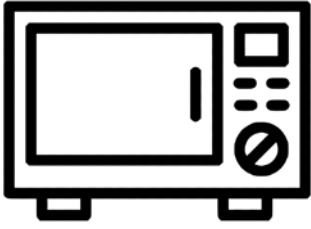


## Microwave Heating Instructions



**French Toast Sticks (4 pieces):** Place on microwave-safe plate. Cook on high for 1 minute 30 seconds.

**Breakfast Pizza:** Remove from clear overwrap. Place on microwave safe plate. Cook on high for 1 minute 45 seconds to 2 minutes 15 seconds. Pizza is done when cheese is melted.

**Pancake Sausage Roll-ups:** Cook on high for 30 seconds. Turn, then cook for another 30 seconds.

**Beef Sausage Patty:** Microwave on high for 45 seconds to 1 minute.

**Egg & Cheese Muffin:** Frozen: Open one end of wrapper. Heat on high for 30 seconds. Remove wrapper and let stand 1 minute. Thawed: Open one end of wrapper. Heat on high for 20 seconds. Remove wrapper and let stand 1 minute.

**Nacho Pretzel Pocket:** From frozen, microwave on high for 2½ - 3 minutes; From thawed, microwave on high for 30-45 seconds.

**Teriyaki Beef Nuggets:** Microwave in bag on high for 1-2 minutes.

**Corn Dog:** Microwave in bag on high for 1-2 minutes.

**Chicken Patty:** Microwave (patty only) in bag on high for 2-3 minutes, let stand 1-2 minutes before serving; assemble sandwich after patty is cooked.

**Chicken Drumstick:** Microwave in bag on high for 4 minutes.

**Grilled Cheese:** Open one end of package and place on microwave safe plate. Microwave for 40-50 seconds or until heated through.

**Chicken Nuggets & Popcorn Chicken:** Microwave in bag for 1½ - 2 minutes.

**Bean Burrito:** Open one end of package to vent. Cook 45-60 seconds. Let rest for 1 minute after cooking.

**Cheese Pizza:** Microwave in pizza box for 1 minute. Pizza is done when cheese is melted.

**Cheesy Breadsticks:** On a microwave safe plate, cook for 1 minute. Continue to cook at 20 second intervals until heated through.

**Beef Burger:** Microwave on high for 30 seconds to 1 minute.

**Hot Dog (Turkey):** Microwave on high for 30-40 seconds.

**Cheeseburger Sliders:** From thawed, microwave on high power for 1-2 minutes.

**Taco Beef:** Microwave on high for 1-1½ minutes, let stand for 30 seconds.

**Chicken Taco:** Microwave on high for 1-1½ minutes, let stand for 30 seconds.

**Refried Beans:** Remove lid from cup and microwave for 30 seconds, let stand for 15 seconds before eating.

**Macaroni & Cheese:** Do not remove the vented film top prior to heating. Place one bowl in the microwave, heat on high for 2 minutes. Carefully remove the vented film top and stir.

**Orange Chicken & Yakisoba Noodles:** Heat chicken and noodles in closed box container on high for 1 minute, 15 seconds. Let stand for 30 seconds. Carefully open the box and stir.

**Cheese Sliders:** Remove sliders from wrapper, place on a microwavable plate. Heat for 1 minute, 30 seconds to 2 minutes, until cheese is melted. Let cool for 2 minutes.

\*All cooking times are approximate and based on manufacturers recommendations. Cooking times may vary, adjust accordingly.

\*Caution: food will be HOT.

\*Discard food left out at room temperature for two hours or more.