






Home Prep and Cooking Instructions for Individually Wrapped Items.

Heat and Serve Items		Thawing Directions		Heating Direction for Thawed Product	Heating Directions for Frozen Product	Microwave Directions	Plate Life
Product Image	Product Description and Item Number	Time for thawing at Room Temperature	Max Time for Holding Refrigerated Max Temp 40°F	Full Pan Conventional Oven 350°F	Full Pan Conventional Oven 350°F	For Frozen Product (High Setting)	After prep (thaw or heat) product consumed within
	Grilled Cheese Sandwich #16939	2.5 hours	3 days	14–16 min	20–22 min	Do not Microwave	6 hours
	Ciabatta Cheese Melts Ciabatta Cheese Melt #16944 Ciabatta Pepper Jack Melt #16945	2.5 hours	3 days	14–16 min	20–22 min	Do not Microwave	6 hours
	Breakfast Bowties Egg and Cheese Bowtie #25342 Egg and Pepper Jack Cheese Bowtie #25344	2 hours	5 days	7–9 min	14–16 min	1 min and 20 sec– 1 min and 35 sec	4 hours
	Pinwheels Mozzarella Cheese Pinwheel #25401 RF Turkey Pepperoni #25414 Philly Steak & Cheese Pinwheel #25415 Meatball Pinwheel #25416 Vegetarian Pinwheel #25417	2.5 hours	10 days	12–14 min	14–17 min	1 min 45 sec– 2 min	3 hours
	Hot Meal Breaks Lasagna with Meat Sauce #61852 Mac & Cheese with Carrots #61853 Macaroni with Meat Sauce #61854 Vegetarian Chili with Rice #61857 Penne Alfredo Hot MB #61860	3 hours	3 days	21–23 min	35–37 min	Place unopened package in microwave. Microwave on high for 3.5 min. Open package, stir and re-cover to cook an additional 1.5 min. Let stand for 1 min before eating.	3 hours

- Any of these individually wrapped items are in oven-proof film. Keep the items in their wrap while following heating instructions.
- Do not put items directly on oven racks, place them on a sheet pan before heating.
- Microwave and Ovens vary, follow guidelines accordingly
- When heated, all items should reach 165° internal temperature

ES Foods. Always the best solution.

Call [516.682.5494](tel:516.682.5494) for an appointment or visit esfoods.com.

