



Grab-and-Go Meals

HEATING INSTRUCTIONS FOR NON-MICROWAVE OR NON-OVEN SAFE CONTAINERS

- Refrigerate meals immediately and store at 41°F or below until ready to consume or keep frozen meals frozen, if applicable.
- **DO NOT** put any metal trays, aluminum trays or foil wrapped items in the microwave.
- **DO NOT** place any plastic containers or plastic bags in the microwave or oven.
- All hot meals should be heated to at least 165°F or higher for at least 15 seconds.
- Be cautious when reheating meals, they will be hot. Children should be supervised to prevent any accidents.
- **MICROWAVE HEATING INSTRUCTIONS***
 - **If Meal is Thawed**
 - **REMOVE FROM NON-MICROWAVE SAFE HINGED PLASTIC CONTAINER OR BAG.**
 - Place contents on a microwave safe tray or dish.
 - Place in the microwave and heat on high power for 2-3 minutes.
 - Remove from microwave carefully; stir and cook for an additional 1-2 minutes.
 - Meal should reach 165°F or higher for 15 seconds.
 - Remove carefully from the microwave with oven mitts and allow meal to rest for 3-5 minutes prior to consumption. Remember the meal will be very hot.
 - **If Meal is Frozen**
 - **REMOVE FROM NON-MICROWAVE SAFE HINGED PLASTIC CONTAINER OR BAG.**
 - Place contents on a microwave safe tray or dish.
 - Place in the microwave and heat on high power for 3-5 minutes.
 - Remove from microwave carefully; stir and cook for an additional 2-3 minutes.
 - Meal should reach 165°F or higher for 15 seconds.
 - Remove carefully from the microwave with oven mitts and allow meal to rest for 3-5 minutes prior to consumption. Remember the meal will be very hot.
 - ****All microwave makes, models and wattages differ. Cooking times may vary.***
- **OVEN HEATING INSTRUCTIONS***
 - **If Meal is Thawed**
 - Preheat oven to 350°F.
 - **REMOVE FROM NON-OVEN SAFE HINGED PLASTIC CONTAINER OR BAG.**
 - Place contents on an oven safe tray or dish; cover with foil and cook for 15-20 minutes.
 - Meal should reach 165°F or higher for 15 seconds.
 - Remove carefully from the oven with oven mitts and allow meal to rest for 3-5 minutes prior to consumption. Remember the meal will be very hot.
 - **If Meal is Frozen**
 - Preheat oven to 350°F.
 - **REMOVE FROM NON-OVEN SAFE HINGED PLASTIC CONTAINER OR BAG.**
 - Place contents on an oven safe tray or dish; cover with foil and cook for 20-30 minutes.
 - Meal should reach 165°F or higher for 15 seconds.
 - Remove carefully from the oven with oven mitts and allow meal to rest for 3-5 minutes prior to consumption. Remember the meal will be very hot.
 - ****All oven makes, models and wattages differ. Cooking times may vary.***



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