

**Baltimore County Public Schools  
Office of Food and Nutrition Services**

Product	Oven	Microwave	Allergens	Carbs
Breakfast Pizza	Bake frozen pizza in wrapper at 400°F for 17-19 minutes	Vent wrapper, from frozen heat on high 80 seconds. Let rest.	Milk, wheat,Soy	18
Breakfast Burrito (Egg, Cheese & Turkey Sausage)	Bake frozen burrito with seam of wrapper down . Bake at 300°F for 16 - 18 minutes.	Heat from frozen for 60 seconds	Milk, wheat,Soy, egg	26
Breakfast Boat (Egg, Cheese & Turkey Sausage)	Bake frozen boat in wrapper at 400°F for 18-20 minutes.	Microwave for 20 - 30 seconds	Milk, wheat,Soy, egg	25
Mini Pancakes	Place package on tray in oven at 325°for 5 minutes	Heat from frozen for 45 seconds	Milk, wheat, soy, egg	35
Round Cheese Pizza	Bake frozen pizza at 400°F for 25-28 minutes.	Place in microwave and cook on high for 2:00 - 2:30 minutes	Milk, Wheat, Soy	31
Mozzarella Dippers	Place Mozzarella Dippers on baking sheet. Bake for 14 - 17 minutes at 400°.	Heat one stick on high for 30 - 40 seconds.	Milk, wheat,Soy	16 (each)
Chicken Nuggets	Place frozen nuggets on baking sheet. Bake 8 - 10 minutes at 375°.	No microwave instructions available	Wheat, soy	16
Turkey Hot Dog	Bake thawed for 7 - 8 minutes at 325°.	Heat 35 - 40 seconds	No allergens in hot dog.	1
Ham & Cheese Ripper	Bake thawed for 9 - 12 minutes at 325°.	Microwave on high for 1 min 45 secs, let rest 2 mins	Milk, wheat, soy, egg	28
Chicken and Cheese Quesadilla	Place on a baking sheet. Cook for 14 -19 minutes at 400°.	Place in microwave and cook on high for 2:00 - 2:30 mins. Let rest one minute.	Milk, wheat, soy	38
Chicken Patty	Place frozen patty on baking sheet, heat for 16 - 18 minutes at 400°.	No microwave instructions available	Wheat, soy	9
Pizza Wedge	Place pizza on a baking sheet. Cook for 8 - 11 minutes at 325°.	No microwave instructions available	Milk, wheat,Soy	27
Beef Ravioli	No baking instructions available	Microwave for 1:30 - 1:45 minutes	Milk, wheat,Soy	36
Hamburger	Place burger on a baking sheet. Cook for 8 - 10 minutes at 350°.	Heat on high for 60 - 90 seconds	Soy	2
Mozzarella Sticks	Place Frozen Cheese Sticks on baking sheet. Bake for 9 - 11 minutes at 375°	No microwave instructions available	Milk, wheat	33
Macaroni & Cheese	No baking instructions available	Microwave for 40 - 60 seconds	Milk, wheat, egg	31
Chicken Drumstick	Bake thawed drumstick at 350°F for 30 minutes.	No microwave instructions available	Wheat	5
Green Beans	Do not heat in oven	Microwave for 20 - 30 seconds	No allergens	5
Baked Beans	Do not heat in oven	Microwave for 50 - 60 seconds	No allergens	28
Corn	Do not heat in oven	Microwave for 20 - 30 seconds	No allergens	15

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