Refrigerate meal bag until ready to consume. Listed below are food items that may be included for breakfast and lunch (this may not include every item). Please follow instructions to prepare. Remove items from plastic bag (corndog, chicken tenders or other meat items) Place food on baking sheet. Heat food @375 for 10-14 minutes or until temperature reaches 165° or microwave 1-2 minutes until heated thoroughly. Discard any leftover foods if not consumed. Vegetables--Remove from container, pour into a microwave safe dish, microwave 3 to 4 minutes on REHEAT or until hot. Let stand 2 to 3 minutes to heat completely through. Refer to USDA guidelines on proper cooking temperatures.