**Pancake Sausage Wrap**

In the Oven

4) Preheat oven to 350°F
5) Place pancake sausage wrap on a sheet pan lined with parchment paper
6) Bake for 15-20 minutes if frozen, 10-12 minutes if thawed or until internal temperatures reaches at least 165°F

In the Microwave

3) Place on microwave safe plate
4) Heat for 45 seconds or until internal temperature reaches at least 165°F

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**Cheese Omelet**

In the Oven

4) Preheat oven to 325°F
5) Place cheese omelet on a sheet pan lined with parchment paper
6) 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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**Mini Breakfast Waffle**

In Oven

1. Preheat oven to 350°F
2. Place waffles on a sheet pan lined with parchment paper
3. Bake for 3-5 minutes or until internal temperatures reaches at least 135°F

In the Microwave

1) Wrap a damp paper towel around waffles and place on a microwave safe plate
2) Heat for 20 seconds or until internal temperature reaches at least 135°F

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**Au Gratin Potatoes**

In Microwave

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

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**Chicken Nuggets**

In oven

3) Preheat oven to 400°F
4) Place chicken tenders on a sheet pan lined with aluminum foil
5) Cook for 10-12 minutes, 5-7 minutes if thawed or until internal temperature reaches 165°F

In the Microwave

2) Place on microwave safe plate
3) Heat for 40 seconds or until internal temperature reaches 165°F

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**Breakfast Taquito**

In Oven

4) Preheat oven to 350°F
5) Place frozen taquito on a sheet pan lined with parchment paper
6) Bake for 10-12 minutes if frozen or 7-9 minutes if thawed or until internal temperatures reaches at least 165°F

In the Microwave

3) Wrap a damp paper towel around taquito and place on a microwave safe plate
4) Heat for 30 seconds or until internal temperature reaches at least 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.
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

Flatbread Pizza

In the Oven
1) Preheat oven to 400°F
2) Place pizza 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 165°F

In the Microwave
1) Place on microwave safe plate and heat for 55 seconds

Green Beans

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

Biscuit

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

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

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

Pizza

In oven
1) Preheat oven to 350°F
2) Place pizza on a sheet pan lined with parchment paper
3) Cook for 5-7 minutes or until internal temperature reaches 135°F

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

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