*Popcorn Chicken* Reheating Instructions

**FROZEN DISH**

Microwave Reheating Instructions

Remove meal from container and place on microwave-safe plate. Cover and heat for 1 minute on high power, then turn over. Continue to heat in microwave for 30 seconds at a time until 165 degrees, or hot throughout. Let sit for 1 minute, or until meal reaches a comfortable temperature, then serve.

Oven Heating Instructions **(\*Recommended)**

Preheat oven to 325 degrees. Remove meal from container and place in oven-safe dish or on foil-lined baking sheet. Heat for 10 minutes, then turn over. Continue to heat in oven for 5 minutes at a time until 165 degrees, or hot throughout. Let sit for 2 minutes, or until meal reaches a comfortable temperature, then serve.

Toaster Oven Heating Instructions

Preheat toaster oven to 325 degrees. Remove meal from container and place meal in oven-safe dish or on foil-lined baking sheet. Heat for 10 minutes, then turn over. Continue to heat in toaster oven for 5 minutes at a time until 165 degrees, or hot throughout. Let sit for 2 minutes, or until meal reaches a comfortable temperature, then serve.

**THAWED DISH**

Thawing Instructions

Place frozen meal in refrigerator 24 hours prior to mealtime.

Microwave Reheating Instructions

Remove meal from container and place on microwave-safe plate. Cover and heat for 1 minute on high power, then turn over. Continue to heat in microwave for 30 seconds at a time until 165 degrees, or hot throughout. Let sit for 1 minute, or until meal reaches a comfortable temperature, then serve.

Oven Heating Instructions **(\*Recommended)**

Preheat oven to 325 degrees. Remove meal from container and place in oven-safe dish or on foil-lined baking sheet. Heat for 5 minutes, then turn over. Continue to heat in oven for 5 minutes at a time until 165 degrees, or hot throughout. Let sit for 2 minutes, or until meal reaches a comfortable temperature, then serve.

Toaster Oven Heating Instructions

Preheat toaster oven to 325 degrees. Remove meal from container and place meal in oven-safe dish or on foil-lined baking sheet. Heat for 10 minutes, then turn over. Continue to heat in toaster oven for 5 minutes at a time until 165 degrees, or hot throughout. Let sit for 2 minutes, or until meal reaches a comfortable temperature, then serve.

*Cheeseburger* Reheating Instructions

**FROZEN DISH**

Microwave Reheating Instructions

Remove meal from wrapper and place on microwave-safe plate. Cover and heat for 1 minute on high power, then turn over. Continue to heat in microwave for 30 seconds at a time until 165 degrees, or hot throughout. Let sit for 1 minute, or until meal reaches a comfortable temperature, then serve.

Oven Heating Instructions **(\*Recommended)**

Preheat oven to 325 degrees. Remove meal from wrapper and place in oven-safe dish or on foil-lined baking sheet. Heat for 10 minutes, then turn over. Continue to heat in oven for 5 minutes at a time until 165 degrees, or hot throughout. Let sit for 2 minutes, or until meal reaches a comfortable temperature, then serve.

Toaster Oven Heating Instructions

Preheat toaster oven to 325 degrees. Remove meal from container and place meal in oven-safe dish or on foil-lined baking sheet. Heat for 10 minutes, then turn over. Continue to heat in toaster oven for 5 minutes at a time until 165 degrees, or hot throughout. Let sit for 2 minutes, or until meal reaches a comfortable temperature, then serve.

**THAWED DISH**

Thawing Instructions

Place frozen meal in refrigerator 24 hours prior to mealtime.

Microwave Reheating Instructions

Remove meal from wrapper and place on microwave-safe plate. Cover and heat for 1 minute on high power, then turn over. Continue to heat in microwave for 30 seconds at a time until 165 degrees, or hot throughout. Let sit for 1 minute, or until meal reaches a comfortable temperature, then serve.

Oven Heating Instructions **(\*Recommended)**

Preheat oven to 325 degrees. Remove meal from wrapper and place in oven-safe dish or on foil-lined baking sheet. Heat for 5 minutes, then turn over. Continue to heat in oven for 5 minutes at a time until 165 degrees, or hot throughout. Let sit for 2 minutes, or until meal reaches a comfortable temperature, then serve.

Toaster Oven Heating Instructions

Preheat toaster oven to 325 degrees. Remove meal from wrapper and place meal in oven-safe dish or on foil-lined baking sheet. Heat for 5 minutes, then turn over. Continue to heat in toaster oven for 5 minutes at a time until 165 degrees, or hot throughout. Let sit for 2 minutes, or until meal reaches a comfortable temperature, then serve.

*BBQ Pulled Pork Sandwich* Reheating Instructions

**FROZEN DISH**

Microwave Reheating Instructions

Remove meal from wrapper and place on microwave-safe plate. Cover and heat for 1 minute on high power, then turn over. Continue to heat in microwave for 30 seconds at a time until 165 degrees, or hot throughout. Let sit for 1 minute, or until meal reaches a comfortable temperature, then serve.

Oven Heating Instructions **(\*Recommended)**

Preheat oven to 325 degrees. Remove meal from wrapper and place in oven-safe dish or on foil-lined baking sheet. Heat for 10 minutes, then turn over. Continue to heat in oven for 5 minutes at a time until 165 degrees, or hot throughout. Let sit for 2 minutes, or until meal reaches a comfortable temperature, then serve.

Toaster Oven Heating Instructions

Preheat toaster oven to 325 degrees. Remove meal from container and place meal in oven-safe dish or on foil-lined baking sheet. Heat for 10 minutes, then turn over. Continue to heat in toaster oven for 5 minutes at a time until 165 degrees, or hot throughout. Let sit for 2 minutes, or until meal reaches a comfortable temperature, then serve.

**THAWED DISH**

Thawing Instructions

Place frozen meal in refrigerator 24 hours prior to mealtime.

Microwave Reheating Instructions

Remove meal from wrapper and place on microwave-safe plate. Cover and heat for 1 minute on high power, then turn over. Continue to heat in microwave for 30 seconds at a time until 165 degrees, or hot throughout. Let sit for 1 minute, or until meal reaches a comfortable temperature, then serve.

Oven Heating Instructions **(\*Recommended)**

Preheat oven to 325 degrees. Remove meal from wrapper and place in oven-safe dish or on foil-lined baking sheet. Heat for 5 minutes, then turn over. Continue to heat in oven for 5 minutes at a time until 165 degrees, or hot throughout. Let sit for 2 minutes, or until meal reaches a comfortable temperature, then serve.

Toaster Oven Heating Instructions

Preheat toaster oven to 325 degrees. Remove meal from wrapper and place meal in oven-safe dish or on foil-lined baking sheet. Heat for 5 minutes, then turn over. Continue to heat in toaster oven for 5 minutes at a time until 165 degrees, or hot throughout. Let sit for 2 minutes, or until meal reaches a comfortable temperature, then serve.

*Regular/Spicy Chicken Sandwich* Reheating Instructions

**FROZEN DISH**

Microwave Reheating Instructions

Remove meal from wrapper and place on microwave-safe plate. Cover and heat for 1 minute on high power, then turn over. Continue to heat in microwave for 30 seconds at a time until 165 degrees, or hot throughout. Let sit for 1 minute, or until meal reaches a comfortable temperature, then serve.

Oven Heating Instructions **(\*Recommended)**

Preheat oven to 325 degrees. Remove meal from wrapper and place in oven-safe dish or on foil-lined baking sheet. Heat for 10 minutes, then turn over. Continue to heat in oven for 5 minutes at a time until 165 degrees, or hot throughout. Let sit for 2 minutes, or until meal reaches a comfortable temperature, then serve.

Toaster Oven Heating Instructions

Preheat toaster oven to 325 degrees. Remove meal from container and place meal in oven-safe dish or on foil-lined baking sheet. Heat for 10 minutes, then turn over. Continue to heat in toaster oven for 5 minutes at a time until 165 degrees, or hot throughout. Let sit for 2 minutes, or until meal reaches a comfortable temperature, then serve.

**THAWED DISH**

Thawing Instructions

Place frozen meal in refrigerator 24 hours prior to mealtime.

Microwave Reheating Instructions

Remove meal from wrapper and place on microwave-safe plate. Cover and heat for 1 minute on high power, then turn over. Continue to heat in microwave for 30 seconds at a time until 165 degrees, or hot throughout. Let sit for 1 minute, or until meal reaches a comfortable temperature, then serve.

Oven Heating Instructions **(\*Recommended)**

Preheat oven to 325 degrees. Remove meal from wrapper and place in oven-safe dish or on foil-lined baking sheet. Heat for 5 minutes, then turn over. Continue to heat in oven for 5 minutes at a time until 165 degrees, or hot throughout. Let sit for 2 minutes, or until meal reaches a comfortable temperature, then serve.

Toaster Oven Heating Instructions

Preheat toaster oven to 325 degrees. Remove meal from wrapper and place meal in oven-safe dish or on foil-lined baking sheet. Heat for 5 minutes, then turn over. Continue to heat in toaster oven for 5 minutes at a time until 165 degrees, or hot throughout. Let sit for 2 minutes, or until meal reaches a comfortable temperature, then serve.

*Bean Burrito* Reheating Instructions

**FROZEN DISH**

Microwave Reheating Instructions

Remove meal from wrapper and place on microwave-safe plate. Cover and heat for 1 minute on high power, then turn over. Continue to heat in microwave for 30 seconds at a time until 165 degrees, or hot throughout. Let sit for 1 minute, or until meal reaches a comfortable temperature, then serve.

Oven Heating Instructions **(\*Recommended)**

Preheat oven to 325 degrees. Remove meal from wrapper and place in oven-safe dish or on foil-lined baking sheet. Heat for 10 minutes, then turn over. Continue to heat in oven for 5 minutes at a time until 165 degrees, or hot throughout. Let sit for 2 minutes, or until meal reaches a comfortable temperature, then serve.

Toaster Oven Heating Instructions

Preheat toaster oven to 325 degrees. Remove meal from container and place meal in oven-safe dish or on foil-lined baking sheet. Heat for 10 minutes, then turn over. Continue to heat in toaster oven for 5 minutes at a time until 165 degrees, or hot throughout. Let sit for 2 minutes, or until meal reaches a comfortable temperature, then serve.

**THAWED DISH**

Thawing Instructions

Place frozen meal in refrigerator 24 hours prior to mealtime.

Microwave Reheating Instructions

Remove meal from wrapper and place on microwave-safe plate. Cover and heat for 1 minute on high power, then turn over. Continue to heat in microwave for 30 seconds at a time until 165 degrees, or hot throughout. Let sit for 1 minute, or until meal reaches a comfortable temperature, then serve.

Oven Heating Instructions **(\*Recommended)**

Preheat oven to 325 degrees. Remove meal from wrapper and place in oven-safe dish or on foil-lined baking sheet. Heat for 5 minutes, then turn over. Continue to heat in oven for 5 minutes at a time until 165 degrees, or hot throughout. Let sit for 2 minutes, or until meal reaches a comfortable temperature, then serve.

Toaster Oven Heating Instructions

Preheat toaster oven to 325 degrees. Remove meal from wrapper and place meal in oven-safe dish or on foil-lined baking sheet. Heat for 5 minutes, then turn over. Continue to heat in toaster oven for 5 minutes at a time until 165 degrees, or hot throughout. Let sit for 2 minutes, or until meal reaches a comfortable temperature, then serve.

*Korean BBQ Bowl* Reheating Instructions

**FROZEN DISH**

Microwave Reheating Instructions

Remove meal from container and place on microwave-safe plate. Cover and heat for 1 minute on high power, then stir. Continue to heat in microwave for 30 seconds at a time until 165 degrees, or hot throughout. Stir, then let sit for 1 minute, or until meal reaches a comfortable temperature, then serve.

Oven Heating Instructions **(\*Recommended)**

Preheat oven to 325 degrees. Remove meal from container and place in oven-safe dish. Heat for 10 minutes, then stir. Continue to heat in oven for 5 minutes at a time until 165 degrees, or hot throughout. Stir, then let sit for 2 minutes, or until meal reaches a comfortable temperature, then serve.

Toaster Oven Heating Instructions

Preheat toaster oven to 325 degrees. Remove meal from container and place meal in oven-safe dish. Heat for 10 minutes, then stir. Continue to heat in toaster oven for 5 minutes at a time until 165 degrees, or hot throughout. Stir, then let sit for 2 minutes, or until meal reaches a comfortable temperature, then serve.

**THAWED DISH**

Thawing Instructions

Place frozen meal in refrigerator 24 hours prior to mealtime.

Microwave Reheating Instructions

Remove meal from container and place on microwave-safe plate. Cover and heat for 1 minute on high power, then stir. Continue to heat in microwave for 30 seconds at a time until 165 degrees, or hot throughout. Stir, then let sit for 1 minute, or until meal reaches a comfortable temperature, then serve.

Oven Heating Instructions **(\*Recommended)**

Preheat oven to 325 degrees. Remove meal from container and place in oven-safe dish. Heat for 5 minutes, then stir. Continue to heat in oven for 5 minutes at a time until 165 degrees, or hot throughout. Stir, then let sit for 2 minutes, or until meal reaches a comfortable temperature, then serve.

Toaster Oven Heating Instructions

Preheat toaster oven to 325 degrees. Remove meal from container and place meal in oven-safe dish. Heat for 5 minutes, then stir. Continue to heat in toaster oven for 5 minutes at a time until 165 degrees, or hot throughout. Stir, then let sit for 2 minutes, or until meal reaches a comfortable temperature, then serve.

*Sausage and Cheese Burrito* Reheating Instructions

**FROZEN DISH**

Microwave Reheating Instructions

Remove meal from wrapper and place on microwave-safe plate. Cover and heat for 1 minute on high power, then turn over. Continue to heat in microwave for 30 seconds at a time until 165 degrees, or hot throughout. Let sit for 1 minute, or until meal reaches a comfortable temperature, then serve.

Oven Heating Instructions **(\*Recommended)**

Preheat oven to 325 degrees. Remove meal from wrapper and place in oven-safe dish or on foil-lined baking sheet. Heat for 10 minutes, then turn over. Continue to heat in oven for 5 minutes at a time until 165 degrees, or hot throughout. Let sit for 2 minutes, or until meal reaches a comfortable temperature, then serve.

Toaster Oven Heating Instructions

Preheat toaster oven to 325 degrees. Remove meal from container and place meal in oven-safe dish or on foil-lined baking sheet. Heat for 10 minutes, then turn over. Continue to heat in toaster oven for 5 minutes at a time until 165 degrees, or hot throughout. Let sit for 2 minutes, or until meal reaches a comfortable temperature, then serve.

**THAWED DISH**

Thawing Instructions

Place frozen meal in refrigerator 24 hours prior to mealtime.

Microwave Reheating Instructions

Remove meal from wrapper and place on microwave-safe plate. Cover and heat for 1 minute on high power, then turn over. Continue to heat in microwave for 30 seconds at a time until 165 degrees, or hot throughout. Let sit for 1 minute, or until meal reaches a comfortable temperature, then serve.

Oven Heating Instructions **(\*Recommended)**

Preheat oven to 325 degrees. Remove meal from wrapper and place in oven-safe dish or on foil-lined baking sheet. Heat for 5 minutes, then turn over. Continue to heat in oven for 5 minutes at a time until 165 degrees, or hot throughout. Let sit for 2 minutes, or until meal reaches a comfortable temperature, then serve.

Toaster Oven Heating Instructions

Preheat toaster oven to 325 degrees. Remove meal from wrapper and place meal in oven-safe dish or on foil-lined baking sheet. Heat for 5 minutes, then turn over. Continue to heat in toaster oven for 5 minutes at a time until 165 degrees, or hot throughout. Let sit for 2 minutes, or until meal reaches a comfortable temperature, then serve.

*Cheese Quesadilla* Reheating Instructions

**FROZEN DISH**

Microwave Reheating Instructions

Remove meal from wrapper and place on microwave-safe plate. Cover and heat for 15 seconds on high power, then turn over. Continue to heat in microwave for 15 seconds at a time until 165 degrees, or hot throughout. Let sit for 1 minute, or until meal reaches a comfortable temperature, then serve.

Oven Heating Instructions **(\*Recommended)**

Preheat oven to 325 degrees. Remove meal from wrapper and place in oven-safe dish or on foil-lined baking sheet. Heat for 5 minutes, then turn over. Continue to heat in oven for 5 minutes at a time until 165 degrees, or hot throughout. Let sit for 2 minutes, or until meal reaches a comfortable temperature, then serve.

Toaster Oven Heating Instructions

Preheat toaster oven to 325 degrees. Remove meal from container and place meal in oven-safe dish or on foil-lined baking sheet. Heat for 5 minutes, then turn over. Continue to heat in toaster oven for 5 minutes at a time until 165 degrees, or hot throughout. Let sit for 2 minutes, or until meal reaches a comfortable temperature, then serve.

**THAWED DISH**

Thawing Instructions

Place frozen meal in refrigerator 24 hours prior to mealtime.

Microwave Reheating Instructions

Remove meal from wrapper and place on microwave-safe plate. Cover and heat for 10 seconds on high power, then turn over. Continue to heat in microwave for 10 seconds at a time until 165 degrees, or hot throughout. Let sit for 1 minute, or until meal reaches a comfortable temperature, then serve.

Oven Heating Instructions **(\*Recommended)**

Preheat oven to 325 degrees. Remove meal from wrapper and place in oven-safe dish or on foil-lined baking sheet. Heat for 5 minutes, then turn over. Continue to heat in oven for 5 minutes at a time until 165 degrees, or hot throughout. Let sit for 2 minutes, or until meal reaches a comfortable temperature, then serve.

Toaster Oven Heating Instructions

Preheat toaster oven to 325 degrees. Remove meal from wrapper and place meal in oven-safe dish or on foil-lined baking sheet. Heat for 5 minutes, then turn over. Continue to heat in toaster oven for 5 minutes at a time until 165 degrees, or hot throughout. Let sit for 2 minutes, or until meal reaches a comfortable temperature, then serve.

*Pork Nachos* Reheating Instructions

**FROZEN DISH**

Microwave Reheating Instructions

Remove meal from container and place on microwave-safe plate. Cover and heat for 1 minute on high power, then stir. Continue to heat in microwave for 30 seconds at a time until 165 degrees, or hot throughout. Stir, then let sit for 1 minute, or until meal reaches a comfortable temperature, then serve with chips.

Oven Heating Instructions **(\*Recommended)**

Preheat oven to 325 degrees. Remove meal from container and place in oven-safe dish. Heat for 10 minutes, then stir. Continue to heat in oven for 5 minutes at a time until 165 degrees, or hot throughout. Stir, then let sit for 2 minutes, or until meal reaches a comfortable temperature, then serve with chips.

Toaster Oven Heating Instructions

Preheat toaster oven to 325 degrees. Remove meal from container and place meal in oven-safe dish. Heat for 10 minutes, then stir. Continue to heat in toaster oven for 5 minutes at a time until 165 degrees, or hot throughout. Stir, then let sit for 2 minutes, or until meal reaches a comfortable temperature, then serve with chips.

**THAWED DISH**

Thawing Instructions

Place frozen meal in refrigerator 24 hours prior to mealtime.

Microwave Reheating Instructions

Remove meal from container and place on microwave-safe plate. Cover and heat for 1 minute on high power, then stir. Continue to heat in microwave for 30 seconds at a time until 165 degrees, or hot throughout. Stir, then let sit for 1 minute, or until meal reaches a comfortable temperature, then serve with chips.

Oven Heating Instructions **(\*Recommended)**

Preheat oven to 325 degrees. Remove meal from container and place in oven-safe dish. Heat for 5 minutes, then stir. Continue to heat in oven for 5 minutes at a time until 165 degrees, or hot throughout. Stir, then let sit for 2 minutes, or until meal reaches a comfortable temperature, then serve with chips.

Toaster Oven Heating Instructions

Preheat toaster oven to 325 degrees. Remove meal from container and place meal in oven-safe dish. Heat for 5 minutes, then stir. Continue to heat in toaster oven for 5 minutes at a time until 165 degrees, or hot throughout. Stir, then let sit for 2 minutes, or until meal reaches a comfortable temperature, then serve with chips.

*Orange Chicken* Reheating Instructions

**FROZEN DISH**

Microwave Reheating Instructions

Remove meal from container and place on microwave-safe plate. Cover and heat for 1 minute on high power, then stir. Continue to heat in microwave for 30 seconds at a time until 165 degrees, or hot throughout. Stir, then let sit for 1 minute, or until meal reaches a comfortable temperature, then serve.

Oven Heating Instructions **(\*Recommended)**

Preheat oven to 325 degrees. Remove meal from container and place in oven-safe dish. Heat for 10 minutes, then stir. Continue to heat in oven for 5 minutes at a time until 165 degrees, or hot throughout. Stir, then let sit for 2 minutes, or until meal reaches a comfortable temperature, then serve.

Toaster Oven Heating Instructions

Preheat toaster oven to 325 degrees. Remove meal from container and place meal in oven-safe dish. Heat for 10 minutes, then stir. Continue to heat in toaster oven for 5 minutes at a time until 165 degrees, or hot throughout. Stir, then let sit for 2 minutes, or until meal reaches a comfortable temperature, then serve.

**THAWED DISH**

Thawing Instructions

Place frozen meal in refrigerator 24 hours prior to mealtime.

Microwave Reheating Instructions

Remove meal from container and place on microwave-safe plate. Cover and heat for 1 minute on high power, then stir. Continue to heat in microwave for 30 seconds at a time until 165 degrees, or hot throughout. Stir, then let sit for 1 minute, or until meal reaches a comfortable temperature, then serve.

Oven Heating Instructions **(\*Recommended)**

Preheat oven to 325 degrees. Remove meal from container and place in oven-safe dish. Heat for 5 minutes, then stir. Continue to heat in oven for 5 minutes at a time until 165 degrees, or hot throughout. Stir, then let sit for 2 minutes, or until meal reaches a comfortable temperature, then serve.

Toaster Oven Heating Instructions

Preheat toaster oven to 325 degrees. Remove meal from container and place meal in oven-safe dish. Heat for 5 minutes, then stir. Continue to heat in toaster oven for 5 minutes at a time until 165 degrees, or hot throughout. Stir, then let sit for 2 minutes, or until meal reaches a comfortable temperature, then serve.

*Carnitas Burrito* Reheating Instructions

**FROZEN DISH**

Microwave Reheating Instructions

Remove meal from wrapper and place on microwave-safe plate. Cover and heat for 1 minute on high power, then turn over. Continue to heat in microwave for 30 seconds at a time until 165 degrees, or hot throughout. Let sit for 1 minute, or until meal reaches a comfortable temperature, then serve.

Oven Heating Instructions **(\*Recommended)**

Preheat oven to 325 degrees. Remove meal from wrapper and place in oven-safe dish or on foil-lined baking sheet. Heat for 10 minutes, then turn over. Continue to heat in oven for 5 minutes at a time until 165 degrees, or hot throughout. Let sit for 2 minutes, or until meal reaches a comfortable temperature, then serve.

Toaster Oven Heating Instructions

Preheat toaster oven to 325 degrees. Remove meal from container and place meal in oven-safe dish or on foil-lined baking sheet. Heat for 10 minutes, then turn over. Continue to heat in toaster oven for 5 minutes at a time until 165 degrees, or hot throughout. Let sit for 2 minutes, or until meal reaches a comfortable temperature, then serve.

**THAWED DISH**

Thawing Instructions

Place frozen meal in refrigerator 24 hours prior to mealtime.

Microwave Reheating Instructions

Remove meal from wrapper and place on microwave-safe plate. Cover and heat for 1 minute on high power, then turn over. Continue to heat in microwave for 30 seconds at a time until 165 degrees, or hot throughout. Let sit for 1 minute, or until meal reaches a comfortable temperature, then serve.

Oven Heating Instructions **(\*Recommended)**

Preheat oven to 325 degrees. Remove meal from wrapper and place in oven-safe dish or on foil-lined baking sheet. Heat for 5 minutes, then turn over. Continue to heat in oven for 5 minutes at a time until 165 degrees, or hot throughout. Let sit for 2 minutes, or until meal reaches a comfortable temperature, then serve.

Toaster Oven Heating Instructions

Preheat toaster oven to 325 degrees. Remove meal from wrapper and place meal in oven-safe dish or on foil-lined baking sheet. Heat for 5 minutes, then turn over. Continue to heat in toaster oven for 5 minutes at a time until 165 degrees, or hot throughout. Let sit for 2 minutes, or until meal reaches a comfortable temperature, then serve.

*Chicken Fajita Bowl* Reheating Instructions

**FROZEN DISH**

Microwave Reheating Instructions

Remove meal from container and place on microwave-safe plate. Cover and heat for 1 minute on high power, then stir. Continue to heat in microwave for 30 seconds at a time until 165 degrees, or hot throughout. Stir, then let sit for 1 minute, or until meal reaches a comfortable temperature, then serve.

Oven Heating Instructions **(\*Recommended)**

Preheat oven to 325 degrees. Remove meal from container and place in oven-safe dish. Heat for 10 minutes, then stir. Continue to heat in oven for 5 minutes at a time until 165 degrees, or hot throughout. Stir, then let sit for 2 minutes, or until meal reaches a comfortable temperature, then serve.

Toaster Oven Heating Instructions

Preheat toaster oven to 325 degrees. Remove meal from container and place meal in oven-safe dish. Heat for 10 minutes, then stir. Continue to heat in toaster oven for 5 minutes at a time until 165 degrees, or hot throughout. Stir, then let sit for 2 minutes, or until meal reaches a comfortable temperature, then serve.

**THAWED DISH**

Thawing Instructions

Place frozen meal in refrigerator 24 hours prior to mealtime.

Microwave Reheating Instructions

Remove meal from container and place on microwave-safe plate. Cover and heat for 1 minute on high power, then stir. Continue to heat in microwave for 30 seconds at a time until 165 degrees, or hot throughout. Stir, then let sit for 1 minute, or until meal reaches a comfortable temperature, then serve.

Oven Heating Instructions **(\*Recommended)**

Preheat oven to 325 degrees. Remove meal from container and place in oven-safe dish. Heat for 5 minutes, then stir. Continue to heat in oven for 5 minutes at a time until 165 degrees, or hot throughout. Stir, then let sit for 2 minutes, or until meal reaches a comfortable temperature, then serve.

Toaster Oven Heating Instructions

Preheat toaster oven to 325 degrees. Remove meal from container and place meal in oven-safe dish. Heat for 5 minutes, then stir. Continue to heat in toaster oven for 5 minutes at a time until 165 degrees, or hot throughout. Stir, then let sit for 2 minutes, or until meal reaches a comfortable temperature, then serve.

*Sausage & Cheese Biscuit* Reheating Instructions

**FROZEN DISH**

Microwave Reheating Instructions

Remove meal from wrapper and place on microwave-safe plate. Cover and heat for 1 minute on high power, then turn over. Continue to heat in microwave for 30 seconds at a time until 165 degrees, or hot throughout. Let sit for 1 minute, or until meal reaches a comfortable temperature, then serve.

Oven Heating Instructions **(\*Recommended)**

Preheat oven to 325 degrees. Remove meal from wrapper and place in oven-safe dish or on foil-lined baking sheet. Heat for 10 minutes, then turn over. Continue to heat in oven for 5 minutes at a time until 165 degrees, or hot throughout. Let sit for 2 minutes, or until meal reaches a comfortable temperature, then serve.

Toaster Oven Heating Instructions

Preheat toaster oven to 325 degrees. Remove meal from container and place meal in oven-safe dish or on foil-lined baking sheet. Heat for 10 minutes, then turn over. Continue to heat in toaster oven for 5 minutes at a time until 165 degrees, or hot throughout. Let sit for 2 minutes, or until meal reaches a comfortable temperature, then serve.

**THAWED DISH**

Thawing Instructions

Place frozen meal in refrigerator 24 hours prior to mealtime.

Microwave Reheating Instructions

Remove meal from wrapper and place on microwave-safe plate. Cover and heat for 1 minute on high power, then turn over. Continue to heat in microwave for 30 seconds at a time until 165 degrees, or hot throughout. Let sit for 1 minute, or until meal reaches a comfortable temperature, then serve.

Oven Heating Instructions **(\*Recommended)**

Preheat oven to 325 degrees. Remove meal from wrapper and place in oven-safe dish or on foil-lined baking sheet. Heat for 5 minutes, then turn over. Continue to heat in oven for 5 minutes at a time until 165 degrees, or hot throughout. Let sit for 2 minutes, or until meal reaches a comfortable temperature, then serve.

Toaster Oven Heating Instructions

Preheat toaster oven to 325 degrees. Remove meal from wrapper and place meal in oven-safe dish or on foil-lined baking sheet. Heat for 5 minutes, then turn over. Continue to heat in toaster oven for 5 minutes at a time until 165 degrees, or hot throughout. Let sit for 2 minutes, or until meal reaches a comfortable temperature, then serve.

*Egg & Potato Burrito* Reheating Instructions

**FROZEN DISH**

Microwave Reheating Instructions

Remove meal from wrapper and place on microwave-safe plate. Cover and heat for 1 minute on high power, then turn over. Continue to heat in microwave for 30 seconds at a time until 165 degrees, or hot throughout. Let sit for 1 minute, or until meal reaches a comfortable temperature, then serve.

Oven Heating Instructions **(\*Recommended)**

Preheat oven to 325 degrees. Remove meal from wrapper and place in oven-safe dish or on foil-lined baking sheet. Heat for 10 minutes, then turn over. Continue to heat in oven for 5 minutes at a time until 165 degrees, or hot throughout. Let sit for 2 minutes, or until meal reaches a comfortable temperature, then serve.

Toaster Oven Heating Instructions

Preheat toaster oven to 325 degrees. Remove meal from container and place meal in oven-safe dish or on foil-lined baking sheet. Heat for 10 minutes, then turn over. Continue to heat in toaster oven for 5 minutes at a time until 165 degrees, or hot throughout. Let sit for 2 minutes, or until meal reaches a comfortable temperature, then serve.

**THAWED DISH**

Thawing Instructions

Place frozen meal in refrigerator 24 hours prior to mealtime.

Microwave Reheating Instructions

Remove meal from wrapper and place on microwave-safe plate. Cover and heat for 1 minute on high power, then turn over. Continue to heat in microwave for 30 seconds at a time until 165 degrees, or hot throughout. Let sit for 1 minute, or until meal reaches a comfortable temperature, then serve.

Oven Heating Instructions **(\*Recommended)**

Preheat oven to 325 degrees. Remove meal from wrapper and place in oven-safe dish or on foil-lined baking sheet. Heat for 5 minutes, then turn over. Continue to heat in oven for 5 minutes at a time until 165 degrees, or hot throughout. Let sit for 2 minutes, or until meal reaches a comfortable temperature, then serve.

Toaster Oven Heating Instructions

Preheat toaster oven to 325 degrees. Remove meal from wrapper and place meal in oven-safe dish or on foil-lined baking sheet. Heat for 5 minutes, then turn over. Continue to heat in toaster oven for 5 minutes at a time until 165 degrees, or hot throughout. Let sit for 2 minutes, or until meal reaches a comfortable temperature, then serve.