



Chicken Fajita Burrito

with seasoned rice and pepper jack cheese filling

Burrito Instructions

- Refrigerate until use.
- *If using microwave:* Unwrap burrito and use wrapper to loosely re-wrap. Place on microwave-safe plate. Microwave, 45 seconds. Carefully remove from microwave and flip burrito. Microwave again until heated through, 45-60 seconds. Carefully remove from microwave and rest, 1 minute. Bon appétit!
- *If using oven:* Move oven rack to middle position. Preheat oven to 350 degrees. Remove wrapper. Place burrito on baking sheet. Bake uncovered on center rack of hot oven until heated through, 30-35 minutes. Carefully remove from oven. Rest, 1 minute. Bon appétit!

NUTRITION per serving

Calories: 490, Carbohydrates: 64g, Sugar: 7g, Added Sugar: 1g, Fiber: 6g, Protein: 22g, Sodium: 1020mg, Fat: 14g, Saturated Fat: 3g, Trans Fat: 0g, Cholesterol: 40mg, Potassium: 530mg, Calcium: 250mg, Iron: 5mg, Vitamin D: 0mcg



Three Cheese Asiago–Demi Loaf

simply bake and eat

Three Cheese Asiago Demi-Loaf Instructions

- Refrigerate until use.
- Preheat oven to 400 degrees. Remove bread from packaging. Place bread directly on oven rack in hot oven and bake until heated through, 10-12 minutes.
- Carefully remove from oven. Bon appétit!

NUTRITION per serving

Calories: 141, Carbohydrates: 23g, Sugar: 1g, Added Sugar: 0g, Fiber: 2g, Protein: 6g, Sodium: 317mg, Fat: 2g, Saturated Fat: 1g, Trans Fat: 0g, Cholesterol: 5mg, Potassium: 30mg, Calcium: 57mg, Iron: 3mg, Vitamin D: 0mcg



Banana Bread Slice

with walnut topping

Banana Bread Instructions

- Refrigerate until use. *If frozen, thaw in refrigerator.*
- Unwrap bread from packaging. Bon appétit!

NUTRITION per serving

Calories: 370, Carbohydrates: 47g, Sugar: 26g, Added Sugar: 21g, Fiber: 2g, Protein: 5g, Sodium: 260mg, Fat: 18g, Saturated Fat: 3g, Trans Fat: 0g, Cholesterol: 50mg, Potassium: 240mg, Calcium: 20mg, Iron: 2mg, Vitamin D: 0mcg



Four-Cheese Pepperoni Pizza

appetizer-style flatbread

Pizza Instructions

- Refrigerate until 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

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

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Egg White & Chicken Sausage Burrito with potatoes and pepper jack cheese



COOK WITHIN
3
DAYS

Burrito Instructions

- Refrigerate until use.
- If using microwave: Unwrap burrito and use wrapper to loosely re-wrap. Place on microwave-safe plate. Microwave, 1 minute. Carefully remove from microwave and flip burrito. Microwave again until heated through, 1 minute. Carefully remove from microwave and rest, 1 minute. Bon appétit!
- If using oven: Move oven rack to middle position. Preheat oven to 350 degrees. Remove wrapper. Place burrito on baking sheet. Bake uncovered on center rack of hot oven until heated through, 30-35 minutes. Carefully remove from oven. Rest, 1 minute. Bon appétit!

NUTRITION per serving

Calories: 530, Carbohydrates: 53g, Sugar: 3g, Added Sugar: 2g, Fiber: 5g, Protein: 26g, Sodium: 930mg, Fat: 22g, Saturated Fat: 8g, Trans Fat: 0g, Cholesterol: 45mg, Potassium: 370mg, Calcium: 310mg, Iron: 5mg, Vitamin D: 0mcg

Pumpkin Cranberry Cake with tart candied cranberries



COOK WITHIN
3
DAYS

Cake Instructions

- Keep refrigerated or frozen until ready to use.
- Remove cake from refrigerator or freezer and remove outer plastic wrap.
- If heating from frozen:
 - If using microwave: Keep 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: Turn oven on to 350 degrees. Let preheat, at least 10 minutes. Keep 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 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: Turn oven on to 350 degrees. Let preheat, at least 10 minutes. Keep 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: 318, Carbohydrates: 50g, Sugar: 34g, Added Sugar: 32g, Fiber: 1g, Protein: 3g, Sodium: 198mg, Fat: 12g, Saturated Fat: 2g, Trans Fat: 0g, Cholesterol: 30mg, Potassium: 510mg, Calcium: 37mg, Iron: 1mg, Vitamin D: 0mcg

