

AT HOME COOKING INSTRUCTIONS

If food is not being cooked immediately, please store in freezer or refrigerator. If under refrigeration, discard if not used in 7 days.

ALL ITEMS NEED TO REACH A MINIMUM INTERNAL TEMPERATURE OF 165°F FOR OPTIMAL FOOD SAFETY

BREAKFAST MENU ITEMS	OVEN INSTRUCTIONS	MICROWAVE INSTRUCTIONS
Pancakes/Waffles	Remove from packaging Place on baking sheet or oven safe shallow pan **Bake @ 350°F for 8-12 minutes	Remove from packaging Place on microwave-safe plate Cook for 1-2 minutes
French Toast Sticks		
Egg Patty		
Sausage Patty/Sausage Links		
Pancakes on a Stick		
Biscuits		
Gravy (cook covered)		

LUNCH MENU ITEMS	OVEN INSTRUCTIONS	MICROWAVE INSTRUCTIONS
Taco Beef	Remove from packaging Place in oven safe shallow pan **Bake @ 350°F for 8-12 minutes	Remove from packaging Place on microwave-safe plate Cook covered for 1-2 minutes stirring halfway through
Fajita Chicken/Diced Chicken	Remove from packaging Place on baking sheet **Bake @ 350°F for 8-12 minutes	Remove from packaging Place on microwave-safe plate Cook covered for 1-2 minutes
Hot Dog/Corndog		
Rib-b-que		
Hamburger/Cheeseburger		
Chicken Nuggets/Popcorn Chicken	Remove from packaging Place on baking sheet **Bake @ 400°F for 10-12 minutes	Remove from packaging Place on microwave-safe plate Cook for 1-2 minutes
Chicken Tenders/Chicken Fries		
Chicken Sandwiches		
Cheese Pizza	Remove from packaging Place on baking sheet **Bake @ 350°F for 8-12 minutes	Remove from packaging Place on microwave-safe plate Cook covered for 1-2 minutes stirring halfway through
Nacho Cheese		

POTATO MENU ITEMS	OVEN INSTRUCTIONS	MICROWAVE INSTRUCTIONS
French Fries/Tater Tots	Remove from packaging Place on baking sheet **Bake @ 400°F for 10-12 minutes	Remove from packaging Place on microwave-safe plate Cook for 1-2 minutes
Potato Wedges		
Emoji Potatoes		
Sweet Potato Fries		

VEGETABLE MENU ITEMS	OVEN INSTRUCTIONS	MICROWAVE INSTRUCTIONS
Broccoli	Remove from packaging Place on baking sheet **Bake @ 350°F for 10-12 minutes	Remove from packaging Place on microwave-safe plate Cook covered for 1-2 minutes stirring halfway through
Carrots		
Corn		
Green Beans		
Refried Beans/Charro Beans		
Peas		