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*
  o 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 and allow meal to rest for 3-5 minutes prior to consumption. Remember the meal will be very hot.
  o 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 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*
  o 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 and allow meal to rest for 3-5 minutes prior to consumption. Remember the meal will be very hot.
  o 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 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.