

# MEAL BUNDLE

## Heating Instructions

Food Item	Heating Instructions
<p><b>Cheese Pizza</b></p>	<p>Store in Freezer</p> <p><b>Oven:</b></p> <ul style="list-style-type: none"> <li>• For a crispy crust: Preheat oven to 325 F. Place pizza directly on center oven rack. Cook for 7 to 10 minutes or until cheese is melted and crust edges are golden brown.</li> <li>• For a softer crust: Preheat oven to 325 F. Place pizza on a baking sheet. Cook for 8 to 11 minutes or until cheese is melted and crust edges are golden brown.</li> </ul>
<p><b>Chicken Nuggets</b></p>	<p>Store in Freezer</p> <p><b>Conventional Oven:</b> Preheat oven to 350°F, place on a sheet pan, and bake for 12-15 minutes.</p> <p><b>Convection Oven:</b> Preheat oven to 350°F, place on a sheet pan, and bake for 8-10 minutes.</p>
<p><b>French Fries</b></p>	<p>Store in Freezer</p> <p><b>Oven:</b> Preheat oven to 425° F, spread frozen fries evenly on a baking pan, and bake for 10-14 minutes, turning once for uniform cooking.</p>
<p><b>Corn Dog</b></p>	<p>Store in Freezer, may thaw in the refrigerator the night before</p> <p><b>Conventional Oven:</b> Preheat oven to 350°F, place on a sheet pan, and bake for 20-25 minutes (Thawed 32-36°F) or 25-30 minutes (Frozen).</p> <p><b>Convection Oven:</b> Preheat oven to 350°F, place on a sheet pan, and bake for 15-20 minutes (Thawed 32-36°F) or 20-25 minutes (Frozen).</p> <p>*FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. Caution: Product will be Hot.</p>
<p><b>Fish Sticks</b></p>	<p>Store in Freezer</p> <p><b>Conventional Oven:</b> Preheat oven to 425°F, place sticks on lightly oiled sheet pan, and bake for 14-16 minutes.</p> <p><b>Convection Oven:</b> Preheat oven to 375°F, place sticks on lightly oiled sheet pan, and bake for 9-11 minutes.</p> <p>*FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F.</p>
<p><b>Steamed Broccoli</b></p>	<p>Store in Freezer</p> <p><b>Microwave:</b> Place vegetables into a microwave safe container with a lid. Add water to vegetables. Microwave on high for 1 1/2 - 3 minutes. Stir. Repeat twice. The vegetables should be hot throughout and bright-colored.</p>