Summer 2026 Meal Kit Preparation Instructions

OVENS, AIR FRYERS, AND MICROWAVES WILL VARY ADJUST TIMES ACCORDINGLY
OVEN TEMPERATURES ARE FOR CONVENTIONAL OVENS

Breakfast Items

Mini French Toast

Keep Product Frozen Until Ready to Prepare
Air Fryer: Not recommended
Oven: Preheat oven to 350°F. Place the pouch flat on a baking sheet pan and heat for 10 to 13 minutes. Do not place the pouch directly on the oven rack or let the pouch touch the oven sides. CAUTION! Pouch and product will be very hot! Use oven mitts to remove product
Microwave: Make a ¼" slit into pouch to allow it to vent/ Place one pouch in the microwave and heat on HIGH for 20 to 30 seconds. Let Stand for one minute before removing from the microwave. CAUTION! Pouch and product will be very hot!
Thaw & Serve: Remove product from freezer, set on counter 90 minutes before service to allow to thaw

Banana Bread

Keep Product Frozen Until Ready to Prepare
Product can be pulled 24 hours before service to thaw or product can be heated and served
Microwave: Place one pouch in the microwave and heat on HIGH for 20 - 30 seconds. LET STAND one minute before removing from microwave CAUTION: Pouch and product can be very hot!

UBR Breakfast Rounds

Keep Product Frozen Until Ready to Serve
Thaw and Serve. Pull the night before or one to two hours before eating

Mini Pancakes

Keep Product frozen Until Ready to Prepare
Air Fryer: Not recommended
Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet pan and heat for 7 to 10 minutes. Do not place pouches directly on the oven rack or let pouches touch oven sides. CAUTION! Sheet pan and pouch will be hot!
Microwave: Make a ¼" slit in pouch, to allow to vent. Place one pouch in the microwave and heat on HIGH for 45 to 60 seconds. Let Stand one minute before removing from the microwave. CAUTION! Pouch and product can be very hot!
Thaw & Serve: Pull from freezer and set on counter. Allow to thaw 90 minutes before serving

Apple Strudel Bar

Keep Product Frozen Until Ready to Prepare
Air Fryer: Turn temperature to 350°. Remove from pouch and wrap in aluminum foil. Heat product for 7 to 9 minutes
Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet pan and heat for 8 to 10 minutes. Do not place pouches directly on the oven rack or let pouches touch oven sides.
Microwave: Place one pouch in the microwave and heat on HIGH for 30 to 40 seconds. Let Stand one minute before removing from the microwave. CAUTION! Pouch and product can be very hot!

Cherry Strudel Bar

Keep Product Frozen Until Ready to Prepare

Air Fryer: Turn temperature to 350°. Remove from pouch and wrap in aluminum foil. Heat product for 7 to 9 minutes. CAUTION! Product especially filling will be hot

Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet pan and heat for 7 to 9 minutes. Do not place pouches directly on the oven rack or let pouches touch oven sides.

Microwave: Place one pouch in the microwave and heat on HIGH for 30 - 40 seconds. Let Stand one minute before removing from the microwave. CAUTION! Pouch and product can be very hot!

Thaw & Serve: Pull from freezer and set on counter. Allow to thaw 90 minutes before serving

Froot Loop Waffles

Keep Product Frozen Until Ready to Serve

Pull product the night before or pull to thaw one to two hour before serving

Mini Cream Cheese Bagel

Keep Product Frozen Until Ready to Prepare

Air Fryer: Turn air fryer to 325°F. Remove from the wrapper and wrap in foil. Place in the air fryer and heat for 8 to 10 minutes. Let stand for 1 minute before serving. CAUTION! Product especially filling will be hot

Oven: Preheat oven to 350°F. Leave in ovenable wrapper. Place the bagel on a baking sheet pan and heat for 10 to 13 minutes. Do not place wrapper directly on the oven rack or let the wrapper touch the oven sides. Let stand for 1 minute before serving. CAUTION! Product especially filling, will be hot!

Microwave: Open one end of package to allow it to vent. Place one bagel on a microwave safe plate and heat on HIGH for 35 - 45 seconds. Let stand 1 minute before removing from the microwave. CAUTION! Product can be very hot, especially filling!

Thaw & Serve: Thaw at room temperature for 120 minutes prior to serving

Mini Waffles

Keep Product frozen Until Ready to Prepare

Air Fryer: Not recommended

Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet pan and heat for 7 to 10 minutes. Do not place pouches directly on the oven rack or let pouches touch oven sides. Product and pouch will be hot!

Microwave: Place one pouch in the microwave and heat on HIGH for 30 to 40 seconds. Let Stand one minute before removing from microwave CAUTION: Pouch and product can be very hot!

Thaw & Serve: Pull from freezer and set on counter. Allow to thaw 90 minutes before serving

Trix Muffin

Keep Product Frozen Until Ready to Prepare

Pull from the freezer the night before to allow it to thaw for breakfast. Place on counter to thaw

Lunch Items

Chicken Nuggets

Keep Product Frozen Until Ready to Prepare

Air Fryer: Turn air fryer to 350°F. Cook chicken nuggets for 10 - 12 minutes or until a minimum temperature of 165°F. Let stand for 1 minute before serving. CAUTION! Product will be hot!

Oven: Preheat oven to 375°F. Remove from packaging and place chicken nuggets on a baking sheet pan. Cook for 10 to 15 minutes or until the minimum internal temperature reaches 165°F. Let stand for 1 minute before serving.

Microwave: Remove from packaging. Place chicken nuggets on a microwave safe plate, and microwave on high for about 1 to 3 minutes or until internal temperature is 165°F. Let it sit for 1 minute. CAUTION! Food will be hot!

Beef Pizza Pocket

Keep Product Frozen Until Ready to Prepare

Recommended to cook product from frozen state, not recommended to thaw

Air Fryer: Turn temperature to 325°F. Remove from wrapper and wrap in foil. Place in air fryer and heat for 15 to 20 minutes. Pizza pocket needs to reach an minimal temperature of 165°F. Allow product to rest for 4 minutes before serving. CAUTION! Product will be hot!

Oven: Preheat oven to 350°F. Leave frozen product in wrapper and place one serving on a baking sheet. Bake 15 to 20 minutes or until minimum internal temperature reaches 165°F. Allow the product to rest 4 minutes in the wrapper. Do not place pouch directly on the oven rack or let pouch touch oven sides. CAUTION! Product will be hot! Carefully remove product from wrapper and serve.

Microwave: Open one end of plastic wrapper to vent. Place one frozen serving on a microwave safe plate. Cook for 1 minute 15 seconds to 1 minute 30 seconds on high power. Allow the product to rest in wrapper for 4 minutes. CAUTION! Food will be hot! Remove from the wrapper and serve.

French Toast Sticks w/ Sausage

Keep Product Frozen Until Ready to Prepare

Air Fryer: Turn air fryer to 350°F. Place French toast sticks in a single layer in the air fryer. Heat for 5 - 8 minutes then add the chicken sausage. Finish heating the French toast sticks and the chicken sausage for 2 - 3 minutes or until a minimum internal temperature of 165°F. CAUTION! Product will be hot!

Oven: Preheat oven to 350°F. Remove French toast sticks from packaging and place on a baking sheet. Place in the oven for 8 to 10 minutes or until minimum internal temperature reaches 165°F. Remove sausage from the packaging. Place chicken sausage patties on baking sheet add to the oven the last 5 minutes of cooking the French toast sticks and heat for 5 minutes or until minimum internal temperature reaches 165°F. Chicken sausage patties can be added to the same baking sheet as the French Toast Sticks. CAUTION! Food will be hot!

Microwave: Remove French toast sticks and sausage from packaging. Place on a microwave safe plate and heat in microwave for 1 to 2 minutes or until minimum internal temperature reaches 165°F. Let sit 1 minute before serving. CAUTION! Food will be hot!

Peanut Butter & Jelly w/ String Cheese

Keep String Cheese in refrigerator

Keep uncrustable frozen until ready to serve

Thaw uncrustable at room temperature 30 minutes to an 1 hour before serving. Can be held in the refrigerator up to 5 days after being thawed.

DO NOT MICROWAVE!

Bosco Sticks

Keep Product Frozen Until Ready to Prepare

Pull Bosco Sticks two hours before baking to allow to thaw

Air Fryer: Turn air fryer to 350°F. Lay Bosco sticks in air fryer cook for 7 to 9 minutes. Let stand for 2 minutes before serving. CAUTION! Product, especially filling, will be hot! Serve with Marinara

Oven: Preheat the oven to 375°F. Remove Bosco Sticks from the packaging. Place Bosco Sticks on a baking sheet pan lined with parchment paper or spray with pan spray. Place the pan in the oven and cook for 10 - 12 minutes or until the internal temperature reaches 145°F. Let stand for 1 - 2 minutes. CAUTION! Product will be hot! Serve with Marinara.

Microwave: Not recommended to cook this way. Remove Bosco Sticks from the packaging and place on a microwave safe plate. Heat 45 seconds to 1 minute. Let stand for 1 minute to cool. CAUTION! The item will be hot! Serve with Marinara.

Chicken Tenders

Keep Product Frozen Until Ready to Prepare

Recommended to cook product from frozen state, not recommended to thaw

Air Fryer: Turn temperature to 375°F. Remove from packaging. Place chicken tenders in air fryer basket or rack making sure not to over crowd. Cook for 7 to 10 minutes or until chicken reaches a minimum temperature of 165°F. CAUTION! Be careful when removing from air fryer product will be hot!

Oven: Preheat oven to 400°F. Remove chicken tenders from packaging and place on a baking sheet in a single layer. Place in oven and cook for 11 to 13 minutes or until a minimum internal temperature of 165°F.

Microwave: Remove chicken tenders from packaging. Place chicken tenders on a microwave safe plate. Heat for 1 minute 30 seconds to 2 minutes 30 seconds or until the internal temperature of chicken tenders reaches 165°F. Let items stand for 1 minute to cool. CAUTION! Plate and product will be hot!

Turkey Pepperoni Pizza Pocket

Keep Product Frozen Until Ready to Prepare

Air Fryer: Turn temperature to 325°F. Remove from wrapper and wrap in foil. Place in air fryer and heat for 15 to 20 minutes. Pizza pocket needs to reach an minimal temperature of 165°F. Allow product to rest for 4 minutes before serving. CAUTION! Product will be hot!

Oven: Preheat oven to 350°F. Leave frozen product in wrapper and place one serving on a baking sheet. Bake 15 to 20 minutes or until minimum internal temperature reaches 165°F. Allow the product to rest 4 minutes in the wrapper. Do not place pouch directly on the oven rack or let pouch touch oven sides. CAUTION! Product will be hot! Carefully remove product from wrapper and serve.

Microwave: Open one end of plastic wrapper to vent. Place one frozen serving on a microwave safe plate. Cook for 1 minute 15 seconds to 1 minute 30 seconds on high power. Allow the product to rest in wrapper for 4 minutes. Remove from the wrapper and serve. CAUTION! Food will be hot!

Hamburger

Keep Product Frozen Until Ready to Prepare

Pull hamburger bun 24 hours prior to service to allow to thaw

Air Fryer: Turn air fryer to 350°F. Remove hamburger patty from packaging. Place hamburger patty in air fryer. Heat for 5 to 8 minutes or until a minimum internal temperature of 165°F. CAUTION! hamburger patty will be hot! Place patty on hamburger bun and enjoy!

Oven: Preheat oven to 350°F. Remove from packing and place the hamburger patty on a baking sheet pan. Place in the oven and cook for 10 to 12 minutes or until a minimum internal temperature 165°F. CAUTION! Baking sheet and food will be hot! Place the hamburger patty on a bun and enjoy!

Microwave: Remove hamburger patty and bun from packaging. Place on a microwave-safe plate. Microwave for 60 to 90 seconds (if thawed) or 1.5 to 2 minutes (if frozen) until internal

temperature reaches 165°F. Let stand for 1 minute before removing from the microwave. CAUTION! Be careful as food will be hot! Place on a bun and enjoy

Crispitos

Keep Product Frozen Until Ready to Prepare

Oven: Preheat oven to 375°F. Un-wrap crispitos and place them on a sheet pan sprayed with pan spray. Place in the oven and cook for 12 - 15 minutes or until a minimum internal temperature of 165ºF. Carefully remove from the oven. Allow to sit 1 minute before serving. CAUTION! Food will be hot!

Mini Cheese Ravioli w/ Marinara Sauce

Keep Product Frozen Until Ready to Prepare

Marinara Cup keep in fridge until ready to prepare

Microwave: In a microwave safe bowl add the ravioli and about 1 tbsp of water. Cover with a damp pamper towel. Place in the microwave for 2 minutes, uncover carefully and stir, recover then finish for 1 to 2 minutes or until the ravioli is heated through. Carefully remove the bowl using oven mitts. Pour marinara on top and stir to cover. CAUTION! The ravioli filling will be hot!

Stovetop: Fill a 1.5 qt sauce pan with 2 cups of water, bring to a simmer and carefully add the ravioli, by adding as close to the water as possible to prevent from splashing. Bring to a boil for 4 to 8 minutes or until heated through. Carefully drain the water into a colander. Pour ravioli into a bowl and add the marinara and toss to coat. CAUTION! Ravioli filling will be hot!

Country Breaded Beef Sticks

Keep Product Frozen Until Ready to Prepare

Recommended to cook product from frozen state, not recommended to thaw

Air Fryer: Turn air fryer to 350°F. Remove from packaging. Cook for 8 to 12 minutes or until a minimum temperature of 165°F. CAUTION! Product will be hot!

Oven: Preheat oven to 375°F. Remove from packaging and place on a baking sheet pan lined with parchment paper or spray with pan spray. Place in oven 12 to 15 minutes or until a minimum internal temperature of 165°F. CAUTION! Pan and product will be hot!

Microwave: Remove from packaging. Place on a microwave safe plate. Microwave on high approximately 1 to 2 minutes or until a minimum internal temperature of 165°F. Let sit 1 minute before serving. CAUTION! Plate and product will be hot!

Cheese Pizza

Keep Product Frozen Until Ready to Prepare

Recommended to cook from a frozen state, not recommended to thaw

Air Fryer: Turn air fryer to 350°F. Cook 13 - 16 minutes or until cheese is melted and the minimum internal temperature is 160°F. Let stand for 1 - 2 minutes before serving. CAUTION! Product will be hot!

Oven: Preheat oven to 375°F. Remove pizza from the package and place on a baking sheet pan. Cook for 10 to 15 minutes or until the cheese is melted and the edges are golden brown. Pizza must be cooked to a minimum internal temperature of 160°F. Remove from the oven and let sit for 1 to 2 minutes. CAUTION! Pan and pizza will be hot!

Microwave: Remove pizza from plastic package. Place frozen pizza on a microwave safe plate. Place in the center of the microwave and cook on high for 1 minute to 2 minutes. Let sit in the microwave 1 to 2 minutes before serving. CAUTION! Product will be hot!

Chicken Sandwich

Keep Product Frozen Until Ready to Prepare

Pull hamburger bun 24 hours prior to serving to allow to thaw

Air Fryer: Turn temperature to 375°F. Place chicken patty in air fryer. Heat for 6 to 8 minutes or until the internal temperature is a minimum of 165°F. CAUTION! Carefully remove product from air fryer, it will be hot! Place chicken patty on bun and enjoy!

Oven: Preheat oven to 400°F. Remove chicken patty from packaging and place on a baking

sheet pan. Heat for 8 to 10 minutes or until the internal temperature is 165°F. CAUTION! Product and sheet pan will be hot. Place chicken patty on a bun and enjoy!
Microwave: Remove chickenwich patty from plastic bag. Place on a microwave-safe plate. Microwave for 60 to 90 seconds (if thawed) or 1.5 to 2 minutes (if frozen) until internal temperature reaches 165˚F. Let stand for 1 minute before removing from the microwave. CAUTION! Careful as food will be hot! Place on a bun and enjoy!

Mini Corn Dogs

Keep Product Frozen Until Ready to Prepare

Air Fryer: Heat air fryer to 350°F. Place corn dog in air fryer and heat cook for 15 - 20 minutes or until the minimum temperature internal temperature is 165°F. Let stand for 1 minute before serving. CAUTION! Product will be hot!
Oven: Preheat oven to 350°F. Remove from packaging and place on a baking sheet pan. Cook for 15 - 20 minutes or until the minimum internal temperature is 165°F. Let stand for 1 minute before serving. CAUTION! Product will be hot!
Microwave: Remove from packing. Place corn dog on a microwave safe plate, and microwave for about 50-55 seconds or until internal temperature is 165°F. Let stand for 1 minute. CAUTION! Food will be hot!

Chicken Egg Rolls

Keep Product Frozen Until Ready to Prepare

Air Fryer: Turn Air Fryer to 350°F. Place Egg Rolls on the air fryer tray. Place in air fryer and cook for 15 to 20 minutes from frozen or until minimum internal temperature of 165°F. Carefully remove from the air fryer and set on a plate, let stand 1 minute before serving. CAUTION! Product will be hot!
Oven: Preheat oven to 375°F. Place on a baking sheet sprayed with pan spray. Cook for 17 - 23 minutes from frozen and reach a minimum internal temperature of 165°F. Carefully remove from oven. Allow to sit for 1 minute before serving. CAUTION! Product will be hot!!

Juice Boxes and Milk are Shelf Stable they can be stored in your pantry area and refrigerated when ready to serve.