



Chicken, Broccoli & Rice

~roast chicken, rice & broccoli spears in a creamy, homemade cheese sauce – topped with cheddar

Heating Instructions & Meal Ingredient Listing

Kickin' Kater LLC

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Directions: Product is fully cooked; thaw completely and cover with foil before placing in oven. Slowly heat in oven at 275° until minimum internal temperature of 165° is reached. Rotate half way through heating.

Approximate Heating Times for:

Family Pan – 60 minutes to 1.5 hours

32.5 oz Pan – 45 to 60 minutes

15 oz Pan – 30 to 45 minutes



Microwave Container: for best results, thaw completely. Product is fully cooked, treat as if reheating leftovers.

Microwave for 1 minute 30 seconds. Stir or rotate. Microwave for another 1 minute, or until desired temperature reached

Once product is thawed, use within 7 days or discard

Suggested use within 6 months of Freeze By Date

Contains: Milk, Soy, Celery

Ingredients: parboiled rice (parboiled long grain rice, iron phosphate, niacin, thiamine mononitrate, folic acid), whole or 2% milk (milk, vitamin D3 and may contain vitamin A palmitate), broccoli, roast chicken, Velveeta Cheese (skim milk, milk, canola oil, milk protein concentrate, sodium phosphate, contains less than 2% of modified food starch, whey protein concentrate, maltodextrin, whey, salt, calcium phosphate, lactic acid, sorbic acid as a preservative, milkfat, sodium alginate, sodium citrate, enzymes, apocarotenal and annatto (color), cheese culture, vitamin A palmitate), cheddar cheese (pasteurized milk, cheese culture, salt, enzymes, color added), potato starch and powdered cellulose added to prevent caking, nyamycin (a natural mold inhibitor), butter [pasteurized cream, salt], clearjel (100% food starch-modified, derived from waxy maize), farm dust seasoning (kosher salt, sea salt, dried onion and garlic, black pepper, fennel, celery, marjoram, thyme, rosemary, savory, sage, oregano, basil), salt, PAM cooking spray (to prevent sticking) [canola oil*, coconut oil*, palm oil*, soy lecithin (prevents sticking), dimethyl silicone (anti foaming agent)]

Processed in facilities that process wheat, egg, milk, soy, tree nuts & peanuts