

Cooking Instructions for Grab and Go Meals

Item	Cooking Directions	Allergens
Beef Patty	Bake at 375 degrees F for 8-10 minutes or until 165 degrees F	Soy
Breaded Chicken Patty	Bake at 350 degrees F for 8-10 minutes or until 165 degrees F	Wheat, Soy
Hamburger Bun	N/A	Wheat
Cheese Bites	Bake at 325 degrees F for 10-12 minutes or until 165 degrees F	Soy, Wheat, Milk
Cheese Sticks	Bake at 350 degrees F for 26-28 minutes or until 165 degrees F	Soy, Wheat, Milk
Chicken Drumsticks (Boneless)	Bake at 350 degrees F for 8-10 minutes or until 165 degrees F	Wheat, Soy
Chicken Drumstick	Bake at 350 degrees F for 25-30 minutes or until 165 degrees F	Wheat
Chicken Nuggets	Bake at 375 degrees F for 12-14 minutes or until 165 degrees F	Soy, Wheat, Milk
Chicken Tenders	400°F for 10-15 min. Microwave on high about 1-2 min. per serving, turning once	Soy, Wheat
Corn Dog	Bake at 350 degrees for 40 min. or until 165 degrees F	Egg, Milk, Soy, Wheat
Crispito	Bake from frozen 375 degrees 10 - 12 min. or Microwave from frozen on paper towel 2 1/2 min. on high or until 165 degrees F	Wheat
Frudel	Bake in bag from frozen 350 degrees 11-13 minutes	Wheat, Milk
Pancake on a Stick	Bake at 350 degrees for 30 min. or Microwave on high for 48 sec. or until 160 degrees F	Wheat, Soy, Egg, Contains pork
Pizza Wedge	Bake at 400 degrees for 14 - 17 min. or until 165 degrees F	Wheat, Soy, Milk
Quesadilla	Bake at 400 degrees for 14 - 19 min. or until 165 degrees F	Milk, Wheat, Soy
Queso		
Taco Pizza	Bake at 425 degrees for 18 - 22 min. or until 165 degrees F	Wheat, Soy, Milk
Pizza Crunchers	Bake at 350 degrees for 15 - 16 min. or until 165 degrees F	Milk, Wheat
Breaded Mozzarella Sticks	Bake at 350 degrees for 9 - 11 min. or until 170 degrees F	Milk, Soy, Wheat