Cooking Instructions	
Ribs	Preheat oven to 350 degrees F. Bake frozen for 15- 20 minutes. Microwave: Cook frozen product on high power for 2-4 minutes Microwave: Cook frozen product on high power for 2-4 minutes. Internal temp should be 135-140
Hamburger	Oven Frozen at 350°F for 9-11 minutes Oven Thawed at 350°F for 10-12 minutes From frozen place on microwave safe plate. Cover with paper towel and heat on high 60-70 seconds. From thawed place on microwave safe plate. Cover with paper towel and heat on high 40-45 seconds.
Chicken Fried	400 degrees, 20 minutes. Don't recomment microwaving. But if you need to microwave on high for 1 minute to 1 minute 45 seconds
Chicken/Beef nuggets	Preheat Oven to 350 degrees. From Frozen, place pieces in a single layer on baking sheet and heat for 12-15 minutes. Heat on HIGH: 5 nuggets for 1 to 1 1/2 minutes, 10 nuggets for 2 to 2 1/2 minutes, 15 nuggets for 2 1/2 to 3 minutes. Do not overheat. Let stand 1 to 2 minutes before serving.
Chicken patty	Heat at 300 degrees for 28-33 minutes from frozen or 15-20 minutes thawed. Microwave: Frozen: Heat on High for 2 mins. Let rest for 15 seconds. Heat for another 50 seconds.
Pork loin	Preheat oven to 350 degrees f. Place frozen product in ovenand bake for 15- 20 minutes or until internal temperature reaches 165 degrees. Don't recomment microwaving, but if need to microwave on high for 1 minutes to 1 minutes 45 seconds.
Popcorn chicken	Preheat Oven to 350 degrees. From Frozen, place pieces in a single layer on baking sheet and heat for 12-15 minutes. Arrange frozen chicken pieces on microwave safe plate. Heat on HIGH: 3 pieces for 1 to 1 1/2 minutes, 6 pieces for 2 to 2 1/2 minutes, 9 pieces for 2 1/2 to 3 minutes. Do not overheat. Let stand 1 to 2 minutes before serving
Grilled chicken	MicrowaveFrom frozen, place 1 or 2 filets on a microwave safe plate and cover completely with cling wrap/plastic wrap. Heat in microwave on high for approximately 2-3 minutes.
Taco or sloppy joes	Microwave till the internal temp is 165. Let stand for 1 minute before eating.
Grilled Cheese	Frozen 325 degrees for 18-20 minutes. Thawed 350 degrees for 10-12 minutes.
Hot Dog	Wrap it in a paper towel and place it directly in the microwave or put the hot dog on a plate and cover it with a paper. towel. Cook on high. Start at 40 or 50 seconds for one frank
Corn dog	Oven 375° Thawed 15 Minutes Frozen 25 Minutes. Heat to an internal temperature of 160°F.

Pizza	Bake at 400°F for 13 to 15 minutes or until internal temperature reaches a minimum of 165°F
	Microwave-place the pizza on a plate, put it in the microwave, cook it on high for 30 seconds
Pizza Crunchers	Preheat oven to 375. Bake for 15-20 minutes.
	Microwave not recommended. But if you need to heat on high for 30 seconds and check.
Breaded cheese sticks	Preheat oven to 350°F. 2. Arrange product in a single layer on lined baking sheet. 3. Bake for 9-10 minutes Microwave Place the mozzarella sticks in an even layer on a microwave-safe plate. Heat the sticks on high power for
	about 30 seconds. Turn the sticks over and microwave for another 30 seconds on high
Meatball sub	Preheat oven to 375 degrees f. Bake frozen product for 15-20 minutes or until internal temperature reaches 165 degrees.
	Place a single layer of meatballs in a microwave safe dish and add a tablespoon of water to prevent the meat from dying
	out.Loosely cover the dish with plastic wrap or a damp paper towl and heat on high for two minutes. Stir the meatballs,
	replace the cover and heat for another minute until heathed through.
Meatloaf	Preheat oven to 350 degrees. Heat for 16-17 minutes.
Sausage patty/Link	From a frozen state, bake in preheated 350 degrees oven for 8-10 minutes.
Egg Patty	Cover with aluminum foil and place in pre-heated oven. 350F Thawed: 30-35 minutes Frozen: 35-40 minutes
Eggo Products	Kellogg's Eggo Products must be heated in the oven or thawed and served prior to consumption
Sausage pancake on stick	OVEN 350°F: FROM FROZEN - 31-33 MINUTES; FROM THAWED - 22-25 MINUTES.
Sausage egg cheese crispito	Oven 10 - 12 minutes at 375°F from frozen. 4 - 6 minutes at 375°F from thawed.
Omelette	Cover pan with aluminum foil and place in pre-heated oven. 325F Thawed: 9-12 minutes Frozen: 10-15 minutes
Tac-Go	Preheat oven to 350F. Total cooking time from thawed state 20 minutes and from frozen state 25 minutes
Crisipto Chicken Chili	16-18 minutes at 375°F from FROZEN. 10- 14 min. from THAWED Heat until internal temperature reaches 140°F.

Chicken drumstick	PREHEAT OVEN TO 350°F. PLACE FROZEN CHICKEN PIECES IN A SINGLE LAYER ON AN UNGREASED BAKING PAN.
	UNCOVERED FOR 40 MINUTES. INSERT A MEAT THERMOMETER INTO THE THICKEST PORTION OF THE PRODUCT. CONTINUE HEATING UNTIL THE INTERNAL TEMPERATURE REACHES 141F.
Burrito	OVEN 280°F: FROM FROZEN - NOT RECOMMENDED, FROM THAWED INTERNAL PRODUCT TEMPERATURE SHOULD REACH 160F. CAUTION: PRODUCT WILL BE HOT
Quesadilla	Prepare from frozen state. Preheat oven to 450°F. Place frozen quesadilla on a baking sheet. Bake for 15-17 minutes.
Microwaveable veg cup	Microwave to heat or serve at room temperature. Heating Instructions: Lift corner of lid slightly to vent. Heat in microwave on high for 25-30 seconds. Allow to cool 15 seconds before removing.