



STORAGE & REHEATING INSTRUCTIONS



Breakfast Entrees

PopTarts: Store at room temperature.

Cereal: Store at room temperature.

Honey Buns: Keep frozen. Thaw and serve. Store at room temperature for up to 5 days.

Cinnamon Rolls: Keep frozen. MICROWAVE: Heat on high for 15 seconds. Add time in 5 second increments. Let stand one minute.

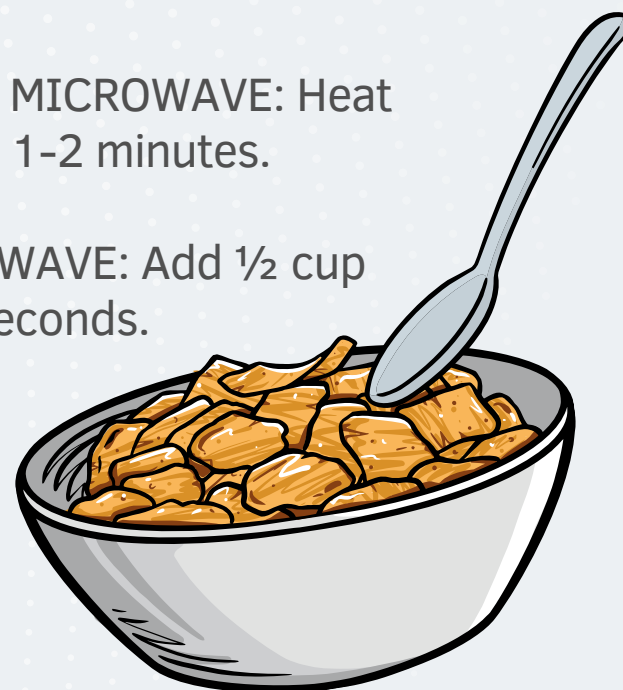
Mini Pancakes: Keep frozen. Thaw and eat. MICROWAVE: To warm, heat in microwave for 15-20 seconds.

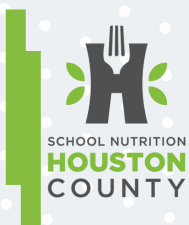
Grahams: Store at room temperature.

Oatmeal: HOT WATER METHOD: Add ½ cup hot milk or water. MICROWAVE: Heat oatmeal with up to ¾ cup of milk or water. Microwave on high 1-2 minutes.

Grits: HOT WATER METHOD: Add ½ cup boiling water. MICROWAVE: Add ½ cup water or milk. Heat on high for 1 minute to 1 minute and 15 seconds.

Sausage: Keep frozen. MICROWAVE: Heat from frozen for 20-30 seconds or from thawed for 10-15 seconds.
OVEN: Heat at 350°F for 3-5 minutes.





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MEAL
PACKS



Lunch Entrees

Pepperoni RipSticks: Keep frozen. OVEN: Allow pizza to thaw prior to cooking. Bake for 10-14 minutes at 375°F or until internal temperature reaches 165°F. MICROWAVE: Cook frozen on high for 2 minutes or until cheese is fully melted. Let stand 1 minute before eating.

Grilled Cheese Sandwich: Keep frozen. OVEN: Thaw sandwich before baking. Bake at 375°F for 10-12 minutes in wrapper on a sheet pan to an internal temperature of 165°F. MICROWAVE: Cook on half power for 60-90 seconds.

Potstickers: Keep frozen. BOIL: Boil water. Put frozen dumplings in boiling water. Boil for 6-7 minutes. MICROWAVE: Add dumplings and approximately 1 Tablespoon of water to a microwave safe dish. Heat for 1 minute 15 seconds. STOVETOP: Line up the potstickers in the pan, add in about 1/3 cup of water. Cover with a lid and steam until the water is mostly gone (about 3-4 minutes). Remove the lid and let any remaining water evaporate. Once the water is gone, the pot stickers should start to crisp.

Cheese Filled Breadsticks: Keep frozen. OVEN: Preheat oven to 350°F. Place frozen breadstick sheet on parchment lined half sheet pan. Bake for 25-28 minutes. MICROWAVE: 30-35 seconds per stick, until cheese bubbles out.

Chicken Nuggets: Keep frozen. OVEN: Place chicken nuggets on a sheet pan and bake in an oven for 12-15 minutes at 400°F to an internal temperature of 165°F. Microwave: Microwave on high for approximately 1 minute. Let the chicken nuggets sit in the microwave for 1-2 minutes before removing and eating.

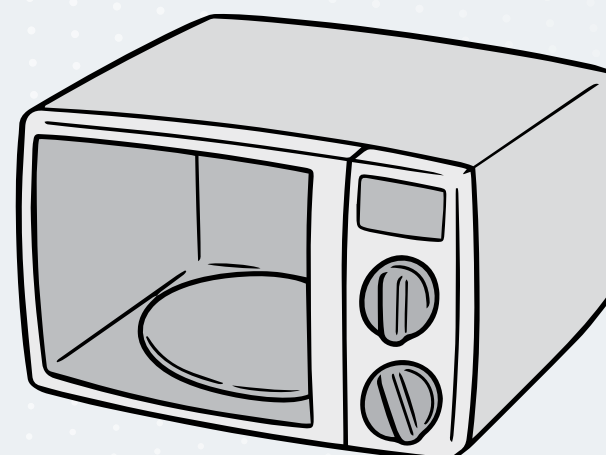
Corn Dog: Keep frozen. OVEN: Bake on a sheet pan at 375°F for 25-30 minutes if frozen or 15-20 minutes if thawed to an internal temperature of 165°F. MICROWAVE: Cook frozen on high for 50 seconds.

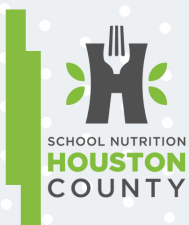
PB & J Uncrustable: Keep frozen until 30 minutes prior to consuming.

Cheese Sticks: Keep refrigerated.

Sunflower Seeds: Store at room temperature.

Chips: Store at room temperature.





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Other Items

Canned Vegetables: Store at room temperature. Heat to 135°F.

Fresh Potatoes: Store in a cool dry place. Poke with a fork. Heat in microwave 3-4 minutes, flip and heat an additional 3-4 minutes until tender.

Fresh Corn on the Cob: Store refrigerated. Heat in Microwave in husk 3-4 minutes.

Salad: Add grape tomatoes to loosely packed lettuce. Top with your favorite dressing.

Other Fresh Vegetables: Keep refrigerated.

Applesauce Cups: Store at room temperature. Chill before serving.

Juice Boxes: Store at room temperature. Chill to serve if desired.

Craisins: Store at room temperature.

Fresh Fruits: Keep refrigerated.

Milk: Keep refrigerated.

