

Breakfast Recipes (all breakfast items are uncooked)	Weeks 1 & 3 (July 6-10 & 20-24) Storing, Freezing and Thawing Cooking Guidelines: • Any of the items listed on this page not cooked on the day it is received, should be frozen. Frozen items will take longer to cook. Estimated cooking times below are for thawed items.
B.1 Pancake & Turkey Sausage Minis	<u>Toaster Oven</u> - Heat to 400 degrees, place on pan and bake 3-5 minutes. <u>Microwave</u> - Remove wrapper, place on microwave safe plate, & cook for approximately 45 seconds.
<i>Allergens</i>	E, W, S (Sausage is Turkey)
B.2 Cinnamon Rolls	<u>Microwave</u> - Remove wrapper, place on microwave safe plate, & cook for approximately 20 seconds.
<i>Allergens</i>	M, W, S
B.3 Mini Pancakes	<u>Toaster Oven</u> - Heat to 400 degrees, place on pan and bake 1 minute on each side. <u>Microwave</u> - Place pouch on microwave safe plate, & cook for approximately 25 seconds.
<i>Allergens</i>	E, M, W
B.4 Egg Ham & Cheese English Muffin	<u>Toaster Oven</u> - Heat to 400 degrees, place on pan and bake 3-5 minutes. <u>Microwave</u> - Open one end of the sandwich wrapper. Microwave for 90 seconds, or until hot. Let cool or add 15 seconds at a time to finish heating.
<i>Allergens</i>	M, E, W, S (Ham is from Turkey)
B. 5 Chicken Biscuit	<u>Toaster Oven</u> - Heat to 400 degrees, place on pan and bake 3-5 minutes. <u>Microwave</u> - Open one end of the sandwich wrapper. Microwave for 90 seconds, or until hot. Let cool or add 15 seconds at a time to finish heating.
<i>Allergens</i>	M, W, S
<i>Allergen Key:</i>	M = Milk, W = Wheat, S = Soy, E = Egg

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