**Pancake Sausage Wrap**

In the Oven
1) Preheat oven to 350°F
2) Place pancake sausage wrap 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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**Chicken Nuggets**

In the Oven
1) Preheat oven to 400°F
2) Place chicken tenders on a sheet pan lined with aluminum foil
3) Cook for 10-12 minutes, 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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**Cinnamon Twist**

In the Oven
1) Preheat oven to 350°F
2) Place cinnamon twist on a sheet pan lined with parchment paper
3) Bake for 7-9 minutes if frozen, 3-4 minutes if thawed or until internal temperatures reaches at least 135°F

In the Microwave
1) Place on microwave safe plate
2) Heat for 30 seconds or until internal temperature reaches at least 135°F

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**Pepperoni Pizza**

In the Oven
1) Preheat oven to 425°F
2) Place pizza on a sheet pan lined with parchment paper
3) Bake for 12-16 minutes, or until internal temperatures reaches at least 165°F

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**Green Beans**

On the Stove top
1) Add the green beans and enough water to cover the green beans
2) Cook vegetables on high heat for 13-17 minutes covered or until internal temperature reaches 165°F

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**Cheese Omelet**

In the Oven
1) Preheat oven to 325°F
2) Place cheese omelet on a sheet pan lined with parchment paper
3) Bake the omelet for 8-10 minutes, or 5-7 minutes if thawed or until internal temperatures reaches at least 145°F

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**Biscuit**

In the Microwave
1) Place on microwave safe plate or bowl
2) Heat for 10 seconds

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**Beef Taco**

In the Microwave
1) Empty taco meat into a microwave safe bowl. Set shell aside.
2) Heat for 50 seconds or until internal temperature reaches at least 135°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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**Sausage**
For best results: Cook from frozen state

In the Oven:
1) Preheat oven to 350°F
2) Place frozen patty flat on a sheet pan lined with parchment paper
3) Bake the patty for 8-10 minutes, 5-7 minutes from thaw, or until internal temperature reaches at least 165°F

In the Microwave
1) Wrap sausage in a damp paper towel and place on microwave safe plate
2) Heat for 45 seconds or until internal temperature reaches at least 165°F

**Pinto Beans**

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

**BBQ Chicken Bites**
For best results: Cook in Oven

In the Oven:
1) Preheat oven to 400°F
2) Place on a sheet pan lined with aluminum foil
3) Bake for 5-7 minutes or until internal temperature reaches at least 165°F

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

**Broccoli**

In the Microwave
1) Empty into a microwave safe bowl.
2) Heat for 50 seconds or until internal temperature reaches at least 135°F

**Wedge Potatoes**

In the Oven:
1) Preheat oven to 425°F
2) Place on a sheet pan lined with aluminum foil
3) Bake from frozen for 10-15 minutes, 8-10 minutes from thaw, or until crispy

**Pizza**

In the Oven
1) Preheat oven to 350°F
2) Place pizza on a sheet pan lined with aluminum foil
3) Bake for 8-10 minutes if frozen or 6-8 minutes if thawed, or until internal temperatures reaches at least 135°F

From Thaw in Microwave
1) Place pizza on microwave safe plate
2) Heat for 1 minute or until internal temperatures reaches at least 135°F

**Tater Tots**

In the Oven:
1) Preheat Oven to 425°F
2) Place tater tots on a sheet pan lined with parchment paper
3) Bake for 10-15 minutes if frozen, or 8-10 minutes if thawed, or until crispy & internal temperature reaches at least 135°F

In the Microwave:
1) Place on a microwave safe plate
2) Heat for 55 seconds or until internal temperature reaches at least 165°F

**Breakfast Flatbread**

In the Oven:
1) Preheat Oven to 400°F
2) Place flatbread on a sheet pan lined with parchment paper
3) Bake for 10-12 minutes if frozen, or 6-8 minutes if thawed, or until crispy & internal temperature reaches at least 165°F

In the Microwave:
1) Place on a microwave safe plate
2) Heat for 55 seconds or until internal temperature reaches at least 165°F

**Pizza Cheese Sticks**

In the Oven:
1) Preheat Oven to 350°F
2) Place on a sheet pan lined with aluminum foil
3) Bake for 5 minutes if frozen, crispy & internal temperature reaches at least 135°F

In the Microwave:
1) Place on a microwave safe plate and cover with a damp paper towel
2) Heat for 40 seconds or until internal temperature reaches at least 135°F

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