

**THIS PRODUCT MUST BE HEATED FROM FROZEN
DO NOT HEAT FROM REFRIGERATION**



OVEN

1. Preheat oven to 350 degrees.
2. Transfer from packing container into a greased oven safe dish.
3. Heat approximately 12 – 14 minutes or until a minimum internal temperature of 165 degrees is reached.



MICROWAVE

1. Transfer from packing container into a microwave safe dish.
2. Heat for 2 minutes 15 seconds on high or until a minimum internal temperature of 165 degrees is reached.



Properly reheat food – reheat to an internal temperature of 165 F.
Keep cold foods cold at 40 F or lower (and keep frozen foods frozen).
Refrigerate leftovers immediately or throw them away.
Use caution when removing from microwave or oven as food will be hot!

CHICKEN PARMESAN

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