*Egg & Chorizo 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.

*Wavecrest Pizza* 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. 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 350 degrees. Remove meal from container and place in oven-safe dish or on foil-lined baking sheet. Heat for 10 minutes. 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 350 degrees. Remove meal from container and place meal in oven-safe dish or on foil-lined baking sheet. Heat for 10 minutes. 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. 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 350 degrees. Remove meal from container and place in oven-safe dish or on foil-lined baking sheet. Heat for 5 minutes. 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 350 degrees. Remove meal from container and place meal in oven-safe dish or on foil-lined baking sheet. Heat for 5 minutes. 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 Tenders* 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 350 degrees. Remove meal from container and place in oven-safe dish or on foil-lined baking sheet. Heat for 9-12 minutes or until reaches 165 degrees. Let sit for 2 minutes, or until meal reaches a comfortable temperature, then serve.

Toaster Oven Heating Instructions

Preheat oven to 350 degrees. Remove meal from container and place in oven-safe dish or on foil-lined baking sheet. Heat for 9-12 minutes or until reaches 165 degrees. 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 350 degrees. Remove meal from container and place in oven-safe dish or on foil-lined baking sheet. Heat for 5 minutes. 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 oven to 350 degrees. Remove meal from container and place in oven-safe dish or on foil-lined baking sheet. Heat for 5 minutes. 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.

*Chicken Wings* Reheating Instructions

**FROZEN DISH**

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

Preheat oven to 350 degrees. Remove meal from container and place in oven-safe dish or on foil-lined baking sheet. Heat for 25-30 minutes or until reaches 165 degrees. Let sit for 2 minutes, or until meal reaches a comfortable temperature, then serve.

Toaster Oven Heating Instructions

Preheat oven to 350 degrees. Remove meal from container and place in oven-safe dish or on foil-lined baking sheet. Heat for 25-30 minutes or until reaches 165 degrees. 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.

Oven Heating Instructions

Preheat oven to 350 degrees. Remove meal from container and place in oven-safe dish or on foil-lined baking sheet. Heat for 10 minutes. 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 oven to 350 degrees. Remove meal from container and place in oven-safe dish or on foil-lined baking sheet. Heat for 10 minutes. 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.

*Bean & 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 & Green Chile Tamale* 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 350 degrees. Remove meal from wrapper and place in oven-safe dish or on foil-lined baking sheet. Heat for 20-25 minutes. 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 350 degrees. Remove meal from wrapper and place in oven-safe dish or on foil-lined baking sheet. Heat for 20-25 minutes. 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.

*Fish Sticks* 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 400 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 400 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 400 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 400 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.