



Grab-and-Go Meals

HEATING INSTRUCTIONS FOR TRAYED MEALS

- Refrigerate meals immediately and store at 41°F or below until ready to consume or keep frozen meals frozen, if applicable.
- 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**

- Peel corner of film back about 1 inch from each compartment (if applicable).
 - Place in the microwave and heat on high power for 2-3 minutes.
 - Remove from microwave carefully and remove plastic film; 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**

- Peel corner of film back about 1 inch from each compartment (if applicable).
 - Place in the microwave and heat on high power for 3-5 minutes.
 - Remove from microwave carefully and remove plastic film; 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 (**Do Not Exceed 350°F**).
 - Place oven ready container with meal on a baking sheet; cook for 18-20 minutes.
 - Do not allow the container or film come in contact with any interior walls of the oven.
 - 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 (**Do Not Exceed 350°F**).
 - Place oven ready container with meal on a baking sheet; cook for 30-40 minutes.
 - Do not allow the container or film come in contact with any interior walls of the oven.
 - 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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