



## Sourdough–Demi Loaf

simply bake and eat

### Sourdough Demi-Loaf Instructions

- Refrigerate until ready to 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: 144, Carbohydrates: 28g, Sugar: 0g, Added Sugar: 0g, Fiber: 1g, Protein: 6g, Sodium: 378mg, Fat: 1g, Saturated Fat: 0g, Trans Fat: 0g, Cholesterol: 0mg, Potassium: 45mg, Calcium: 9mg, Iron: 1mg, Vitamin D: 0mcg



## Sausage, Egg & Cheese Croissant

2 mini breakfast croissants

### Croissant Instructions

- Refrigerate or freeze until use.
- If frozen, thaw **sandwich** in refrigerator.
- Place sandwich on microwave-safe plate and microwave until heated through, 65-70 seconds.
- Carefully remove from packaging. *Sandwich will be hot!* Bon appétit!

**NUTRITION** per serving  
Calories: 470, Carbohydrates: 28g, Sugar: 5g, Added Sugar: 4g, Fiber: 2g, Protein: 14g, Sodium: 785mg, Fat: 34g, Saturated Fat: 13g, Trans Fat: 0g, Cholesterol: 156mg, Potassium: 161mg, Calcium: 146mg, Iron: 2mg, Vitamin D: 1mcg



## Salted Caramel Truffle Cheesecake

with chocolate cookie crust

### Cheesecake Instructions

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

**NUTRITION** per serving  
Calories: 329, Carbohydrates: 30g, Sugar: 24g, Added Sugar: 23g, Fiber: 1g, Protein: 5g, Sodium: 350mg, Fat: 21g, Saturated Fat: 13g, Trans Fat: 1g, Cholesterol: 95mg, Potassium: 123mg, Calcium: 59mg, Iron: 1mg, Vitamin D: 0mcg



## Spinach & Artichoke 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 pizza 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: 333, Carbohydrates: 45g, Sugar: 6g, Added Sugar: 1g, Fiber: 3g, Protein: 13g, Sodium: 663mg, Fat: 11g, Saturated Fat: 5g, Trans Fat: 0g, Cholesterol: 27mg, Potassium: 183mg, Calcium: 197mg, Iron: 3mg, Vitamin D: 0mcg

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

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### Blueberry Butter Cake with juicy Michigan blueberries



#### 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: 446, Carbohydrates: 69g, Sugar: 48g, Added Sugar: 45g, Fiber: 1g, Protein: 4g, Sodium: 242mg, Fat: 17g, Saturated Fat: 10g, Trans Fat: 0g, Cholesterol: 96mg, Potassium: 34mg, Calcium: 36mg, Iron: 0mg, Vitamin D: 0mcg

### Asian-Style Chopped Salad with Asian-style sesame dressing



#### Salad Instructions

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

#### NUTRITION per serving

Calories: 199, Carbohydrates: 18g, Sugar: 7g, Added Sugar: 4g, Fiber: 3g, Protein: 4g, Sodium: 443mg, Fat: 14g, Saturated Fat: 2g, Trans Fat: 0g, Cholesterol: 0mg, Potassium: 255mg, Calcium: 51mg, Iron: 1mg, Vitamin D: 0mcg

### Asian-Style Chopped Salad & Chicken with 2 ready-to-cook chicken breasts



#### 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!

#### NUTRITION per serving

Calories: 490, Carbohydrates: 28g, Sugar: 11g, Added Sugar: 7g, Fiber: 5g, Protein: 40g, Sodium: 1131mg, Fat: 24g, Saturated Fat: 3g, Trans Fat: 0g, Cholesterol: 113mg, Potassium: 899mg, Calcium: 86mg, Iron: 2mg, Vitamin D: 0mcg