All products are thoroughly cooked and can be consumed cold or heated using these instructions below:

Preheat oven to 375°F. Then, place on parchment paper or spray with pan release.

If frozen, bake for 35-40 minutes.
If thawed, bake for 15-20 minutes.

CHICKEN DRUMSTICK

FISH NUGGETS

All products are thoroughly cooked and can be consumed cold or heated using these instructions below:

Preheat to 400°F. Then, place on parchment paper or spray with pan release.

If frozen, bake for 15-20 minutes.
If thawed, bake for 10-12 minutes.
All products are **thoroughly cooked** and can be consumed cold or heated using these instructions below:

Preheat oven to 400°F. Then, place on parchment paper or spray with pan release.

If frozen, bake for 20-22 minutes.
If thawed, bake for 15-17 minutes.

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All products are **thoroughly cooked** and can be consumed cold or heated using these instructions below:

Preheat oven to 400°F. Then, place on parchment paper or spray with pan release.

If frozen, bake for 18-20 minutes.
If thawed, bake for 13-15 minutes.
PIZZA SLICE (HIGH SCHOOL)

All products are thoroughly cooked and can be consumed cold or heated using these instructions below:

Preheat oven to 325°F. Then, place on parchment paper or spray with pan release.

If frozen, bake for 13-15 minutes.
If thawed, bake for 11-13 minutes.

PIZZA SLICE (ELEMENTARY)

All products are thoroughly cooked and can be consumed cold or heated using these instructions below:

Preheat oven to 375°F. Then, place on parchment paper or spray with pan release.

If frozen, bake for 12-16 minutes.
If thawed, bake for 10-12 minutes.
ITALIAN SAMPLER
CHEESE STICKS & RAVIOLI

All products are thoroughly cooked and can be consumed cold or heated using these instructions below:

Preheat oven to 375°F. Then, place on parchment paper or spray with pan release.

If frozen, bake for 7 minutes and allow pan to cool for 1-2 minutes. Cheese will be HOT. Allow marinara to thaw in fridge overnight.

MEATBALL (TURKEY) SUB

All products are thoroughly cooked and can be consumed cold or heated using these instructions below:

**Oven Instructions:**
Preheat oven to 375°F. If frozen, place meatballs in pan and bake 25-30 minutes.

**Stove Top Instructions:**
Cover meatballs with sauce and simmer covered pan for 40 minutes.

If thawed, decreased cooking times by half.
Place meatballs and sauce on bun.
ROTINI IN MEAT SAUCE

All products are **thoroughly cooked** and can be consumed cold or heated using these instructions below:

**Oven Instructions:**
Preheat oven to 350°F. Place frozen bowls in the oven on a sheet pan. Bake for 25-30 minutes. Carefully remove film top and stir.

**Microwave Instructions:**
Place one frozen bowl in the microwave (do not remove vented film). Heat on high for 6 minutes. Carefully remove film top and stir.

FROZEN VEGETABLES

**Microwave Instructions:**
Place in a microwave safe bowl and cover with plastic wrap. Heat for 2-3 minutes or until hot. Carefully remove from the microwave and remove plastic wrap.

**Stove Instructions:**
Place in a small pan and add 1/2 cup water. Heat pan on stove to boiling or minimum of 140 degrees and serve.
DRIED BEANS

Soak beans overnight in enough water to just cover them. In the morning, drain beans and rinse.

Place drained, rinsed beans in a pot and cover with water. Place on stove top and heat on medium to a gentle simmer for 40-60 minutes. Add any seasoning toward end of cooking time.

Can also be cooked in oven. Soak the drained and rinsed beans, place in oven proof pan and heat at 325 degrees for 40-60 minutes until soft. Add seasonings and cook 10 more minutes.

BEAN & CHEESE BURRITO

All products are thoroughly cooked and can be consumed cold or heated using these instructions below:

For best results, heat from a refrigerated state.

Cover sheet pan with parchment paper.
Place burritos on pan with flap facing up.
Preheat oven to 250 degrees.
If frozen, heat for 28-33 minutes.
If refrigerated, heat for 19-24 minutes.
All products are **thoroughly cooked** and can be consumed cold or heated using these instructions below:

Allow product to thaw before heating.

Preheat oven to 375 degrees.
Place product onto a sheet pan.
Heat for 9-12 minutes.

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All products are **thoroughly cooked** and can be consumed cold or heated using these instructions below:

Allow product to thaw before heating, and do not remove wrap.

Preheat oven to 325 degrees.
Place product onto a sheet pan.
Heat for 18 minutes.
**CHILI CHEESE CONEY**

All products are **thoroughly cooked** and can be consumed cold or heated using these instructions below:

- Allow product to thaw before heating, and do not remove wrap.
- Preheat oven to 325 degrees.
- Place product onto a sheet pan.
- Heat for 15-18 minutes.
- Allow 3-5 minutes to cool before serving.

**CHICKEN FILLET**

All products are **thoroughly cooked** and can be consumed cold or heated using these instructions below:

- Preheat oven to 350 degrees.
- Place frozen chicken pieces in a single layer on an ungreased baking pan.
- Bake uncovered for 30 minutes.
TWIN BURGER

All products are thoroughly cooked and can be consumed cold or heated using these instructions below:

Thaw under refrigeration overnight. Product is in ovenable film.

Preheat oven to 350 degrees and cook for 12-14 minutes.

CHEESEBURGER

All products are thoroughly cooked and can be consumed cold or heated using these instructions below:

Preheat oven to 350 degrees.
Place frozen beef patties flat on a sheet pan lined with parchment paper.
Heat for 7-9 minutes.
All products are **thoroughly cooked** and can be consumed cold or heated using these instructions below:

**Preheat oven to 400 degrees and cook for 16-19 minutes.**

**CHICKEN SMACKERS**

All products are **thoroughly cooked** and can be consumed cold or heated using these instructions below:

Preheat oven to 350 degrees.
Heat for 10-12 minutes.
CHICKEN TENDERS

All products are **thoroughly cooked** and can be consumed cold or heated using these instructions below:

Preheat oven to 400 degrees.
Place frozen strips in a single layer on a parchment lined baking sheet.
Heat for 11-13 minutes.

WAFFLES

All products are **thoroughly cooked** and can be consumed cold or heated using these instructions below:

Thaw for 2 hours at room temperature.
Preheat oven to 325 degrees and cook for 5 minutes.
ASIAN CHICKEN & RICE BOWLS

All products are thoroughly cooked and can be consumed cold or heated using these instructions below:

Microwave Instructions:
Puncture film 3-4 times. Cook on high for 5-6 minutes or until hot.

Oven Instructions:
Preheat oven to 350 degrees. Puncture film 3-4 times. Place bowls on baking tray and bake for 45-50 minutes or until hot.

Cincya Chili Spaghetti Bowl

All products are thoroughly cooked and can be consumed cold or heated using these instructions below:

Place one frozen portion bowl in the microwave (do not remove the vented film). Heat on high for 6 minutes or until product reaches desired temperature.