

Cheesy Chicken and Rice with Broccoli

Microwave Instructions:

1. Transfer Cheesy Chicken and Rice with Broccoli into a microwave safe bowl and place in the microwave.
2. Microwave on High for 1 minute.
3. Stir the ingredients.
4. Microwave on High for another 30 seconds.
5. Stir Again.
6. Continue cooking 30 seconds at a time until the meal 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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