

Cooking Instructions for Summer meals

BREAKFAST

Blueberry Donut Holes: **Contains: WHEAT, MILK, EGG, SOY**

Thaw & Serve: Thaw at room Temperature for 60 minutes, Shelf Life: Good for 7 days at Room Temperature.

Banana Mini Loaf: **Contains: WHEAT, MILK, EGG, SOY**

Thaw & Serve: Thaw at room Temperature for 60 minutes, Shelf Life: Good for 14 days at Room Temperature.

Froot Loop Waffle: **Contains WHEAT, MILK, EGG, SOY**

Keep frozen until ready to use. Do not re-freeze thawed products.

Thaw & Serve: Thaw at room temperature for 60 minutes; serve within 1 hour of thawed state.

Cooking Instructions:

1. Preheat oven to 350°F.
2. Place frozen pouches, picture side up, in a single layer on baking sheet.
3. Heat for 17-17.5 minutes.
4. For optimal product quality, serve within 8 minutes.

*Do not exceed 350°F. Do not allow pouches to contact any interior oven surfaces. Bake times will vary by oven load and type.

LUNCH

Chicken, Turkey Pepperoni & Cheese on Croissant: **Contains: WHEAT, MILK, EGG, SOY**

PREPARATION – for best results keep frozen until ready to use

Thaw & Serve:

Thaw in refrigerator for 4-6 hours. Serve Shelf Life: In refrigerator 5 days

Heat & Serve:

Thaw sandwich 1 day in advance in refrigerator.

Preheat oven to 350°F. Place wrapped sandwiches on a sheet pan and place in preheated oven. Do not remove wrapper (wrapper is oven- safe).

Bake for 6-8 minutes. Serve.

Note: cooking equipment, equipment settings, and kitchen conditions will vary so cooking time may need adjusting. Cook all food thoroughly to 165°F.

Grilled Cheese: **Contains: WHEAT, MILK, & SOY**

Product is Ready-to-Eat, but for a better experience, heat from a thawed state.

Do not remove wrap on wrapped product before heating.

Microwave: From Thawed State *(Microwave ovens vary; adjust time accordingly to heat product)

1. Open one end of the package.
2. Place on microwave safe plate
3. Microwave 40-50 seconds; or until heated through.

BUSH'S Vegetarian Baked Beans: **Contains: None of Top 9 Allergens**

Microwave: Empty contents into microwave-safe container. Cover. Heat 1-2 minutes. Stir and serve.

Simmer: Empty contents into saucepan. Heat to simmer.

French Bread Pizza: **Contains: WHEAT, Milk, May contain SOY**

1. Preheat the oven to 325°F - 350°F.
 2. Keep Pizza in oven safe Carton, Place pizza in directly on the middle rack or a baking pan.
 3. Bake 12 - 16 minutes or until the cheese is melted.
 4. Allow the pizza to sit in the box for 1 minute before opening and removing it.
- Note: Appliances may vary. Adjust cooking time and temperatures as needed

Buffalo Chicken Stuffed Sandwich: Contains: WHEAT, MILK, EGG, SOY

Cook before serving. Prepare from frozen state. CAUTION: Product is hot upon removal from oven!

Oven

1. Preheat oven to 375°F.
2. Leave frozen product in plastic wrapper and place one serving on a baking sheet.
3. Bake for 25 to 27 minutes.
4. Allow product to rest in wrapper 4 minutes. Carefully remove from wrapper and serve.

Note: Increased bake time is needed for additional product.

Microwave Oven (1100W)

1. Open one end of plastic wrapper to vent.
2. Place one frozen serving on microwave safe plate. Do not cook more than one serving at a time.
3. Cook for 1 minute 30 seconds to 1 minute 45 seconds on HIGH power.
4. Allow product to rest in wrapper 4 minutes. Carefully remove from wrapper and serve.

NOTE: Due to variances in oven regulators, product temperature, and number of products being prepared, cooking time and temperature may require adjustment. Refrigerate or discard any unused portion.

Baked Potato: Contains: None of the Top 9 Allergens

1. Poke the potato four or five times on each side with a fork. This allows steam to escape from the baking potato.

2. Place the potato in a microwave-safe dish and microwave at full power for 8 minutes.

Use a fork or tongs to flip the potatoes — potato will be hot. If you remove the dish from the microwave, use oven mitts, as the dish will be hot.

If cooking two or more potatoes, microwave an additional 5 minutes.

When done, the potatoes should be easily pierced with a fork all the way to the center.

Continue to microwave in 1-minute bursts as needed until the potato is cooked through.

Use oven mitts to remove the dish from the microwave.

PBJ Smukers Uncrustable®: Contains: WHEAT, PEANUT

Thaw per packaging Instructions

Cool Tropics RIPS Juice SLUSH: Contains: None of the Top 9 Allergens

KEEP FROZEN, Prior to eating pull out of freezer at room temperature to let thaw for 30 minutes.