

**ATTENTION: Please be aware this meal distributed to you may contain or come into contact with common allergens, such as, but not limited to, dairy, milk, eggs, wheat/gluten, soybeans, peanuts, tree nuts, pork, fish, or shellfish.**

**If food is not being cooked immediately please store in freezer or refrigerator. If under refrigeration discard if not used in 5 days.**

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

Meal	Menu Item	Oven or Stovetop Instructions	Microwave Instructions	Assembly
Breakfast	Bulk Pancakes AND/OR 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.	Serve with one portion cup of syrup per serving.
Breakfast	Packaged Breakfast Burrito AND/OR Tornado AND/OR Taco	Remove from packaging Place on baking sheet or oven safe shallow pan **Bake @ 300°F for 18 minutes from frozen, 13 minutes if refrigerated.	Remove from packaging Place on microwave-safe plate Cook for 1-2 minutes.	Serve once heated to minimum internal temperature.
Breakfast	Breakfast Slider Sandwiches	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.	Serve once heated to minimum internal temperature.
Breakfast	Bagel Sliced	Thaw and serve.	N/A	N/A
Breakfast	Sausage Patty/Sausage Links	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.	N/A
Breakfast	Breakfast Sandwich (Filling =Egg, Sausage, Har	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.	Place filling on grain provided. Top with Cheese.
Breakfast	UBR/Frudel/Mini Cini/Mini Bagel	Thaw and serve.	N/A	N/A
Breakfast	Individually Packaged Pancakes/Waffles/French Toast Bites/Breakfast Pizza	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.	N/A
Breakfast	Breakfast on a Stick	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.	N/A
Breakfast	Pop Tart	Toast.	N/A	N/A
Breakfast	Omelet & Egg Patty	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.	Serve once heated to minimum internal temperature.
<b>Convenience IW Products FROM FROZEN</b>				
Lunch/Supper	Macaroni & Cheese, JTM AND/OR Rotini & Meat Sauce Meal, JTM AND/OR Cavatappi & Cheese, JTM	Place sealed bag in a steamer or in boiling water. Heat Approximately 10 minutes or until product reaches serving temperature. Pour into a bowl, stir and enjoy.  Stove Top Heating Instructions (from thawed): Empty thawed pasta into an 8-inch sauté pan or small pot. Heat over medium/low heat for 2-3 minutes or until product reaches desired temperature. Pour into a bowl, stir and enjoy.	Microwave Heating Instructions (from thawed): If frozen, thaw pouches of pasta in the refrigerator for 24 hours. Cut 1/2" slit in bag and place slit side up in microwave. Heat on high power for 60 seconds. Allow bag to cool, carefully remove from microwave, pour into a bowl and serve.	N/A
Lunch/Supper	Burrito, Bean & Cheese WG, 5.2oz, IW	FOR BEST RESULTS, HEAT FROM A REFRIGERATED STATE. Place burritos on a sheet pan with seam of wrapper facing down. Heat to an internal temperature of 160°F. Caution: Do not overheat. Heating above 165°F. may cause filling leakage.  Convection Oven: Preheat Oven to 300°F. Frozen: Heat for 19-21 min. Refrigerated: Heat for 11-13 min. Conventional Oven: Preheat oven to 300°F. Frozen: Heat for 24-28 min.	Microwave: Frozen: Heat on High for 50 seconds. Let rest for 15 seconds. Heat for another 30 seconds. Let rest for 1 min. before consuming. Refrigerated: Heat for 45 seconds. Let rest for 15 seconds. Heat for another 15 seconds. Let rest for 1 min. before consuming.	N/A
Lunch/Supper	Beef & Bean Burrito Los Cabos, WG, 5.2 oz., IW	Heating Instructions: FOR BEST RESULTS, HEAT FROM A REFRIGERATED STATE. Place burritos on a sheet pan with seam of wrapper facing down. Heat to an internal temperature of 160°F. Caution: Do not over heat. Heating above 165°F. may cause filling leakage. Heating times may vary due to variation in equipment used. Convection Oven: Preheat Oven to 300°F. Frozen: Heat for 19-21 min. Refrigerated: Heat for 11-13 min. Conventional Oven: Preheat Oven to 300°F. Frozen: Heat for 24-28 min. Refrigerated: Heat for 13-15 min.Do not Fry.	Microwave: Frozen: Heat on High for 50 seconds. Let rest for 15 seconds. Heat for another 30 seconds. Let rest for 1 min. before consuming. Refrigerated: Heat for 45 seconds. Let rest for 15 seconds. Heat for another 15 seconds. Let rest for 1 min. before consuming.	N/A
Lunch/Supper	Cheeseburger, Mini Twin 4.71 oz, WG, Tyson-Advance Pierre	Convection: For best results, heat from thawed state. Thaw frozen sandwiches in refrigerator. Sandwiches can be stored in refrigerator for up to 5 days. Convection Oven: From thawed state, heat sealed/wrapped sandwich(es) in a preheated 275°F convection oven for 18-20 minutes. (Do not heat above 275°F). Times may vary.		N/A
Lunch/Supper	WG Round Galaxy Cheese Pizza 4" TONY'S CN, IW	HEAT TO INTERNAL TEMPERATURE OF 160°F BEFORE CONSUMING Place pizzas on baking sheet. Pizzas may remain in plastic wrap. Product must be cooked from frozen state. Rotate pans one half turn halfway through cooking to prevent cheese from burning. CONVECTION OVEN: 1.Preheat oven to 375°F. 2.Cook 27-29 minutes. CONVENTIONAL OVEN: 1.Preheat oven to 400°F. 2.Cook 26- 28 minutes.	N/A	N/A

**Lunch/Supper:**

Lunch/Supper	Hamburger/Cheeseburger/Chicken Sandwich/Spicy Chicken Sandwich/Garden Burger Patties/Steak Sandwich	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.	Place patty on bun provided.
Lunch/Supper	Popcorn Chicken/Chicken Nuggets/Chicken Drumstick/Chicken Tenders/ Steak Fingers/ Fish Nuggets	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.	Serve with dipping sauce, or tossed in sauce as desired.
Lunch/Supper	Mozzarella Stuffed Bread-sticks	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.	Serve with red sauce for dipping.
Lunch/Supper	Cheese Pizza	Remove from packaging Place pizza on oven-safe pan **Bake @ 300°F for 15-18 minutes.	Remove from packaging Place on microwave-safe plate Cook for 1-2 minutes.	N/A
Lunch/Supper	Pepperoni Pizza	Remove from packaging Place pizza on oven-safe pan **Bake @ 300°F for 15-18 minutes.	Remove from packaging Place on microwave-safe plate Cook for 1-2 minutes.	N/A
Lunch/Supper	Scratch Macaroni & Cheese/ Beefy Macaroni/ Alfredo Macaroni/ Cheesy Chicken Spaghetti	Remove pasta and sauce from packaging Place pasta topped with sauce on baking sheet or oven safe shallow pan **Bake @ 350°F for 8-12 minutes.	Remove pasta & sauce from packaging Place pasta topped with sauce on microwave- safe plate Cook for 1-2 minutes.	N/A
Lunch/Supper	Hot Rice Bowls	Remove protein and starch from packaging Place starch topped with protein on baking sheet or oven safe shallow pan **Bake @ 350°F for 8-12 minutes.	Remove Protein & starch from packaging Place starch topped with protein on microwave- safe plate Cook for 1-2 minutes.	Serve with accompanying sauces, cheese, chilled vegetables, salsas or toppings as provided.
Lunch/Supper	Hot Wraps/Burritos	Remove filling from packaging Place on baking sheet or oven safe shallow pan **Bake @ 350°F for 8-12 minutes.	Remove filling from packaging Place on microwave-safe plate Cook for 1-2 minutes.	Lay out tortilla onto work surface Place the filling ingredients in the center of the tortilla, spreading filling into a rectangle shape. Gently fold tortilla sides in over a few inches of the filling using your fingertips. While still holding the sides, pull the bottom edge of tortilla over the top of the filling. Place your hands over the top of the wrap and pull fingertips back toward yourself to tighten the filling in the newly formed pocket. Roll filling up to the top edge of the tortilla to finish the wrap.
Lunch/Supper	Totchos	Remove protein and tots from packaging Place starch topped with protein on baking sheet or oven safe shallow pan **Bake @ 350°F for 10-12 minutes.	Remove Protein & tots from packaging Place starch topped with protein on microwave- safe plate Cook for 1-2 minutes.	Serve with accompanying sauces, cheese, chilled vegetables, salsas or toppings as provided.
Lunch/Supper	Breakfast for Lunch /Chicken & Waffles	Remove components from packaging Place on baking sheet or oven safe shallow pan **Bake @ 350°F for 8-12 minutes.	Remove components from packaging Place on microwave-safe plate Cook for 1-2 minutes.	Serve with one portion cup of syrup per serving.
Lunch/Supper	Hot Vegetables	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.	N/A
Lunch/Supper	Scratch Beef Lasagna/ Tater Tot Casserole/ Chicken Pot Pie	Remove from packaging Place on baking sheet or oven safe shallow pan **Bake @ 350°F for 25-30 minutes.	Remove from packaging Place on microwave-safe plate Cook for 2-3 minutes.	Serve once heated to minimum internal temperature.
Lunch/Supper	Asian Meatballs	Remove protein and starch from packaging Place starch topped with protein on baking sheet or oven safe shallow pan **Bake @ 350°F for 8-12 minutes.	Remove Protein & starch from packaging Place starch topped with protein on microwave- safe plate Cook for 1-2 minutes.	Serve with accompanying sauces, cheese, chilled vegetables, salsas or toppings as provided.
Lunch/Supper	Chicken Quesadilla	Remove components from packaging Place on baking sheet or oven safe shallow pan **Bake @ 350°F for 8-12 minutes.	Remove filling from packaging Place on microwave-safe plate Cook for 1-2 minutes.	N/A
Lunch/Supper	Sloppy Joe/ Chili	Remove filling from packaging place in a small saucepan on stove top over medium he until simmers.	Remove filling from packaging Place on microwave-safe plate Cook for 1-2 minutes.	Serve with bun or corn chips provided.
Lunch/Supper	Baked potato	Remove components from packaging Place on baking sheet or oven safe shallow pan **Bake @ 350°F for 8-12 minutes.	Remove components from packaging Place on microwave-safe plate Cook for 1-2 minutes.	Serve once heated to minimum internal temperature.