

“Grab & Go Weekend Meals”

HEATING INSTRUCTIONS

Heat until internal temp reaches a minimum of 165 degrees for 15 seconds.
Microwave ovens vary. Times are approximate. Be careful for “hot spots” after heating.

IMPORTANT...Do Not Use Foil in Microwave Ovens!!!

(Refrigerate or Discard any unused portions)

Chicken Patty

Conventional Oven:

- Preheat oven to 400 degrees
- Place frozen patty on a lined sheet pan. Heat for 8-10 minutes.

Microwave Oven:

- Heat on High: 1-2 patties for approximately 2-3 minutes. Do not overheat. Let stand 1-2 minutes before serving.

Chicken Quesadilla

Conventional Oven:

- Preheat oven to 400 degrees
- Bake frozen quesadilla for 14-19 minutes

Oven-Baked Potatoes

Conventional Oven:

- Preheat oven to 425 degrees
- Remove frozen potatoes from package and place on a sheet pan
- Bake turning once for uniform cooking
- Bake for 12-17 minutes

