**Cinnamon Cream Twist**

In the Oven
1) Preheat oven to 350°F
2) Place cream twist on a sheet pan lined with parchment paper
3) Bake for 10-12 minutes if frozen, 5-7 minutes if thawed or until internal temperatures reaches at least 135°F

In the Microwave
1) Place on microwave safe plate
2) Heat for 40 seconds or until internal temperature reaches at least 135°F

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**French Toast Sticks**

In the Oven
1) Preheat oven to 350°F
2) Place French toast sticks on a sheet pan lined with parchment paper
3) Bake the French toast sticks for 10-12 minutes if frozen or 6-8 minutes if thawed or until internal temperatures reaches at least 135°F

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**Cinnamon Cream Twist**

In the Oven
1) Preheat oven to 350°F
2) Place French toast sticks on a sheet pan lined with parchment paper
3) Bake the French toast sticks for 10-12 minutes if frozen or 6-8 minutes if thawed or until internal temperatures reaches at least 135°F

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**Mashed Potatoes**

In the Microwave
1) Place on a microwave safe plate
2) Cook for 40 seconds or until internal temperature reaches at least 135°F

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**Chicken Tamale**

In the Microwave
1) Place on microwave safe plate or bowl
2) Heat for 1 minute or until internal temperature reaches at least 165°F

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**Corn**

In Microwave
1) Place on microwave safe plate or bowl
2) Cook for 40 seconds or until internal temperature reaches at least 135°F

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**Broccoli**

In Microwave
1) Place on microwave safe plate or bowl
2) Cook for 50 seconds or until internal temperature reaches at least 135°F

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**Mini Chicken Patty**

In Oven
1. Preheat oven to 425°F
2. Place frozen patty flat on a sheet pan lined with foil
3. Bake for 6-8 minutes or until internal temperatures reaches at least 165°F

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**Spaghetti**

In Microwave
1. Empty container onto a microwave safe plate. Discard container.
2. Heat for 1 minute, stir.
3. Heat for an additional 30 seconds or until internal temperatures reaches at least 135°F

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**Chicken Tenders**

In the Oven
1) Preheat oven to 350°F
2) Place chicken tenders on a sheet pan lined with parchment paper
3) Cook for 10-12 minutes if frozen, 5-7 minutes if thawed or until internal temperature reaches 165°F

In the Microwave
1) Place on microwave safe plate
2) Heat for 40 seconds or until internal temperature reaches 165°F

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**Please ensure that an internal temperature of at least 165°F is achieved for all cooked products prior to consuming**

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### Corn Dog

**In the Oven**
1. Preheat oven to 350°F
2. Place corn dog on a sheet pan lined with parchment paper
3. Bake for 15-20 minutes if frozen, 10-12 minutes if thawed or until internal temperatures reaches at least 165°F

**In the Microwave**
1. Place on microwave safe plate
2. Heat for 45 seconds or until internal temperature reaches at least 165°F

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### French Toast Sticks

**In the Oven**
1. Preheat oven to 350°F
2. Place French toast sticks on a sheet pan lined with parchment paper
3. Bake for 10-12 minutes if frozen or 6-8 minutes if thawed or until internal temperatures reaches at least 135°F

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### Bean & Cheese Taco

**In the Microwave**
1. Place on microwave safe plate or bowl
2. Heat for 45 seconds or until internal temperature reaches at least 165°F

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### Mashed Potatoes

**In the Microwave**
1. Place on a microwave safe plate
2. Cook for 40 seconds or until internal temperature reaches at least 135°F

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### Pinto Beans

**In Microwave**
1. Place on microwave safe plate or bowl
2. Cook for 40 seconds or until internal temperature reaches at least 135°F

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### Garlic Cheese Bread

**In the oven**
1. Preheat oven to 400°F
2. Place chicken tenders on a sheet pan lined with aluminum foil
3. Cook for 15-7 minutes or until internal temperature reaches 135°F

**In the Microwave**
1. Place on microwave safe plate
2. Heat for 50 seconds or until internal temperature reaches 135°F

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### Broccoli

**In Microwave**
1. Place on microwave safe plate or bowl
2. Cook for 50 seconds or until internal temperature reaches at least 135°F

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### Breaded Chicken Sandwich

**In Oven**
1. Preheat oven to 425°F
2. Place frozen patty flat on a sheet pan lined with foil
3. Bake for 15-17 minutes if frozen or 12-15 minutes if thawed or until internal temperatures reaches at least 165°F

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### Sausage Kolache

**In Microwave**
1. Wrap Kolache in damp paper towel and put on microwave safe plate
2. Heat for 45 seconds or until internal temperature reaches at least 165°F

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