



Cooking Instructions for 7-day Meal Kit & Weekend Meal Options

In an effort to be sustainable and environmentally friendly, cooking information is available on our Nutrition Services menu page [here](#). Items pictured here may not be the exact same that you receive, as we have multiple vendors.


BBQ Rib Patty Sandwich			
	Heat from frozen to internal temperature of 165°F.		
	Conventional Oven	350 °F	16 minutes
	Convection Oven	350 °F	8 minutes
	Microwave	High	1-2 minutes

Bean & Cheese Burrito			
	Heat from frozen to internal temperature of 165°F. Leave in wrapper and place on sheet pan.		
	Conventional Oven	325 °F	Frozen: 20-25 minutes Thawed: 14-20 minutes

Beef Dippers, Teriyaki			
	Heat from frozen to internal temperature of 165°F.		
	Conventional Oven	350 °F	7-9 minutes


Beef, Shaved Philly Style			
	Heat from frozen to internal temperature of 165°F.		
	Conventional Oven	350 °F	8-10 minutes


Beef Sliders with Cheese			
	For best results, heat from thawed state to internal temperature of 165°F. Thaw frozen sandwiches in refrigerator. Sandwiches can be stored in refrigerator for up to 14 days.		
	Conventional Oven	275 °F	18-20 minutes
	Microwave	High	1 minute


Cheese Breadstick Bites (Wild Mikes)			
	Heat from frozen to internal temperature of 165°F. Heat until breadsticks are golden brown and cheese is melted.		
	Conventional Oven	350 °F	6-8 minutes
	Microwave	High	30-45 seconds


Cheese Breadsticks			
	Heat from frozen to internal temperature of 165°F.		
	Conventional Oven	400 °F	16-18 minutes
			Refrigerate or discard any unused portion. Bake within 48 hours of thawing for best quality

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Chicken Drumstick, BBQ			
	Heat from frozen to internal temperature of 165°F.		
	Conventional Oven	350 °F	35-40 minutes
	Microwave	High (1100 watt)	3-4 minutes for one drumstick. Turn and rotate halfway through.


Chicken Drumstick, Breaded			
	Heat from frozen to internal temperature of 165°F.		
	Conventional Oven	375 °F	35-40 minutes

Chicken Patty Sandwich, Regular & Spicy			
	Heat from frozen to internal temperature of 165°F.		
	Conventional Oven	400 °F	8-10 minutes


Chicken Tenders			
	Heat from frozen to internal temperature of 165°F.		
	Conventional Oven	400 °F	11-13 minutes


Chicken Teriyaki Sliders			
	Heat from thawed state to internal temperature of 165°F. Thaw frozen sandwiches in refrigerator. Sandwiches can be stored in refrigerator for up to 5 days.		
	Conventional Oven	275 °F	20-25 minutes


Chile Cheese Tamales				
	Tamales are precooked. For best results, steam from a refrigerated state. Heat to an internal temperature of 165°F.			
	Conventional Oven	350 °F	Frozen: 20-25 min Thawed: 15-20 min	Leave husks on during heating.
	Steamer	High	Frozen: 30-40 min Thawed: 20-30 min	Leave husks on during heating.

Corndog, Chicken			
	Heat from frozen to internal temperature of 165°F.		
	Conventional Oven	350 °F	Frozen: 34-36 minutes. Thawed: 24-26 minutes
	Microwave	High (1100 watts)	Frozen: 30 seconds, turn, 30 seconds Thawed: 20 seconds, turn, 20 seconds


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Empanada, Chicken			
	Heat from frozen to internal temperature of 165°F.		
	Conventional Oven	350 °F	8-10 minutes

French Toast			
	Heat from frozen to internal temperature of 165°F.		
	Convection Oven	325 °F	Frozen: 13-15 minutes Thawed: 4-7 minutes
	Microwave	High	Frozen: 40-45 seconds Thawed: 20-25 seconds

Galaxy Cheese Pizza			
	Heat from frozen to internal temperature of 165°F.		
	Conventional Oven	400 °F	24-26 minutes on sheet pan


Garlic Cheese Toast			
	Heat from frozen to internal temperature of 165°F.		
	Conventional Oven	350 °F	8-11 minutes or until cheese is melted.

Pancakes			
	Heat from frozen to internal temperature of 165°F. Leave in pouch to heat.		
	Conventional Oven	350 °F	9-10 minutes
	Microwave	High	45 seconds

Pizza Quesadilla			
	Heat from frozen to internal temperature of 165°F.		
	Conventional Oven	400 °F	19-23 minutes


Pizza, whole 16", pre-cut 8 or 10 slice			
	Remove from plastic wrap. Heat from frozen to internal temperature of 165°F. Cool and wrap leftovers in foil and refrigerate.		
	Conventional Oven	325 °F	Frozen: Bake 13-15 minutes

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Pizza, whole 16", uncut 8 slice			
	Remove from plastic wrap. Heat from frozen to internal temperature of 165°F. Cook and cut into 8 slices. Cool and wrap leftovers in foil and refrigerate.		
	Conventional Oven	400 °F	30-32 minutes

Spaghetti Sauce			
Heat from frozen to internal temperature of 165°F.			
Microwave for 2 minutes, uncovered and stir. Microwave an additional minute or until internal temp is 165F.			

Meatballs			
Heat from frozen to internal temperature of 165°F.			
Conventional Oven	375 °F	11-13 minutes	
Convection Oven	350 °F	8-10 minutes	

Tomato Soup & Toasted Cheese Sandwich			
	Uncover soup and microwave for 1.5 – 2 minutes and stir. Microwave an additional minute or until internal temperature is 165F.		
	<p>Toasted Cheese Sandwich – Butter the outside of the bread and cook in the microwave, stove top, or oven. Microwave for 2 minutes or until all the cheese is melted. This option will not toast the bread. For toasted bread: cook on the stove top in a skillet for 4-5 minutes on each side, until cheese is melted and bread is toasted. OR preheat the oven to 350 and bake for 10-12 minutes or until cheese is fully melted and bread is toasted to your desire.</p>		

Turkey Gravy, Homemade (provided in microwavable bowl)			
Heat from frozen to internal temperature of 165°F.			
Microwave	High	Uncovered - 2 minutes, stir, 2 additional minutes. Add 1-2 tbsp. water to thin gravy, if desired.	
Stove Top	Medium	Place frozen turkey gravy container in the refrigerator the night before you would like to cook it. Once thawed it will be easier to remove from the container. Place in small saucepan and heat over medium heat until internal temperature is 165F. Add 1-2 tbsp. water to thin gravy, if desired.	

Veggie Burger			
Heat from frozen to internal temperature of 165°F.			
Conventional Oven	450 °F	7-10 minutes, turning once	

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Veggie Nuggets (soy)			
Heat from frozen to internal temperature of 165°F.			
Conventional Oven	400 °F	10-14 minutes, flip once halfway through.	


Veggie Sliders			
For best results, heat from thawed state to internal temperature of 165°F. Thaw frozen sandwiches in refrigerator. Sandwiches can be stored in refrigerator for 14 days.			
Conventional Oven	275 °F	18-20 minutes	Heat in sealed bag
Microwave	High	1 minute	Heat in sealed bag

Waffles (round)			
Heat from frozen to internal temperature of 165°F. Remove from bag and cook on ungreased baking sheet.			
Conventional Oven	350 °F	5-7 minutes	Bake until lightly toasted.

These items will be sent home frozen in the 7 day meal kit or with the weekend meals provided with daily pick-up on Friday. They can remain in the freezer until ready to eat/thaw OR put directly in the fridge to thaw. Instructions below.

BBQ Chicken Wrap			
Keep Frozen until ready to use THAW AND SERVE: Thaw under refrigeration overnight. Eat within 3 days of thawing.			

Turkey and Cheese Sandwich (Hoagie)			
	Keep Frozen until ready to use THAW AND SERVE: Thaw under refrigeration overnight. Eat within 3 days of thawing.		
	Conventional Oven	350 °F	Frozen: 18-20 minutes Thawed: 10-12 minutes

PB & J Uncrustable Sandwich (Peanut butter)			
	Keep Frozen until ready to use THAW AND SERVE: Thaw under refrigeration. Eat within 24 hours of thawing. Freezer shelf life – 9 months.		

Sunbutter Sandwich (Sunflower Seed Butter)			
Keep Frozen until ready to use THAW AND SERVE: Thaw under refrigeration. Eat within 24 hours of thawing. Freezer shelf life – 9 months.			

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WowButter Sandwich (Soybutter)



Keep Frozen until ready to use THAW AND SERVE: Thaw under refrigeration overnight. Eat within 3 days of thawing.

These items are dry, non-perishable items that you will find in the 7 day meal kit OR with the weekend meals provided with daily pick-up on Friday that require basic cooking – add water and cook.

Barley



Add 1 cup of barley to 3 cups of boiling water. Simmer covered for 40 minutes or until liquid is absorbed. Drain any excess liquid. One-cup dry equals 3 cups cooked.

Brown Rice




Rinse Rice. Add 1 cup of rice to 2 cups of water and bring to a boil. Simmer covered for 35-40 minutes or until liquid is absorbed. Turn off heat and leave lid on for about 5 minutes to finish steaming. Remove lid and fluff. One-cup dry rice equals 3 cups cooked.

Oatmeal with Cinnamon and Brown Sugar



Bring 1 cup of water to a boil. Add oatmeal, cinnamon, and brown sugar to the boiling water. Turn heat down and simmer for 8-10 minutes or until liquid is absorbed, uncovered. Cover for 2 minutes, scoop and serve. $\frac{1}{2}$ cup dry oats equals $\frac{3}{4}$ cup cooked.

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Penne Pasta (with Spaghetti Sauce and Meatballs – frozen instructions above)	
	Bring water to a rolling boil. Add pasta to boiling water. Stir gently. Return to a boil. For authentic "al dente" pasta, boil uncovered, stirring occasionally for 11 minutes. For more tender pasta, boil an additional 1 minute. Remove from heat. Drain well. Serve immediately with your spaghetti sauce and meatballs.