

RECOMMENDED HEAT AT HOME INSTRUCTIONS FOR GRAB AND GO MEALS
(your meal may not contain ALL of these items at one time)

Wash hands prior to handling or consuming any food

Food should be prepared & eaten or placed in the fridge or freezer as soon as possible.

The black container and lid are microwave safe. **Any other packaging should not be heated unless indicated in instructions below.**

Caesar dressing: CONTAINS FISH & MILK

Chicken, Grilled Patty: Preheat oven to 350° F. Place chicken on an ungreased baking pan. Bake uncovered 16 minutes. Internal temperature should be 165°F.

Chicken Nuggets, Tyson: (contains SOY & WHEAT)

OVEN:

1. Preheat oven to 400°F.
2. From FROZEN, place pieces in a single layer on a lined sheet pan or on a wire rack sprayed with pan release. Heat for 8-10 minutes.
*For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.

**Appliances vary, adjust accordingly. For best product quality, heat product to a minimum internal temperature of 140°F as measured by a thermometer.

MICROWAVE:

1. Arrange FROZEN nuggets on microwave safe plate.
2. Heat on HIGH:
5 nuggets for 1 to 1 1/2 minutes,
10 nuggets for 2 to 2 1/2 minutes,
15 nuggets for 2 1/2 to 3 minutes.
Do not overheat.
3. Let stand 1 to 2 minutes before serving.

*Microwave ovens vary. Times given are approximate.

French Fries: Preheat oven to 425°F. Spread fries evenly on a shallow baking pan. Bake 9-13 minutes, turning once to uniform cooking. Always cook to light golden color. Do not overcook. When cooking smaller amounts, reduce cooking time. Product must be fully cooked for food safety and quality.

French Toast Sticks, Michael's (contains EGG, MILK, WHEAT, SOYBEAN) (In silver Bag, Silver bag is NOT ovenable):

Fully cooked and ready to eat, hot or cold. See heating instructions, below. Keep frozen or refrigerate up to 3 days until use. Product should be heated to 165°F internal temperature.

Microwave: Remove sticks from bag. Place 1 serving (3 sticks) on a microwave safe plate. Heat at full power (based on 1100 watt microwave) for 60 seconds.*

Oven: Preheat oven to 350° F. Remove sticks from bag. Place single layer of sticks on a baking sheet. Bake for 12 minutes.*

*cooking times may vary. May be less if product is thawed. Product may be stored in refrigerator 2-3 days. Do not refreeze. Discard after 3 days.



French Toast Sticks, Bakecrafters (contains EGG, MILK, SOY, WHEAT):

In a 350° oven bake for approximately 6 minutes. Do not turn. Product can be heated in ovenable packaging or unwrapped.

Grilled Cheese: Although this product is ready to eat, for a better experience, it is recommended that it be heated following the instructions below. DO NOT remove wrap before heating. From a frozen state: Conventional oven 325°F 18 minutes. From a thawed state: Conventional oven 350° 12 minutes.

Hamburger patty: May be reheated thawed or from frozen. Caution: Product will be hot. FROM FROZEN: Conventional oven: 1) heat in a single layer on an oven safe tray in a preheated 350° oven, 2) heat to an internal temperature of at least 165°, approximately 15-20 minutes. Microwave oven: Place patty in a microwave safe plate and cover with a paper towel. Thaw in microwave at 30% power for 3 minutes. Heat on high 60-90 seconds, wait 10 seconds and enjoy. FROM REFRIGERATED: To that, leave under refrigeration 24 hours and consume within 5 days. Never refreeze after thawing. Conventional Oven: 1) heat in a single layer on an oven safe tray in a preheated 350° oven, 2) heat to an internal temperature of at least 165° - approximately 12-15 minutes. Microwave Oven: Place patty on a microwave safe plate and cover with a paper towel. Heat on high 60-90 seconds, wait 10 seconds and enjoy.

Meatballs: Microwave: Directions are based on heating a single portion. Heating times may vary based on the number of portions and equipment being used. If heating more than one portion add 30 seconds for each additional 4 meatballs. Place frozen meatballs in a circle on a microwave safe dish. Cover. Heat on high for 50-60 seconds until heated thoroughly and internal temperature reaches 160°F as measured by a thermometer. Carefully remove from microwave and serve.

Stove top method: Add frozen meatballs to boiling sauce. Cover and simmer until uniform internal temperature reaches 160°F as measured by a food thermometer. Remove and serve.

Oven method: Preheat oven to 350°. Place frozen meatballs in a single layer on a small ungreased baking pan and cover with sauce. Cover pan and heat to an internal temperature of 160°F. Remove and serve. To prepare without sauce, preheat oven to 350°. Place frozen meatballs in a single layer on a small ungreased baking pan and add ¼" of water to cover the bottom of the pan. Cover pan and heat to an internal temperature of 160°. Remove and serve.

Mozzarella sticks, Breaded: For optimal results: Conventional oven at 400° for 13-18 minutes. Turn halfway through cooking for even crisping. Product will be hot.

Power Pack, Quesadilla : Place tortilla on lightly greased baking sheet. Evenly spread cheese over tortilla. Evenly spread beans over cheese. If any cheese remains, top with more cheese. Preheat oven to Broil. Place tortilla in oven and cook for 1 minute or until cheese melts. **Do not over cook.** Use oven mitts or pot holders to remove baking sheet from oven and place sheet on a heat tolerant surface. Remove quesadilla from baking sheet and place on plate. Top with salsa or other desired toppings.

Power Pack, Flatbread Pizza: Set oven to Broil. Place flatbread on a cookie sheet or baking pan. Place pizza ingredients on flatbread. Place pizza in oven and broil for approximately 2 minutes or until cheese is melted. Do not overcook.

Pizza, Nardone's (individually wrapped): Oven: Preheat oven to 350°. For best results, remove pizza from packaging. Place pizza on baking sheet. Cook for 10-15 minutes or until cheese is melted and crust edges are golden brown. **Microwave:** All microwaves cook differently and cook time will depend on the wattage of the microwave. For best results, remove pizza from packaging. Place pizza on a microwave safe dish. Start cooking pizza with 1 minute while keeping an eye on your pizza as it cooks. The pizza is done cooking when the cheese has melted, and the center feels hot to the touch. Additional cooking time may be required. The crust will not be as crisp as oven-baked pizza.

Pizza, Stuffed Crust: Microwave

1. Place one slice of frozen pizza on a microwave safe plate.
2. Cook on HIGH 2 minutes to 2 minutes 30 seconds.
3. Check that the food is cooked thoroughly.
4. HANDLE CAREFULLY; IT'S HOT!
5. Let stand one minute and enjoy.

Note: minimum product temperature should be 165° after heating. Due to microwave oven variations, the above times are to be used as guidelines.

Potato: Tips for cooking a potato: The following instructions are from <https://www.potatogoodness.com/how-to-cook-potatoes/> which has numerous tips for cooking potatoes. Adult supervision is recommended for cooking with young children.

Thoroughly wash & scrub potato under running water.

How to Cook Potatoes: Oven

1. Preheat oven to 400 °F.
2. Place potatoes on a baking sheet. Bake for 45-50 minutes, until fork tender.
3. Slice open each potato and add your topping of choice (for example: butter, sour cream, salsa, shredded cheese, black beans, bacon bits, steamed broccoli, even scrambled eggs!)

How to Cook Potatoes: Microwave

1. Prick the potatoes with a fork several times. Have an adult help, if needed. Place on a plate.
2. Cook on full power in the microwave for 5 minutes. Turn over and continue to cook for 5 more minutes.
4. When the potato is soft, remove from the microwave, and cut in half lengthwise. Add your topping of choice (for example: butter, sour cream, salsa, shredded cheese, black beans, bacon bits, steamed broccoli, even scrambled eggs!)



Potato Wedges, Seasoned: Preheat oven to 425°. Spread wedges evenly on baking sheet. Bake for 13-18 minutes, turning once. For best results, cook from frozen state using recommended time and temperature. Always cook to a light golden color. Do not overcook. When cooking smaller amounts, reduce cooking time. Product must be fully cooked for food safety and quality. When finished cooking, place on plate and consider adding salsa and cheese sauce.

Tater Tots: Preheat oven to 425°F. Spread tots evenly on a shallow baking pan. Bake 8-12 minutes, turning once for uniform cooking.

Veggies: Add a small amount of water to a microwave safe cooking dish with veggies and cover with a lid. (The small amount of water at the bottom of the dish and the water released from the veggies help to steam cook them.) Microwave on HIGH until they are cooked all the way through. (165°F). Cooking times may vary be microwave. Remove the veggies from the microwave and drain any remaining excess water. Transfer the veggies to a serving dish, if desired.

Waffle, Bakecrafters: Cook in toaster. Or preheat oven to 350°F. Place waffle on an ungreased baking sheet. Bake 5-7 minutes and check (bake until lightly toasted, do not overbake). **CONTAINS EGG MILK SOY & WHEAT**