



Freezer & Refrigerated Storage Instructions

Items in your meal pickup should remain refrigerated or frozen until you are ready to eat. Items should be refrigerated or frozen within 2 hours of meal pickup and kept refrigerated or frozen until ready to consume or cook (where appropriate). If items require proper heating before consuming, heating instructions are below.

Heating Instructions

Products should be placed immediately in the freezer and remain frozen until ready to cook. Items listed below require heating prior to consumption. Instructions listed are specific to each item.

- Before handling food, clean and sanitize work areas and equipment before and after use. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails. Scrub your hands for at least 20 seconds.
- Leftovers should be refrigerated and disposed of within 48 hours.

Bean & Cheese Burrito

Allow burrito to thaw overnight in the refrigerator. Preheat oven to 325°F. Place thawed burrito on a sheet pan, seam side down. Bake for 10-12 minutes. Internal temperature should reach 140°F.

Breakfast Pizza

Oven: Preheat oven to 350°F. Place FROZEN pizza on sheet pan. Bake pizza for 15 to 17 minutes, rotating the pan halfway through bake time. Cook to an internal temperature of 165°F before serving.

Microwave: Place on a microwave safe dish. Heat 1 3/4 to 2 1/4 minutes. Let stand 1 minute before serving.

Cheese Pizza (Rectangle or Square shape)

Preheat oven to 400°F. *Do not thaw pizza.* Place frozen pizzas on a baking sheet. Bake for 17 to 20 minutes. Internal temperature should reach 160°F.

Cheese Pizza (Circle shape)

Allow pizza to thaw under refrigeration, overnight. Preheat oven to 350°F. Place pizzas on sheet pan that has been sprayed lightly with pan release. Cook for 18 to 21 minutes, rotating pan halfway through cooking to prevent cheese from burning. For food safety and quality, cook to an internal temperature of at least 165°F. Filling will be hot.

Chicken Nuggets

Preheat oven to 375°F. Do not thaw chicken pieces. Arrange frozen chicken pieces in a single layer on baking sheet. Bake at 375°F for 15 to 20 minutes, or until internal temperature reaches 165°F.

Chicken Sandwich

Preheat oven to 350°F. Place frozen patty on a lined full-size sheet pan. Bake at 350°F for 20 minutes or until chicken reaches internal temperature of 165°F for 15 seconds. Allow to cool 1 to 2 minutes. Assemble chicken sandwiches.

Chicken Tenders

Oven: Preheat oven to 350°F. Place frozen tenders on a sheet pan. Bake for 20 minutes or until chicken reaches internal temperature of 165°F for 15 seconds.

Microwave: Place on a microwave safe dish. Heat on High for 2 to 3 minutes. Do not overheat. Let stand 1 to 2 minutes before serving.

Corn Dog

Allow Corn Dog to thaw under refrigeration overnight.

Oven: Preheat oven to 350°F. Place Corn Dog on a sheet pan and bake 15 minutes or until internal temperature reaches 165°F.

Microwave: Heat on a microwave safe dish for 1 1/2 minutes on high. Allow to cool slightly before consuming.

French Toast, minis

Heat & Serve Heat frozen toast in ovenable pouch.

Conventional Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat for 13 to 15 minutes. DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load.

Microwave: Heat in package for 45 seconds on high. Consume within 6 hours of preparing.

Grilled Cheese Sandwich

Sandwich does not require thawing before heating. No need to remove packaging before heating. Preheat oven to 350°F. Place sandwiches in single layer on sheet pan. Heat in oven for 18 minutes from frozen state. Ensure that product reaches internal temperature of 165°F.

Hamburger

Oven: Preheat oven to 375°F. Place frozen patty on a baking sheet. Bake for 7 to 10 minutes or until internal temperature is 165°F. Place cooked patty into hamburger bun.

Microwave: Place patty on a microwave safe dish. Heat on High for 1-2 minutes. Let stand for 1 minute.

Hamburger Sliders

Oven: Preheat oven to 375°F. Place frozen patty on a baking sheet. Bake for 7 to 10 minutes or until internal temperature is 165°F. Place cooked patty into hamburger bun.

Microwave: Place patty on a microwave safe dish. Heat on High for 1 to 2 minutes. Let stand for 1 minute.

Meatball & Marinara Subs

Thaw meatballs under refrigeration one day prior to use. Place meatballs in a saucepan, pour marinara over meatballs, cover with lid and heat over medium heat for 12 to 15 minutes or until internal temperature reaches 165°F or higher. Stir product occasionally to prevent sticking and burning. Using a spoon, scoop meatballs along with sauce onto the sub roll and top with mozzarella cheese.

Mozzarella Cheese Sticks

Oven: Preheat oven to 375°F. Arrange frozen cheese sticks in a single layer on baking sheet. Bake for 5 minutes, or until internal temperature reaches 140°F. Rotate and bake an additional 5 minutes, until golden brown and crispy.

Microwave: Microwave cooking not recommended.

Pancakes with Chicken Sausage

Pancakes: Microwave pancakes on microwave-safe plate. Microwave at high until warm, about 30 to 35 seconds.

Sausage: *Allow to thaw overnight.* Microwave on a microwave-safe plate for 1 1/2 to 2 minutes.

Roasted Potatoes

Preheat oven to 425°F. Place frozen potatoes on a sheet pan. Bake for 15 to 17 minutes turning potatoes once, halfway through cook time for uniform cooking.