## **HEATING INSTRUCTIONS - NUTRITION SERVICES**

\*These are microwaveable containers. Remove lid and vent for cooking. Do not place containers in oven!

Container top placed at angle to vent for cooking



ROTINI AND BEEF MEAT SAUCE (Allergens - Milk, Wheat)
ORANGE CHICKEN WITH WHITE RICE / FRIED RICE (Allergens - Soy, Wheat, Egg)
SWEET AND SOUR CHICKEN WITH WHITE RICE / FRIED RICE (Allergens - Egg, Soy, Wheat) KUNG PAO CHICKEN WITH FRIED RICE / WHITE RICE GENERAL TSO CHICKEN WITH FRIED RICE / WHITE RICE (Allergens - Egg, Soy, Wheat) TERIYAKI CHICKEN WITH FRIED RICE / WHITE RICE PENNE ALFREDO WITH CHICKEN (Allergens - Egg, Soy, Wheat)

Microwave: Remove lid from container and gently place on top container at a angle to vent. Heat 1 1/2 minute to 2 minutes to 165°F Oven: Remove from container, stir and place in oven proof container.

1100 Watt Microwave). Frozen: Cook 60 Seconds. Oven: Preheat To 350°F. Place Packages (Glaze Side Up) On Baking Sheet. Do Not Remove Or Open Outer Wrapper. Frozen: Cook 14 Minutes.

Microwave: Place 1 Package (Glaze Side Up) On

A Microwave Safe Plate. Do Not Remove Or Oper Outer Wrapper. Heat At Full Power (Based On

FRENCH TOAST

SAUSAGE PATTIES

PANCAKES, MINI or CINI MINI

GRILLED CHEESE SANDWICH

BEEF BBQ RIB SANDWICH

BEEF HOTDOG

SALSA

Microwave: Remove from packaging, place on microwave safe plate and microwave for 60 seconds . Allow to cool before eating. Oven: Remove pancakes from packaging, place on oven safe plate. Heat at 350°F until warm.

BEEF TACO IN A BAG CHICKEN TACO IN A BAG

Microwave: Remove lid from container

Heat 1 minute to 165°F Oven: Remove from container and place in oven proof container. Heat in a oven at 350°F until 165°

**Microwave:** Remove from bag and place on microwave save plate and heat until 135°F **Oven:** Remove from bag ang place on oven safe plate. Heat in 350°F oven until 165°F

ITALIAN DUNKER/GARLIC CHEESE BREAD/PEPPERONI PIZZA

Microwave Oven Instructions (1100 Watts: 1. Place 1 pizza on microwave safe plate in center of microwave. 2. Cook 2 1/4 TO 3 1/4 minutes if frozen or 1 1/2 TO 2 1/2 minutes if refrigerated. Let set 30 seconds before serving.

Conventional Oven Instructions: 1. Preheat oven to 425°F. 2. Place pizza on baking sheet. 3. Cook 16 to 20 minutes if frozen or 11 to 14 minutes if refrigerated. NOTE: APPLIANCES MAY VARY. ADJUST COOKING TIMES AND/OR TEMPERATURES ACCORDINGLY. REFRIGERATE OR DISCARD ANY UNUSED PORTION.

MINI CHICKEN CORN DOGS BEEF CHEESEBURGER CHICKEN STRIPS SAUSAGE PATTIES HASHBROWN PATTY BREADED CHICKEN DRUMSTICK CHICKEN SANDWICH

**Microwave:** Remove from package and place on microwave safe plate Heat until 165°F.

Oven: Remove from package and place on oven proof pan. Heat at 350°F until 165°F

MACARONI AND CHEESE, IN CONTAINER OR POUCH (Allergens - Egg, Milk, Wheat)

Microwave: Remove from container and place in microwave safe bowl. Do Not Cook in container. Product will bubble over.

Heat 1 minute, stir and microwave additional 30 seconds to 165°F

Oven: Remove from container and place in oven proof container. Heat in a oven at 350°Funtil 165°

FRESH FRUITS

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BREAKFAST BARS ASSORED VEGETABLES CHIPS COOKIES CEREAL, ASSORTED CONDIMENTS

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SAUSAGE PATTIES

FRENCH TOAST

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MINI CHICKEN CORN DOGS

SALSA BREAKFAST BARS CHIPS COOKIES CEREAL, ASSORTED CONDIMENTS

\* All products are precooked and safe to be consumed without heating. \* All products must reach 165°F after done cooking. Continue cooking until 165°F is reached We would appreciate your feedback on this menu! Please go to the following link and complete the survey. Thank you https://tinyurl.com/yxeaz

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