

Chocolate Lava Cake

with molten chocolate center



Lava Cake Instructions

- Refrigerate or freeze until use.
- Remove cake from refrigerator or freezer and remove outer plastic wrap.
- **If heating from frozen:**
- *If using microwave:* Keep lava cake in original container and microwave until center is warm, 45-60 seconds. Carefully remove from microwave. Rest in container, 1 minute. Bon appétit!
- *If using oven:* Preheat oven to 350 degrees. Keep lava cake in original container. Place directly on rack in hot oven and bake until center is warm, 10-15 minutes. Carefully remove from oven. Rest in container, 1 minute. Bon appétit!
- **If heating from thawed:**
- *If using microwave:* Keep lava cake in original container and microwave until center is warm, 30-45 seconds. Carefully remove from microwave. Rest in container, 1 minute. Bon appétit!
- *If using oven:* Preheat oven to 350 degrees. Keep lava cake in original container. Place directly on rack in hot oven and bake until center is warm, 8-10 minutes. Carefully remove from oven. Rest in container, 1 minute. Bon appétit!

NUTRITION per serving—Calories: 293, Carbohydrates: 35g, Sugar: 24g, Added Sugar: 2g, Fiber: 0g, Protein: 5g, Sodium: 144mg, Fat: 17g, Saturated Fat: 9g, Trans Fat: 0g, Cholesterol: 56mg, Potassium: 202mg, Calcium: 33mg, Iron: 2mg, Vitamin D: 0mcg

Contains: milk, eggs, wheat, soy

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review meal labels for updated information.

Sausage & Buttermilk Biscuits

2 mini breakfast sliders



Sausage Biscuit Instructions

- Refrigerate or freeze until use. *Packaging and sandwiches will be hot after cooking, use caution!*
- **If frozen:**
- *If using microwave:* Keep sandwiches in packaging; do not puncture. Place sandwiches on a microwave-safe plate and microwave, 45 seconds. *Don't worry if packaging pops.* Rest, 1 minute, then remove from microwave and remove packaging. Bon appétit!
- *If using oven:* Thaw sandwiches in refrigerator. Preheat oven to 350 degrees. Remove sandwiches from packaging and wrap each sandwich in foil. Place on a baking sheet and bake in hot oven, 16-18 minutes. Carefully remove from oven and unwrap. Bon appétit!
- **If thawed:**
- *If using microwave:* Keep sandwiches in packaging; do not puncture. Place sandwiches on a microwave-safe plate and microwave, 30 seconds. Rest, 1 minute, then remove from microwave and remove packaging. Bon appétit!
- *If using oven:* Use same instructions as frozen.

NUTRITION per serving—Calories: 280, Carbohydrates: 20g, Sugar: 2g, Added Sugar: 0g, Fiber: 0g, Protein: 4g, Sodium: 810mg, Fat: 19g, Saturated Fat: 8g, Trans Fat: 0g, Cholesterol: 30mg, Potassium: 67mg, Calcium: 21mg, Iron: 2mg, Vitamin D: 0mcg

Contains: milk, wheat

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Caesar Chopped Salad

with 2 ready-to-cook chicken breasts (optional)



Salad Instructions

- Refrigerate until use.
- Remove all **salad** ingredients from packaging. Toss or gently stir with **dressing** until combined. Bon appétit!

Chicken Instructions

- Pat **chicken** dry. We recommend seasoning both sides with ¼ tsp. **salt** and a pinch of **pepper**.
- Use a large non-stick pan with 2 tsp. **olive oil** over medium heat and cook to a minimum internal temperature of 165 degrees, 5-7 minutes per side.
- Remove from burner. Set aside to cool, 5 minutes. Cut into 1/2" pieces if desired. Bon appétit!

SALAD NUTRITION

NUTRITION per serving—Calories: 203, Carbohydrates: 9g, Sugar: 1g, Added Sugar: 0g, Fiber: 2g, Protein: 4g, Sodium: 259mg, Fat: 17g, Saturated Fat: 3g, Trans Fat: 0g, Cholesterol: 16mg, Potassium: 193mg, Calcium: 94mg, Iron: 1mg, Vitamin D: 0mcg

Contains: milk, eggs, wheat, fish (anchovy)

CHICKEN AND SALAD BUNDLE NUTRITION

NUTRITION per serving—Calories: 511, Carbohydrates: 15g, Sugar: 2g, Added Sugar: 0g, Fiber: 3g, Protein: 44g, Sodium: 893mg, Fat: 30g, Saturated Fat: 6g, Trans Fat: 0g, Cholesterol: 146mg, Potassium: 849mg, Calcium: 151mg, Iron: 2mg, Vitamin D: 0mcg

Contains: milk, eggs, wheat, fish (anchovy)

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Garlic Bread

simply bake and eat



Garlic Bread Instructions

- Keep frozen until ready to use.
- Preheat oven to 400 degrees. Remove **bread** from packaging.
- Place bread on a baking sheet and bake in hot oven until golden brown, 12-15 minutes.
- *If defrosted, reduce cooking time and check for doneness sooner.*
- Carefully remove from oven. Bon appétit!

NUTRITION per serving—Calories: 106, Carbohydrates: 15g, Sugar: 0g, Added Sugar: 0g, Fiber: 1g, Protein: 3g, Sodium: 201mg, Fat: 4g, Saturated Fat: 2g, Trans Fat: 0g, Cholesterol: 10mg, Potassium: 25mg, Calcium: 5mg, Iron: 0mg, Vitamin D: 0mcg

Contains: milk, wheat
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Cinnamon Bread Slice

with brown sugar topping



Cinnamon Bread Slice Instructions

- Keep refrigerated until ready to use. *If frozen, thaw in refrigerator.*
- Unwrap bread from packaging. Bon appétit!

NUTRITION per serving—Calories: 447, Carbohydrates: 61g, Sugar: 40g, Added Sugar: 39g, Fiber: 1g, Protein: 5g, Sodium: 306mg, Fat: 20g, Saturated Fat: 5g, Trans Fat: 0g, Cholesterol: 68mg, Potassium: 75mg, Calcium: 51mg, Iron: 2mg, Vitamin D: 0mcg

Contains: milk, eggs, wheat, soy
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Four-Cheese Pepperoni Pizza

Sicilian-style pizza



Pizza Instructions

- Keep refrigerated until ready to use. *If frozen, thaw in refrigerator.*
- Move oven rack to middle position. Preheat oven to 375 degrees. Remove **pizza** from refrigerator and remove plastic.
- Place directly on middle rack in hot oven and bake until heated through, 15-18 minutes.
- Carefully remove from oven. Rest, 3 minutes. Bon appétit!

NUTRITION per serving—Calories: 390, Carbohydrates: 46g, Sugar: 3g, Added Sugar: 1g, Fiber: 3g, Protein: 18g, Sodium: 743mg, Fat: 15g, Saturated Fat: 8g, Trans Fat: 0g, Cholesterol: 38mg, Potassium: 217mg, Calcium: 290mg, Iron: 4mg, Vitamin D: 0mcg

Contains: milk, wheat
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