

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

Blueberry Pie Crisp

WITH BROWN BUTTER STREUSEL TOPPING



NUTRITION per serving

Cal: 330	Cholest: 25mg
Carb: 61g	Potas: 50mg
Fiber: 0g	Calcium: 10mg
Sugar: 45g	Iron: 0mg
Added Sugar: 40g	Vit D: 0mcg
Protein: 3g	
Sodium: 100mg	
Fat: 10g	
Sat Fat: 6g	
Trans Fat: 0g	

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 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 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: Preheat oven to 350 degrees. 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!

Salted Caramel Truffle Cheesecake

WITH CHOCOLATE COOKIE CRUST



NUTRITION per serving

Cal: 330	Cholest: 95mg
Carb: 30g	Potas: 120mg
Fiber: 0g	Calcium: 60mg
Sugar: 24g	Iron: 0.8mg
Added Sugar: 23g	Vit D: 0.2mcg
Protein: 5g	
Sodium: 350mg	
Fat: 21g	
Sat Fat: 13g	
Trans Fat: 1g	

Cheesecake Instructions

- Refrigerate until use. If frozen, thaw in refrigerator, 4-6 hours.
- Once thawed, remove **cheesecake** from packaging. Bon appétit!

Garlic Bread

SIMPLY BAKE AND EAT



NUTRITION per serving

Cal: 110	Cholest: 10mg
Carb: 15g	Potas: 30mg
Fiber: 0g	Calcium: 0mg
Sugar: 0g	Iron: 0.2mg
Added Sugar: 0g	Vit D: 0mcg
Protein: 3g	
Sodium: 200mg	
Fat: 4g	
Sat Fat: 2½g	
Trans Fat: 0g	

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!

Sausage, Egg & American Cheese on Buttermilk Waffle

HEAT AND EAT BREAKFAST SANDWICH



NUTRITION per serving

Cal: 440	Cholest: 155mg
Carb: 25g	Potas: 110mg
Fiber: 2g	Calcium: 150mg
Sugar: 5g	Iron: 1½mg
Added Sugar: 0g	Vit D: 0mcg
Protein: 14g	
Sodium: 1010mg	
Fat: 30g	
Sat Fat: 11g	
Trans Fat: 0g	

Waffle Sandwich Instructions

- Refrigerate or freeze until use.
- Remove **sandwich** from packaging. Place on a microwave-safe plate. Microwave uncovered until heated through, 50-65 seconds.
- Carefully remove from microwave. Rest, 30 seconds. Bon appétit!

Banana Bread Slice

WITH WALNUT TOPPING



NUTRITION per serving

Cal: 370	Cholest: 50mg
Carb: 47g	Potas: 240mg
Fiber: 2g	Calcium: 20mg
Sugar: 26g	Iron: 1.7mg
Added Sugar: 21g	Vit D: 0mcg
Protein: 5g	
Sodium: 260mg	
Fat: 18g	
Sat Fat: 3g	
Trans Fat: 0g	

Banana Bread Instructions

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

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Sausage, Egg & Cheese Egg Rolls

WITH HASHBROWN AND RED PEPPER FILLING



COOK WITHIN
3
DAYS

NUTRITION per serving

Cal: 240	Cholest: 110mg
Carb: 27g	Potas: 150mg
Fiber: 0g	Calcium: 70mg
Sugar: 2g	Iron: 1.4mg
Added Sugar: 0g	Vit D: 0.7mcg
Protein: 9g	
Sodium: 520mg	
Fat: 9g	
Sat Fat: 3½g	
Trans Fat: 0g	

Egg Roll Instructions

- Keep frozen until ready to use.
- Preheat oven to 400 degrees. Remove **rolls** from packaging. Prepare a baking sheet with foil and **cooking spray**. Place rolls on prepared baking sheet. Bake in hot oven until heated through, 18-20 minutes.
- Carefully remove from oven. Let rest, 1 minute. Bon appétit!

Spinach & Artichoke Pizza

APPETIZER-STYLE FLATBREAD



COOK WITHIN
3
DAYS

NUTRITION per serving

Cal: 330	Cholest: 25mg
Carb: 45g	Potas: 180mg
Fiber: 3g	Calcium: 200mg
Sugar: 6g	Iron: 3.2mg
Added Sugar: 0g	Vit D: 0.2mcg
Protein: 13g	
Sodium: 660mg	
Fat: 11g	
Sat Fat: 5g	
Trans Fat: 0g	

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 pizza directly on middle rack in hot oven and bake until heated through, 18-20 minutes.
- Carefully remove from oven. Rest, 3 minutes. Bon appétit!

Mac & Cheese Crunch Rolls

WITH CREAMY FOUR CHEESE MAC & CHEESE



COOK WITHIN
3
DAYS

NUTRITION per serving

Cal: 210	Cholest: 15mg
Carb: 32g	Potas: 160mg
Fiber: 0g	Calcium: 70mg
Sugar: 2g	Iron: 1½mg
Added Sugar: 2g	Vit D: 0.7mcg
Protein: 7g	
Sodium: 330mg	
Fat: 6g	
Sat Fat: 3g	
Trans Fat: 0g	

Egg Roll Instructions

- Freeze until use.
- Preheat oven to 375 degrees. Remove **rolls** from packaging. Prepare a baking sheet with foil and **cooking spray**. Place rolls on prepared baking sheet. Bake in hot oven until heated through, 20-22 minutes, flipping once halfway through.
- Carefully remove from oven. Let rest, 1 minute. Bon appétit!

Buffalo Ranch Chopped Salad

WITH BUFFALO RANCH DRESSING



COOK WITHIN
3
DAYS

NUTRITION per serving

Cal: 180	Cholest: 10mg
Carb: 13g	Potas: 250mg
Fiber: 2g	Calcium: 80mg
Sugar: 3g	Iron: 1mg
Added Sugar: 0g	Vit D: 0.1mcg
Protein: 4g	
Sodium: 520mg	
Fat: 13g	
Sat Fat: 3g	
Trans Fat: 0g	

Salad Instructions

- Refrigerate until use.
- Remove all **salad** ingredients from packaging and gently toss with **dressing** to combine. Bon appétit!

Buffalo Ranch Chopped Salad & Chicken

WITH 2 READY-TO-COOK CHICKEN BREASTS



COOK WITHIN
3
DAYS

NUTRITION per serving

Cal: 460	Cholest: 125mg
Carb: 20g	Potas: 890mg
Fiber: 4g	Calcium: 120mg
Sugar: 5g	Iron: 2.1mg
Added Sugar: 0g	Vit D: 0.1mcg
Protein: 40g	
Sodium: 1250mg	
Fat: 24g	
Sat Fat: 5g	
Trans Fat: 0g	

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.
- For **grilling**, follow same instructions, heating grill to medium heat and spraying with cooking spray.

Salad Instructions

- Refrigerate until use.
- Remove all **salad** ingredients from packaging and gently toss with **dressing** to combine.
- Once cool enough to handle, slice chicken into 1/2" slices, if desired, and top salad with chicken. Bon appétit!