

# **HEATING INSTRUCTIONS FOR MEALS**

All items MUST be cooked prior to consuming. Please check with an adult for permission and supervision before using a microwave, toaster oven or oven.

ALWAYS WASH YOUR HANDS! Use warm soapy water to scrub between your fingers, under your nails and the back of your hands for at least 20 seconds.

All items are pre-cooked and are not being served raw. Heating to at least 165 degrees in a microwave is recommended.

## **Chicken Nuggets/Corndog**

**Step 1:** Place the Chicken Nuggets/Corndog in a microwave safe bowl or container. DO NOT MICROWAVE IN THE BAG!!!

**Step 2:** Microwave this item for 1 to 1.5 minutes. Some microwaves may need less time or extra time to get this to the temperature you like. Use a hot pad, fork, or serving utensil so you do not get burned. Do not pick up with bare hands.

## **Cheeseburger/Hotdog/Chicken Sandwich**

**Step 1:** Remove the bun and cheese slice and place the hamburger patty/hotdog/Chicken Patty in a microwave safe bowl or container. DO NOT MICROWAVE IN THE BAG!!!

**Step 2:** Microwave this item for 1 to 1.5 minutes. Some microwaves may need less time or extra time to get this to the temperature you like. Use a hot pad, fork, or serving utensil so you do not get burned. Do not pick up with bare hands.

**Step 3:** Replace the bun and cheese slice and heat for an additional 25 seconds (depending on your microwave).

## **Egg Bacon/Sausage Sandwich**

**Step 1:** Remove the bun and place the egg patty/bacon/sausage separately in a microwave safe bowl or container. DO NOT MICROWAVE IN THE BAG!!!

**Step 1:** Microwave this item for 1 to 1.5 minutes. Some microwaves may need less time or extra time to get this to the temperature you like. Use a hot pad, fork, or serving utensil so you do not get burned. Do not pick up with bare hands.

**Step 2:** Replace the bun and heat for an additional 25 seconds (depending on your microwave).

## **BBQ Pork/Chicken Pork Rollup**

**Step 2:** Place the BBQ Pork/Chicken Rollup in a microwave safe bowl or container. DO NOT MICROWAVE IN THE BAG!!!

**Step 3:** Microwave this item for 1 to 1.5 minutes. Some microwaves may need less time or extra time to get this to the temperature you like. Use a hot pad, fork, or serving utensil so you do not get burned. Do not pick up with bare hands.

## **Vegetables**

Place veggies in a microwave safe dish, heat for 2 minutes and check temperature. Heat longer if needed.

**\*PLEASE KEEP AND USE THIS SHEET FOR HEATING INFORMATION\***