



NUTRITION SERVICES

REHEATING INSTRUCTIONS FOR BOXED MEALS DISTRIBUTED AT NRG STADIUM

WARNING: REMOVE ALL FOIL WRAPPINGS FROM FOOD ITEMS BEFORE HEATING.

Keep **all** products refrigerated until they are ready to be heated. If the items have started to thaw, do not refreeze them. Cook them as instructed, but the cooking times may be shorter. Products with the manufacturer's wrapping are oven and microwave safe. All products contain no raw food ingredients and are fully cooked.

TURKEY PANCAKE WRAPS

Oven Method: Preheat the oven to 350° F. Do not remove food from the wrapper. Bake the product from frozen for 20-25 minutes. **

MIXED VEGETABLES

Stove Top Method: Place the frozen vegetables in a saucepan and cover them with cold water. Bring to a simmer and cook uncovered for 5-7 minutes until the vegetables are tender. **

BISCUIT

Oven Method: Preheat the oven to 325°F. Place the frozen biscuit on a sheet pan. Bake for 22-24 minutes until golden brown. **

PIZZA

Oven Method: Preheat the oven to 350°F. Place the frozen pizza on a sheet pan and bake it for 18-20 minutes or until the internal temperature is 165°F and the cheese is golden brown. **

CATFISH FILETS

Oven Method: Preheat the oven to 450°F. Place the catfish filets on a sheet pan and bake them for approximately 18 minutes or until the internal temperature reaches 165°F and the crust is golden brown and crispy. **

** Ovens temperatures may vary. Heat food items until the internal temperature is 165 °F.