



## Possible Meal Items and Reheating Instructions

### ----- Entree Items -----

#### Nachos with Cheese Dip:

Store at room temperature.

#### Personal Pizza:

\*Oven: Place frozen pizza (you can keep it in the wrapper) on a sheet pan and bake in an oven for 18-22 minutes at 375°F. Let the pizza slightly cool before eating.

Microwave: Place frozen pizza (in the wrapper) in the microwave and cook for approximately 2 minutes or until all cheese is melted. Let the pizza sit for 2 more minutes before removing from the microwave. Let the pizza slightly cool before eating.

#### Calzone:

\*Oven: Keep calzone frozen until 30 minutes before eating. Preheat oven to 375°F and cook on a sheet pan for approximately 12-15 minutes or very hot all the way through (165°F internal temp). Let cool slightly before eating.

Microwave: Microwave on high for approximately 1.5 - 2 minutes. Let stand for 1 minute before removing and eating. Calzone should be hot all the way through. If not heat for 30 more seconds.

#### Chicken Nuggets:

\*Oven: Place chicken nuggets on a sheet pan and bake in an oven for 12-15 minutes at 400°F. Chicken should reach an internal temperature of 165°F.

Microwave: Microwave on high for approximately 1 minute. Let the chicken nuggets sit in the microwave for 1-2 minutes before removing and eating.

#### Deli Sub Sandwich:

Store in the refrigerator until ready to eat.

#### Corn Pups:

Oven: Place frozen corn pups onto a sheet pan and bake in an oven at 375° for 20-25 minutes. If you are baking from a thawed state, bake for 10-15 minutes at 375°F.

## BBQ Sandwich:

Stovetop: Empty the bag of BBQ into a pot and place on the stovetop on low heat. Cover with a lid. Stir every few minutes to make sure it is heating through evenly. Once very hot (165°F) remove from the stovetop and place into the provided buns.

Microwave: Empty the bag of BBQ into a microwave safe bowl. Cover with a damp paper towel, and heat on high for 3-4 minutes or until BBQ is very hot throughout. Allow BBQ to sit in microwave for 2 minutes before removing and placing inside the provided buns.

## Cheesy Bites:

Oven: Bake frozen cheesy bites in an oven at 375°F for 6-8 minutes. Let sit for 1-2 minutes before eating as the cheese will be very hot.

Microwave: Place thawed cheesy bites in microwave and cook on high for 20-30 seconds. Let cool slightly before eating (Cheese will be very hot).

## Hamburger:

Oven: Place frozen hamburger patties in an oven safe dish. Bake at 350°F for 12-15 minutes or until the hamburger patties reach 135°F. Once cooked, place inside provided buns. Enjoy.

Microwave: Place slightly thawed hamburger patty in the microwave and cook for 1-2 minutes until it is very hot all the way through. Place hamburger patties inside provided buns and enjoy.

*\*Please note that sometimes when beef is reheated it can discolor the meat making it look pink. This is not a food safety issue as the meat is a fully cooked product.*

## Chicken Sandwich:

Oven: Place frozen filet in an oven safe dish/pan. Bake at 375°F for 12-15 minutes or until chicken reaches 165°F. Place inside provided buns and enjoy.

Microwave: Place chicken filet in the microwave and cook on high for 1.5-2.5 Minutes. Let sit for 1 minute before placing in the bun and eating.

## Quesadilla:

Oven: Place the quesadilla on a sheet pan and bake in the oven for 15-20 minutes at 375°F. The inside of the quesadilla should be at least 165°F. Let cool slightly and enjoy.

Microwave: Microwave on high for 2-3 minutes. Quesadilla should be very hot all the way through. Let rest for 1 minute before enjoying.

## Uncrustable:

Store in the freezer. Thaw for 30-60 minutes before eating.

----- Breakfast Items -----

## Cereal Bar, Poptarts, Ubers & Crunchmania:

Store at room temperature.

## Yogurt:

Keep in the refrigerator until ready to eat.

## Honey Buns, Muffins, Cinnamon Rolls, Pancakes & Soft Pastries:

Store in the freezer or at room temperature. If you wish to eat them warm, heat them in the microwave for 10-20 seconds or until desired temperature.

## ----- Side Items -----

### Fruit:

Store at room temperature or place in the refrigerator to chill and extend shelf life.

### Vegetables:

Keep frozen vegetables frozen until ready to cook.

Place other vegetables in the refrigerator to preserve quality.

### French Fries:

Keep frozen fries frozen until ready to cook. To cook, place on a sheet pan and bake for 12-17 minutes (or until crisped and golden) at 425°F.

## ----- Beverages -----

### Milk:

Store in the refrigerator.

### Juice Boxes:

Store at room temperature or place in the refrigerator to chill before drinking.

\* this cooking method is the preferred method for the best quality results.