

## Reheating Instructions for Grab-and-Go & Mobile Meals

MENU ITEM	MICROWAVE INSTRUCTIONS	CONVENTIONAL OVEN INSTRUCTIONS	COMMENTS
Frozen Complete Meals in Black 3 compartment film sealed containers	Leave in packaging, slightly peel back on corner of film ½" for ventilation. Cook in microwave on high for 3 – 3 1/2 minutes. If product is still cool in center, stir, return to microwave for 1 minute. Stir after removing from microwave and let stand for 30 seconds before consuming.	Place container on baking sheet pan and cook in a 350 preheated oven for 8-10 minutes. Carefully remove baking sheet and peel back film, stir product and allow to rest for 30 seconds before consuming. Some adjustment in reheating time may be necessary per oven calibration settings.	Cooking from a thawed state will reduce cooking time significantly.
Pancakes, Waffles, French Toast, Breakfast Pizza, Breakfast on a Stick, Omelet	Remove from packaging. Place on microwave-safe plate. Cook for 1-2 minutes.	Remove from packaging. Place on baking sheet or oven safe shallow pan. Bake @ 350°F for 8-12 minutes.	Serve breakfast grains with one portion maple syrup.
Breakfast Burrito, Taco, Tornado	Remove from packaging. Place on microwave-safe plate. Cook for 1-2 minutes.	Remove from packaging. Place on baking sheet or oven safe shallow pan. Bake @ 350°F for 13-18 minutes.	
Frudel, Mini Cinnis, Mini Bagel,	Remove from packaging. Place on microwave-safe plate. Cook for 15 – 30 seconds.	Remove from packaging. Place on baking sheet or oven safe shallow pan. Bake @ 350°F for 5 minutes.	Reheating optional – may be consumed once thawed.
Pop-Tart	Not recommended. Toast to your preference using toaster oven for best quality.	Remove from packaging. Place on baking sheet or oven safe shallow pan. Bake @ 350°F for 5 minutes.	Heating is optional.
Breakfast Sandwich	Remove from packaging. Separate and place protein on microwave-safe plate Cook for 1-2 minutes.	Remove from packaging. Place on baking sheet or oven safe shallow pan. Bake @ 350°F for 8-12 minutes.	Place meat and/or eggs on bread provided.

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Burritos	Frozen: Heat on high for 50 seconds. Let rest for 15 seconds. Heat for another 30 seconds. Cool for 1 minute before consuming. Refrigerated: Heat for 45 seconds. Let rest for 15 seconds. Heat for another 15 seconds. Cool for 1 minute before consuming.	Remove from packing. Place burrito on a baking sheet facing down. Preheat Oven to 300°F. Frozen: Heat for 24-28 min. Refrigerated: Heat for 13-15 min. Heat to an internal temperature of 160°F.	For best results heat from a refrigerated state.
Hamburger, Cheeseburger, Chicken Sandwich, Spicy Chicken Sandwich, Meatball Sandwich, Hot Dog	Remove from packaging. Separate meat from bread. Place meat on microwave-safe plate Cook for 1-2 minutes.	Remove from packaging. Place on baking sheet or oven safe shallow pan. Bake @ 350°F for 8-12 minutes.	
Popcorn Chicken, Chicken Nuggets, Chicken Drumstick, Chicken Tenders, Steak Fingers, Corn Dog	Remove from packaging. Place on microwave-safe plate Cook for 1-2 minutes.	Remove from packaging. Place on baking sheet or oven safe shallow pan. Bake @ 350°F for 8-12 minutes.	
Mozzarella Stuffed Breadsticks, Pizza, Quesadilla	Remove from packaging Place on microwave-safe plate. Cook for 1-2 minutes.	Remove from packaging. Place pizza on oven-safe pan. Bake @ 300°F for 15-18 minutes.	
Chicken & Waffles, Totchos, Hot Rice Bowls	Remove from packing. Place on microwave-safe plate with protein on top assembled. Cook for 1-2 minutes.	Remove from packaging. Assemble protein on top on a baking sheet or oven safe shallow pan. Bake @ 350°F for 10-12 minutes.	Serve with accompaniments.
Hot Vegetables, Beans with Pork, Black Beans	Remove from packaging. Place on microwave- safe plate Cook covered for 1-2 minutes, stirring halfway through.	Remove from packaging. Place on baking sheet. Bake @ 350°F for 10-12 minutes.	
American Sandwich, Turkey and Cheese Sandwich	Not recommended.	Remove from packaging. Place on baking sheet or oven safe shallow pan. Bake @ 350°F for 5-8 minutes.	Heating is optional.

*Reheating of items is optional and recommended for best quality.  
Reheating and the use of kitchen tools and/or equipment should be done under adult supervision.*