



**Kickin' Kater**

Market &  
CATERING CO.  
16 Glenlew Drive,  
Lewistown, PA 17044  
717.437.5949

Licensed by PA Dept of Ag.



# Poppyseed Chicken & Rice

~roast chicken & rice smothered in creamy cheese sauce,  
sprinkled with poppyseeds & topped with cracker crumbs

## Heating Instructions & Meal Ingredient Listing

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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

**33 oz Pan** – 45 to 60 minutes

**17 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:** Wheat, Milk, Soy

**Ingredients:** cream of chicken (water, canola oil, chicken, light cream (milk, cream), enriched wheat flour (wheat flour niacin, iron, thiamine mononitrate, riboflavin, folic acid), corn starch, food starch-modified, contains less than 1.5% of: salt, mechanically separated chicken meat, potassium chloride, sodium phosphate, natural flavor, yeast extract, rendered chicken fat, buttermilk powder, titanium dioxide as color, sunflower oil, pea protein isolate, rice flour, maltodextrin, spice, beta-carotene as color, onion powder), rice (parboiled long grain rice, iron phosphate, niacin, thiamine mononitrate, folic acid), roast chicken, shredded cheddar cheese (pasteurized milk, cheese culture, salt, enzymes, color added), potato starch and powdered cellulose added to prevent caking, nyamycin (a natural mold inhibitor), cracker crumbs (Cracker Rounds [enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), high oleic canola and/or soybean oil with tbhq and citric acid for freshness, sugar; contains 2% or less of: salt, high fructose corn syrup, leavening (baking soda, calcium phosphate), sodium sulfite, soy lecithin, natural flavor], Butter [pasteurized cream, salt] or Butter Blend [vegetable oil blend (palm oil and soybean oil), water, butter (cream, salt), contains less than 2% of salt, nonfat dry milk, natural & artificial flavors, potassium sorbate (a preservative), soy lecithin, vitamin A palmitate added, beta carotene (color)]), sour cream (cultured pasteurized light cream and nonfat milk, enzymes), butter [pasteurized cream, salt], salt, poppyseeds, water, 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**