATE ONLY.

COOKING FROM FROZEN IS NOT RECOMMENDED. MICROWAVE IS NOT

RECOMMENDED. CONVENTIONAL OVEN: 280 DEGREES F FOR 20-25

MINUTES.

Egg Sandwich

THAW UNDER REFRIGERATION. FROM THAWED STATE IN A CONVECTION

OVEN AT 275 DEGREES F FOR 11-13 MINUTES.

Store in Refrigerator:

Cream Cheese

Yogurt

Fresh Fruit

Store at room temperature/pantry:

Granola Bar

Juice Box

Cereal

Oatmeal

ADD BOILING WATER, LET SIT AND SERVE. MORE WATER WILL YIELD A

THINNER OATMEAL WHILE LESS WATER WILL PROVIDE A THICKER

CONSISTENCY.

5 day rule: Generally for refrigerated items, either eat, discard or freeze within 5 days. Check expiration dates.

Lunch

Store in Freezer:

Individual Pizza

COOK FROM FROZEN. PREHEAT OVEN TO 400 DEGREES F, BAKE 24-26 MINUTES. MICROWAVE OVEN: (1 PORTION UNWRAPPED) COOK 2-3 MINUTES, 1100 WATTS. NOTE: FOR FOOD SAFETY AND QUALITY, COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160 DEGREES F.

PBJ Uncrustable

THAW AND EAT.

Chicken Patty Sandwich

HEAT 14-16 MINUTES AT 375 DEGREES F. TURN AFTER 6 MINUTES.

Rotini and Meat Sauce Bowl

THAW. MICROWAVE OVEN (ONE PORTION BOWL): 1. PLACE ONE REFRIGERATED PORTION BOWL IN THE MICROWAVE (DO NOT REMOVE THE VENTED FILM). 2. HEAT ON HIGH FOR 3 MINUTES FOR AN 8 OZ BOWL, OR UNTIL THE PRODUCT REACHES THE DESIRED SERVING TEMPERATURE. 3. CAREFULLY REMOVE THE VENTED FILM TOP AND STIR PRIOR TO CONSUMING.

Bosco Sticks

THAW BEFORE BAKING. KEEP COVERED WHILE THAWING. BAKING - PLACE BOSCO STICKS ON SHEET PAN. BAKE AT 400°F FOR 5 - 7 MINUTES OR UNTIL GOLDEN BROWN.

Orange Chicken & Brown Rice

REMOVE FROM PACKAGING AND PRE-HEAT OVEN TO 400 DEGREES, SPREAD CHICKEN PIECES EVENLY ON A SHEET PAN. BAKE FROZEN IN OVEN FOR 20-25 MINUTES UNTIL GOLDEN BROWN AND CRISPY. MICROWAVE RICE UNTIL HOT.

Chicken Tenders with Mac 'n Cheese

REMOVE FROM PACKAGING AND PLACE IN AN OVEN SAFE DISH. COOK FROM FROZEN. CONVENTIONAL OVEN FOR 27-29 MINUTES AT 350 DEGREES F.

Store in Refrigerator:

Turkey & Cheese Croissant Sandwich

ENJOY COLD OR PLACE IN OVEN ON A BAKING SHEET AT 350 DEGREES FOR 5-7 MINUTES FOR A HOT SANDWICH.

Salad Box

ADD DRESSING, SHAKE AND ENJOY!

Bento Box

REMOVE ANY CRACKERS AND STORE CRACKERS AT ROOM TEMPERATURE.

Mashed Potatoes

REMOVE PACKAGING. MICROWAVE OR HEAT IN OVEN UNTIL PIPING HOT (165°F). USE CAUTION WHEN HANDLING HOT FOOD. ENJOY.

Baked Beans

REMOVE PACKAGING. MICROWAVE OR HEAT IN OVEN UNTIL PIPING HOT (165°F). USE CAUTION WHEN HANDLING HOT FOOD. ENJOY.

Fresh Fruit

Fresh Vegetables

Store at room temperature/pantry:

Applesauce Cup

Marinara Cup

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