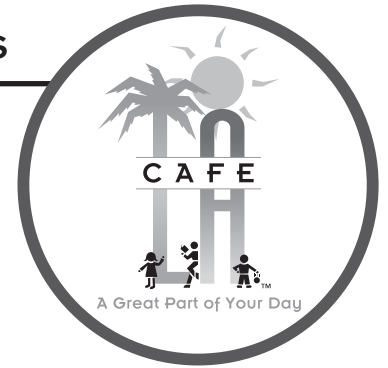


# INSTRUCTIONS: How to Properly Heat Your Meals

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## **Morning Beef Sausage Sandwich:**

- Oven Temperature - 325°F
- Heating time approximately 18-20 minutes
- Heat until internal temperature reaches 160°F

## **Fiesta Bean & Cheese Burrito:**

- Oven Temperature - 300°F
- Heating time approximately 11-13 minutes
- Heat until internal temperature reaches 160°F

## **WG Cheese Pizza Wedge:**

- Oven Temperature - 325°F
- Heating time approximately 12-16 minutes
- Heat until internal temperature reaches 160°F *(Let pizza sit in wrapper for 1 minute before opening and removing pizza)*

## **Grilled Cheese Sandwich:**

- Oven Temperature - 350°F
- Heating time approximately 18-20 minutes
- Heat until internal temperature reaches 160°F

## **Pizzaboli:**

- Oven Temperature - 350°F
- Heating time approximately 17-20 minutes
- Heat until internal temperature reaches 160°F

## **Chicken Tenders & Corn:**

- Oven Temperature - 350°F
- Heating time approximately 10-12 minutes
- Heat until internal temperature reaches 160°F

## **Cheesy Pillows:**

- Oven Temperature - 325°F
- Heating time approximately 10-12 minutes
- Heat until internal temperature reaches 160°F

## **Beef Links & Potatoes:**

- Oven Temperature - 375°F
- Heating time approximately 18-23 minutes
- Heat until internal temperature reaches 165°F

## **Gluten-Free Cheese Pizza:** (Remove all film and packaging from pizza)

- Oven Temperature - 400°F
- Heating time approximately 12-15 minutes
- Heat until internal temperature reaches 165°F

## **Frozen Vegetables (Carrots):** (2 cups of frozen vegetable in a pot)

- Add 6 Tbs of water and cover
- Heating time approximately 10 minutes, use medium heat to bring to a boil
- Heat until internal temperature reaches 135°F
- Microwave Instructions: 2 cups of frozen vegetable in microwave safe bowl Add 2 Tbs water and cover with lid. Heat on high for 3 to 4 minutes; stir and repeat heating for 2 minutes or more as needed Heat until internal temperature reaches 135° F

Products need to be heated and consumed within two to four hours.