

Breakfast Recipes

MICHAEL FOODS INC.

Breakfast Omelet Burrito

1. Preheat oven to 350 degrees
2. Remove Omelet from Plastic and place on baking sheet. Bake 10 minutes or until internal temperature 165 degrees.
3. Remove Wrap from Plastic. Lay on cutting Board.
4. Roll up into a Burrito.

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French Toast Parfait

1. Preheat oven to 350 degrees.
2. Place French Toast Sticks on Baking pan and cook for 10 minutes. Remove from oven and cut into bite size pieces.
3. In cup or bowl add 4 oz yogurt.
4. Top with 4 oz of Strawberries.
5. Add French Toast Bites.
6. Enjoy ☺

Optional: Sprinkle French Toast with Cinnamon Sugar or maple Syrup

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Egg & Cheese Sandwich

1. Preheat Oven to 325 degrees.
2. Place Egg & Cheese sandwich in Oven.
3. Bake for 15 minutes.

Optional: Add Salsa, Hot Sauce, Bacon, sausage to your sandwich.

Little Chef At Home

Overnight Oats

1. In cup or covered jar add 1 packet of Oatmeal.
2. Add 1 packet Craisins.
3. Cover with ½ cup skim milk.
4. Put in fridge overnight.
5. Enjoy in the morning!

Optional: Add additional fruit of your choice.

Kellogg's

Confetti Pancakes

1. Preheat oven to 325 degrees.
2. Place Pancake Pouch Picture Side Up on Baking Sheet.
3. Heat 8-10 minutes.

OR

Microwave Pancakes in Pouch 20 seconds on High.

Serve with your favorite Yogurt dip or Fruit.

Lunch Recipes

Little Chef At Home

Crunchy Fun Caesar Salad

1. Place Chopped Lettuce in Bowl
2. Add Sunflower Seeds
3. Add Caesar Dressing
4. Toss together
5. Top with Goldfish Crackers as Croutons

Optional: Add Sliced Chicken

Nardone Bros Taste the Tradition

Bake Your Own Pizza

1. Preheat oven to 325 degrees.
2. Remove Pizza from Plastic bag and place on baking sheet.
3. Bake for 7 to 10 minutes or until cheese is melted and crust edges are golden brown.

Optional: Top pizza with pepperoni, sausage or your favorite veggies before baking.

Little Chef At Home

Chicken Cantina Bowl

- 8 Goldkist Chicken Smackers
- 5.5 oz Seasoned Brown Rice
- 4 oz Black Bean & Corn Salsa
1. Preheat oven to 350 degrees. Arrange Chicken Smackers on Baking Sheet. Bake 20 minutes or until 165 degree internal temperature.
2. Warm Rice and Place in Bowl.
3. Top with Baked Chicken Smackers and Black Bean & Corn Salsa.

Optional: Add Shredded Cheese

Little Chef At Home

Chicken Parmesan Sub

- 2 oz A+ Chicken Fillet
- 4 oz Cup Marinara Sauce
- 1 oz String Cheese
- 2 oz Hoagie Roll
1. Preheat oven to 350 degrees.
2. Bake Chicken Fillet 15 minutes
3. Remove from oven and spread Marinara over chicken. Pull String cheese to shreds and place over marinara.
4. Return to oven 5 - 10 minutes until melted.
5. Put Chicken in Hoagie Roll.

Little Chef At Home

Make Your Own Grilled Cheese

1. Remove Grilled Sandwich from Plastic Bag.
2. Place in Buttered Pan on Stovetop.
3. Cooke on each side until Golden.

Optional: Before cooking, add Sliced Tomato, Bacon, Spinach or Pesto.