



Green Beans

Defrost in glass microwave safe bowl in 15 second increments, stirring after each heating until food reaches desired temperature.

Date Made/Frozen:



Green Beans

Defrost in glass microwave safe bowl in 15 second increments, stirring after each heating until food reaches desired temperature.

Date Made/Frozen:



Chicken with Sweet Potatoes

Defrost in glass microwave safe bowl in 15 second increments, stirring after each heating until food reaches desired temperature.

Date Made/Frozen:



Chicken with Sweet Potatoes

Defrost in glass microwave safe bowl in 15 second increments, stirring after each heating until food reaches desired temperature.

Date Made/Frozen:



Chicken and Veggies II

Defrost in glass microwave safe bowl in 15 second increments, stirring after each heating until food reaches desired temperature.

Date Made/Frozen:



Chicken and Veggies II

Defrost in glass microwave safe bowl in 15 second increments, stirring after each heating until food reaches desired temperature.

Date Made/Frozen:



Beef and Veggies

Defrost in glass microwave safe bowl in 15 second increments, stirring after each heating until food reaches desired temperature.

Date Made/Frozen:



Beef and Veggies

Defrost in glass microwave safe bowl in 15 second increments, stirring after each heating until food reaches desired temperature.

Date Made/Frozen:



Ham, Pineapple, Peach and Apple

Defrost in glass microwave safe bowl in 15 second increments, stirring after each heating until food reaches desired temperature.

Date Made/Frozen:



Ham, Pineapple, Peach and Apple

Defrost in glass microwave safe bowl in 15 second increments, stirring after each heating until food reaches desired temperature.

Date Made/Frozen: