

## Grilled Cheese Cooking Instructions

Keep frozen until ready to eat. Thawing is required before heating. Thaw product overnight in the refrigerator at 41°F or below. Once fully thawed, consume within 24 hours. Although this product is Ready-to-Eat, for a better experience, it is recommended that it be heated.

**Microwave:** Leave product in oven ready film. Do not open or puncture. Place grilled cheese in the microwave. Heat on high for approximately 1 minute. CAUTION: PRODUCT WILL BE HOT! CAREFULLY REMOVE FROM POUCH.

**Oven:** Preheat oven to 350°F. Leave product in oven ready film. Do not open or puncture. Place one grilled cheese on a baking pan. Bake for approximately 12 minutes. CAUTION: PRODUCT WILL BE HOT! CAREFULLY REMOVE FROM POUCH.

Discard any leftovers.

If you have any questions, please contact Nutrition Services at (859) 392-1028 or (859) 655-5299.

## Beef Taco Stick Cooking Instructions

Keep frozen until ready to eat. Thawing is required before heating. Thaw product overnight in the refrigerator at 41°F or below. Once fully thawed, consume within 24 hours.

**Microwave:** Leave product in oven ready film. Do not open or puncture. Place one beef taco stick in the microwave. Heat on high for approximately 1 minute. CAUTION: PRODUCT WILL BE HOT! CAREFULLY REMOVE FROM POUCH.

**Oven:** Preheat oven to 325°F. Leave product in oven ready film. Do not open or puncture. Place one beef taco stick on a baking pan. Bake for approximately 18 minutes. CAUTION: PRODUCT WILL BE HOT! CAREFULLY REMOVE FROM POUCH.

Discard any leftovers.

If you have any questions, please contact Nutrition Services at (859) 392-1028 or (859) 655-5299.

## Macaroni & Cheese Bowl Cooking Instructions

Keep frozen until ready to eat.

**Oven:** Preheat oven to 350°F. Do not remove the vented film. Place frozen bowl on a baking pan. Heat for approximately 30-35 minutes. CAUTION: PRODUCT WILL BE HOT! CAREFULLY REMOVE THE VENTED FILM. Stir product prior to enjoying.

**Microwave:** Place one frozen portion bowl in the microwave. Do not remove the vented film. Heat on high for approximately 6 minutes.

Discard any leftovers.

If you have any questions, please contact Nutrition Services at (859) 392-1028 or (859) 655-5299.

## Rotini & Meat Sauce Pasta Bowl Cooking Instructions

Keep frozen until ready to eat.

**Oven:** Preheat oven to 350°F. Do not remove the vented film. Place frozen bowl on a baking pan. Heat for approximately 30-35 minutes. CAUTION: PRODUCT WILL BE HOT! CAREFULLY REMOVE THE VENTED FILM. Stir product prior to enjoying.

**Microwave:** Place one frozen portion bowl in the microwave. Do not remove the vented film. Heat on high for approximately 6 minutes. CAUTION: PRODUCT WILL BE HOT! CAREFULLY REMOVE THE VENTED FILM. Stir product prior to enjoying.

Discard any leftovers.

If you have any questions, please contact Nutrition Services at (859) 392-1028 or (859) 655-5299.

## Egg & Cheese Sandwich Cooking Instructions

Keep frozen until ready to eat. Thawing is required before heating. Thaw product overnight in the refrigerator at 41°F or below. Once fully thawed, consume within 24 hours.

**Microwave:** Leave product in oven ready film. Do not open or puncture. Place egg & cheese sandwiches in the microwave. Heat on high for approximately 30-40 seconds. CAUTION: PRODUCT WILL BE HOT! CAREFULLY REMOVE FROM POUCH.

**Oven:** Preheat oven to 275°F. Leave product in oven ready film. Do not open or puncture. Place egg & Cheese sandwich on baking pan. Bake for approximately 15-17 minutes. CAUTION: PRODUCT WILL BE HOT! CAREFULLY REMOVE FROM POUCH.

Discard any leftovers.

If you have any questions, please contact Nutrition Services at (859) 392-1028 or (859) 655-5299.

## Pancake and Turkey Sausage Breakfast Stick Cooking Instructions

Keep frozen until ready to eat.

**Microwave:** Leave product in oven ready film. Make a ¼-inch slit on top of film to vent. Place breakfast stick in microwave. Heat on high for approximately 50-55 seconds. CAUTION: PRODUCT WILL BE HOT! CAREFULLY REMOVE FROM POUCH. For children under 5 years of age remove stick, cut product lengthwise then into small pieces.

**Oven:** Preheat oven: 375°F. Leave product in oven ready film. Do not open or puncture. Place frozen breakfast stick on a baking pan. Bake for approximately 20-25 minutes. CAUTION: PRODUCT WILL BE HOT! CAREFULLY REMOVE FROM POUCH. For children under 5 years of age remove stick, cut product lengthwise then into small pieces.

Discard any leftovers.

If you have any questions, please contact Nutrition Services at (859) 392-1028 or (859) 655-5299.

## **Food Safety Tips**

Cold foods should be kept **cold** until ready to serve. Please store cold items in the refrigerator, at 41°F or below.

Frozen foods should be kept **frozen** until ready to serve. Please store frozen items in the freezer at 0°F or below.

Consume items within 3 days. Discard any leftovers.

If you have any questions, please contact Nutrition Services at (859) 392-1028 or (859) 655-5299.