



Heating Directions

October 2024 Freezer Meals

Meal Starters

Baked Chicken: Take out as many pieces of chicken needed, place on a greased cooking sheet, and place in a 400 degree oven. Cook for 8-10 minutes from thawed or 12-14 minutes from frozen. You can also utilize your air fryer, if desired.

Lemon Chicken: Put the contents of the container in a sauce pan, cover with a lid, and heat on low. Stir every few minutes until warmed through. Enjoy on top of your favorite pasta or rice, or simply just with some roasted vegetables.

Balsamic Pulled Pork: Put the pork in a sauce pan, cover with a lid, and heat on low. Stir every few minutes until warmed through. You can make tacos, enjoy over rice, stuff it in a baked potato, or more!

Complete Meals

Meatball Sliders: Remove the plastic cover, and then COVER WITH TINFOIL. Place in a 350 degree oven for about 15-20 minutes, until warmed through. It's important to both cover with foil AND heat from thawed, not frozen!

Baked Ziti: Uncover and place in a 350 degree oven for about 15-20 minutes, until cheese is melted. If heating from frozen, you may want to cover with foil while cooking, so the cheese doesn't burn.

Turkey Sweet Potato Shepherds Pie: Uncover and place pan in a 350 degree oven for about 20-25 min.

Shrimp Saganaki: Remove plastic cover, then cover with tin foil. Place in a 350 degree oven for about 15-20 minutes. Remove the tinfoil, place back in the oven for about 5 minutes to let the feta cheese melt slightly.

Chicken Fajita Sheet Pan: Uncover, remove the tortillas and place the pan in a 350 degree oven for about 20-25 minutes, tossing halfway through. Then assemble fajitas with the tortillas and your favorite toppings. Please remember, this meal comes raw, so be sure to fully cook the meat.

Kids Items

Beef Taquitos: These taquitos are fully cooked, so just remove as many as you would like from the bag and cook in the oven, air fryer, microwave, etc. until warmed through

French Toast Sticks: Remove as many sticks as you'd like from the bag, and warm in the oven, toaster, microwave, or air fryer.

We recommend defrosting all meals before heating. However, if you do not have the time, just add cooking time to the above directions.