Breakfast

Apple Benefit Bars. Store in freezer if not planning to consume within 7 days. Thaw at room temperature once ready to eat.

Apple Bosco Sticks. Microwave on high for 45 seconds or bake at 350°F for 12 minutes.

Apple Jacks. Store the product in a dry, cool place until ready to eat. Add milk directly to container or pour into separate bowl and add milk.

Breakfast Burrito. Measure ½ c. bean into a small bowl and add 1 cup of boiling water to beans and stir until smooth consistency. On a flour tortilla, arrange refried beans. It is optional to add cheese and vegetables, sour cream or taco sauce. Roll up the tortilla and serve.

Breakfast Wraps. Wrap two slices ham in Loco bread. Optional to add cheese and vegetables. Store Loco bread and ham in refrigerator until ready to use.

Breakfast Pizza. Store in the freezer until ready to use. Preheat the oven to 375°F and place pizza flat on a baking sheet. Bake for 15-17 minutes.(oven type and cooking times may vary, adjust accordingly).

Cinnamon Chex. Store the product in a dry, cool place until ready to eat. Add milk directly to the container or pour into a separate bowl and add milk.

Cinnamon Rolls. Store in the freezer until ready to use. Preheat the oven to 350°F and place cinnamon rolls flat on a baking sheet for 10-12 minutes. Let cool and serve. (oven type and cooking times may vary, adjust accordingly).

Cocoa Krispies. Store the product in a dry, cool place until ready to eat. Add milk directly to container or pour into a separate bowl and add milk.

Fiestado Pizza. Preheat the oven to 350°F. Place frozen pizza on a sheet pan and bake for 9-16 minutes. Heat to internal temperature of 160°F. (oven type and cooking times may vary, adjust accordingly).

Frozen Belgian Waffles. Store in the freezer until ready-to-use. Preheat the oven to 400°F. Remove frozen waffles from the freezer and remove wrapping. Arrange on a sheet pan in a single layer. Bake uncovered for 3-6 minutes or until crisp and hot. (oven type and cooking times may vary, adjust accordingly).

Fruit Loops. Store the product in a dry, cool place until ready to eat. Add milk directly to container or pour into separate bowl and add milk.

Pork sausage biscuits. Store in freezer until ready to use. Remove packaging and place on baking sheet. Preheat oven to 300°Fand bake 7-12 minutes. Can also microwave for 1 minute on high.(oven and microwave type and cooking times may vary, adjust accordingly).

Lunch/Dinner

American Cheese. Keep refrigerated until ready to serve. Slice 2 thin slices for portion size. Melt over product or serve as is.

Cheese Cavatappi.Store in freezer until ready to use. Remove from packaging and place in bowl and microwave for 2-3 minutes on high. Can also heat in a saucepan on stovetop over medium heat with ¼ c. water for 5-6 minutes (microwave type and cooking times may vary, adjust accordingly).

Chicken Sandwiches. Store can in dry, cool place until ready to eat. Open can and drain and discard excess liquid. Measure ¼ c. canned chicken and arrange inside hamburger bun. Canned chicken can be mixed with BBQ sauce, seasonings, or mayonnaise. Pour remaining chicken into a resealable container and store in refrigerator for up to 4-5 days until next use.

Ham Sandwiches. Place two slices ham in between two slices of white bread. Optional to add cheese and vegetables. Store bread and ham in refrigerator until ready to use.

Nachos. Measure ½ c. bean into a small bowl and add 1 cup of boiling water to beans and stir until smooth consistency. On tortilla chips, arrange refried beans, cheese, and (optional) vegetables, sour cream, and taco sauce. (stove type and cooking times may vary, adjust accordingly).

Peanut butter sandwiches. Place 2 tablespoons of peanut butter on slice of white bread and spread with knife. Top with another slice of bread. Store peanut butter in dry, cool place and store bread in refrigerator.

Pepperoni pizza. Store in freezer until ready to use. Preheat the oven to 400°F. Remove frozen pizza from the freezer and remove wrapping. Arrange on a sheet pan and bake uncovered for 24-26 minutes or until crisp and hot. Can also cook in microwave for 2-3 minutes on high. Be sure internal temperature reaches 160°F. Let cool before serving. (oven type and cooking times may vary, adjust accordingly).

Pretzel Rolls.Store in freezer until ready to use. Preheat oven to 350°F and place pretzel on flat baking sheet. Bake for 3-5 minutes or microwave on high for 30-60 seconds.(oven and microwave type and cooking times may vary, adjust accordingly).

Tacos. Reheat ⅓ c. taco beef in microwave on high or on in pan on stovetop over med-high heat for 2-3 minutes, until internal temperature reaches 160°F. On flour tortilla, arrange taco beef, cheese, and (optional) vegetables, sour cream, and taco sauce. Roll up tortilla and serve (microwave or stove type and cooking times may vary, adjust accordingly).

Canned Tuna. Store in dry, cool area until ready to use. Mix with dressing to dip pretzels in or add to a salad serve. Leftover tuna should be stored in a resealable container and refrigerated.

Turkey Sandwiches. On hamburger bun bottom, arrange sliced turkey and top with top bun.

Fruits, Vegetables, Snacks, and Drinks

Apples. Store the product in dry, cool place or refrigerator until ready to eat.

Apple Bosco Sticks. Microwave on high for 45 seconds or bake at 350°F for 12 minutes.

Apple Juice. Store in a dry, cool place until ready to open. After opening, store in refrigerator until ready to use again.

Carrots. Store product in refrigerator until ready to eat.

Graham Crackers. Store in dry, cool area until ready to use.

Grape Juice. Store product in a dry, cool place until ready to open. After opening, store in refrigerator until ready to use again.

Milk: Consume prior to expiration date.

Oranges. Store the product in dry, cool place or refrigerator until ready to eat.

Raisins. Store the product in a dry, cool place until ready to eat.

Strawberry Craisins. Store the product in a dry, cool place until ready to eat.

Wheat Thins. Store in dry, cool area until ready to use.