

**\*\*School meal entrees and vegetables trays will be served frozen. If you plan on saving for later, please keep packaged items frozen. If thawed and kept in the refrigerator, please consume within 3 calendar days.**

**Microwave Cooking Instructions:**

**Frozen Packaged Entree**

Step 1: Place wrapped frozen packaged entrée on a microwave safe plate.

Step 2: Microwave on high for one minute. Cook to an internal temperature of 165 degrees Fahrenheit. CAREFUL! LET COOL FOR ONE MINUTE BEFORE ENJOYING!

**Conventional Oven Cooking Instructions:**

**Frozen Packaged Entree**

Step 1: Preheat the oven to 325 degrees Fahrenheit.

Step 2: Place wrapped entree in oven and cook for 20 minutes or until internal temperature reaches 165 degrees Fahrenheit. CAREFUL! LET COOL FOR ONE MINUTE BEFORE ENJOYING!

**Microwave Cooking Instructions:**

**Frozen Vegetable Tray**

Step 1: Place frozen vegetable tray on a microwave safe plate.

Step 2: Microwave on high for two minutes. Do not puncture film on the tray. Cook to an internal temperature of 145 degrees Fahrenheit. CAREFUL! LET COOL FOR ONE MINUTE BEFORE ENJOYING!

**Conventional Oven Cooking Instructions:**

**Frozen Vegetable Tray**

Step 1: Preheat the oven to 325 degrees Fahrenheit.

Step 2: Place vegetable tray in oven. Do not puncture film on the tray. Cook for 20-25 minutes or until internal temperature reaches 145 degrees Fahrenheit. CAREFUL! LET COOL FOR ONE MINUTE BEFORE ENJOYING!