

Cheese Omelet

Microwave Instructions:

- 1) Remove Omelet from the packaging and set on a microwave safe plate.
- 2) Microwave on High for 1 minute.
- 3) Check the Omelet and flip it over.
- 4) Microwave on High for another 30 seconds.
- 5) Check Again.
- 6) Continue cooking 30 seconds at a time until the omelet is cooked throughout. It should reach 165 degrees F for best food safety practices.
- 7) Let it cool for 1-2 minutes and enjoy.

*Please cook the food before eating. The Oregon School District is not responsible if you do not cook the food to the proper temperature.

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