

## **BREAKFAST**

### **Breakfast Chicken Filet Slider**

Preheat oven to 350°F. Bake chicken filet sliders in single layer on a sheet pan for approximately 20 minutes to an internal temperature of 165°F.

### **Breakfast Pizza**

Preheat oven to 325°F. Bake pizza in single layer on sheet pan for approximately 13-15 minutes to an internal temperature of 165°F.

### **Breakfast Wrap**

Preheat oven to 280°F. Bake breakfast wrap on a sheet pan in ovenable pouch for 12-16 minutes if frozen and 15-20 minutes if thawed, to an internal temperature of 165°F.

### **Biscuits**

Preheat oven to 375°F. Bake biscuits in a single layer on a sheet pan with sides touching for approximately 20-25 minutes to an internal temperature of 165°F.

### **French Toast Sticks**

Preheat oven to 350°F. Bake French toast sticks in single layer on a sheet pan in ovenable pouch, glaze side up, for approximately 14 minutes to an internal temperature of 165°F.

### **Maple Beef Sausage Pancake Sandwich**

Preheat oven to 350°F. Bake frozen breakfast sandwich in a single layer on a sheet pan for approximately 18-20 minutes to an internal temperature of 165°F.

### **Maple Pancake Bites**

Preheat oven to 375°F. Bake maple bites from frozen in single layer on sheet pan for 16-18 minutes to an internal temperature of 165°F.

### **Pork Breakfast Sausage**

Preheat oven to 350°F and heat sausage in a single layer on a sheet pan to an internal temperature of 165°F.

### **Sausage Bagel**

Preheat oven to 375°F. Bake sausage bagel a sheet pan in for 8-12 minutes to an internal temperature of 165°F.

## **LUNCH**

### **Beef Meatballs**

Preheat oven to 375°F. Bake frozen meatballs in a single layer on a sheet pan for 11-13 minutes to an internal temperature of 165°F.

### **Buffalo Chicken Pizza**

Preheat oven to 325°F. Bake frozen pizza in single layer on sheet pan for approximately 8-11 minutes or until cheese is melted and crust edges are golden brown.

### **Cheeseburger Twins**

Preheat oven to 325°F. Do not remove wrappers. Heat from frozen for approximately 20-25 minutes to an internal temperature of 165°F.

### **Cheese Pizza Rectangle**

Preheat oven to 325°F. Bake frozen cheese pizza in a single layer on a sheet pan for approximately 8-11 minutes to an internal temperature of 165°F.

### **Cheese Pizza Wedge**

Preheat oven to 425°F. Bake frozen pizza in single layer on lined sheet pan for approximately 12-16 minutes to an internal temperature of 165°F.

### **Chicken Breast Filet**

Preheat oven to 350°F. Bake frozen chicken breast filets in a single layer on a sheet pan for approximately 20-24 minutes to an internal temperature of 165°F.

### **Chicken Tenders**

Preheat oven to 350°F. Bake frozen chicken tenders in a single layer on a sheet pan for approximately 30 minutes to an internal temperature of 165°F.

### **Chicken Fajita Strips**

Preheat oven to 350°F. Heat fajita strips in a single layer on a sheet pan for approximately 15 minute to an internal temperature of 165°F.

### **Chili Puff Pastry**

Preheat oven to 350°F. Bake puff pastry in a single layer on sheet pan for approximately 20 minutes to an internal temperature of 140°F.

### **Corn and Jalapeno Frittata**

Preheat oven to 300°F. Heat in single layer on sheet pan for 12-15 minutes to an internal temperature of 165°F. Do not repack after heating. Do not refreeze.

### **Corn Dog Nuggets**

Preheat oven to 375°F. Bake frozen corn dog nuggets in a single layer on a sheet pan for approximately 14-16 minutes to an internal temperature of 165°F.

### **Crispito**

Preheat oven to 375°F. Heat crispitos from frozen in single layer on sheet pan for approximately 16-18 minutes to an internal temperature of 140°F.

### **Hamburger Beef Steak**

Preheat oven to 350°F. Bake frozen hamburger beef steak patties in a single layer on a sheet pan for approximately 10-15 minutes to an internal temperature of 165°F.

### **Fish Filet**

Preheat oven to 400°F. Bake frozen fish portions in a single layer on a sheet pan for approximately 22-28 minutes to an internal temperature of 165°F.

### **Grilled Cheese**

Preheat oven to 325°F. Place frozen wrapped sandwiches in a single layer on a sheet pan and heat for approximately 18 minutes to an internal temperature of 165°F.

### **Macaroni and Cheese**

Carefully place unopened pouch into boiling water and heat for approximately 40-45 minutes to an internal temperature of 165°F. Do not overfill or touch bottom or sides of pot. Be careful not to splash water.

### **Oven Fried Chicken**

Preheat oven to 375°F. From frozen, bake chicken in a single layer on a sheet pan for approximately 20-25 minutes to an internal temperature of 165°F.

### **Pepperjack Ciabatta Sandwich**

Preheat oven 350°F. Bake frozen sandwiches in single layer on a sheet pan for approximately 18-20 minutes to an internal temperature of 165°F.

### **Popcorn Chicken**

Preheat oven to 350°F. Bake frozen popcorn chicken in a single layer on a sheet pan for approximately 20 minutes to an internal temperature of 165°F.

### **Pulled Pork BBQ**

Thaw pulled pork under refrigeration overnight. Remove desired amount of pulled pork from plastic container and heat in a either saucepan over low heat or in a vented microwaveable container to an internal temperature of 165°F.

### **Roasted Chicken**

Preheat oven to 375°F. Bake frozen roasted chicken in a single layer on a sheet pan for approximately 32-35 minutes to an internal to an internal temperature of 165°F.

### **Roasted Chicken Wings**

Preheat oven to 400°F. Bake frozen chicken wings in a single layer on a sheet pan for approximately 25-30 minutes to an internal temperature of 165°F.

### **Smoked Turkey Kielbasa**

Carefully place kielbasas into boiling water and heat to an internal temperature of 140°F. Do not overfill or touch bottom or sides of pot. Be careful not to splash water.

### **Spicy Chicken Filet**

Preheat oven to 350°F. Bake chicken filets in a single layer on a sheet pan for approximately 25 minutes to an internal temperature of 165°F.

### **Stuffed Cheese Breadstick**

Preheat oven to 400°F. Bake frozen cheese breadstick in a single layer on a sheet pan for approximately 14-17 minutes to an internal temperature of 165°F.

### **Supreme Pizza**

Preheat oven to 325°F. Bake frozen supreme pizza in a single layer on a sheet pan for approximately 8-11 minutes to an internal temperature of 165°F.

### **Three Cheese Bread**

Preheat oven to 325°F. Bake frozen cheese bread in a single layer on a sheet pan for approximately 8-11 minutes to an internal temperature of 165°F.

### **Turkey Pastrami Burrito**

Preheat oven to 310°F. Bake turkey pastrami burritos in a single layer on sheet pan for approximately 23-28 minutes to an internal temperature of 165°F.

### **Vegetarian Pinwheel**

Preheat oven to 350°F. Bake frozen pinwheels in a single layer on sheet pan for approximately 12-16 minutes to an internal temperature of 165°F. Let stand 5 minutes before serving.

### **Crinkle Cut Fries**

Preheat oven to 400°F. Bake frozen crinkle cut fries in a single layer on a sheet pan for approximately 10-15 minutes to an internal temperature of 165°F.

### **Roasted Potatoes**

Preheat oven to 375°F. Bake frozen roasted potatoes in a single layer on a sheet pan for approximately 12-17 minutes to an internal temperature of 165°F.

### **Steamed Vegetables from Frozen**

Place vegetables in a microwave safe dish. Add approximately ¼ cup water, and cover dish with lid. Microwave for approximately 4-5 minutes, or until vegetables are as tender as desired and have reached 140°F. Season to taste with salt and pepper.

### **Vegetables from Canned**

Heat vegetables in pan on stovetop over medium-low heat, stirring frequently, for approximately 8-10 minutes to an internal temperature of 140°F.