



### 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!

COOK WITHIN  
**3**  
DAYS

**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



### 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!

COOK WITHIN  
**3**  
DAYS

**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 **cheesecake** from packaging. Bon appétit!

COOK WITHIN  
**3**  
DAYS

**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



### 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!

COOK WITHIN  
**3**  
DAYS

**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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### Goopy Butter Cake

with crackly sugar crust



#### 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: 437, Carbohydrates: 65g, Sugar: 46g, Added Sugar: 45g, Fiber: 1g, Protein: 4g, Sodium: 238mg, Fat: 18g, Saturated Fat: 10g, Trans Fat: 0g, Cholesterol: 94mg, Potassium: 24mg, Calcium: 34mg, Iron: 0mg, Vitamin D: 0mcg

### Buffalo Ranch Chopped Salad

with buffalo ranch 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: 178, Carbohydrates: 13g, Sugar: 3g, Added Sugar: 1g, Fiber: 2g, Protein: 4g, Sodium: 524mg, Fat: 13g, Saturated Fat: 3g, Trans Fat: 0g, Cholesterol: 8mg, Potassium: 251mg, Calcium: 76mg, Iron: 1mg, Vitamin D: 0mcg

### Buffalo Ranch 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: 458, Carbohydrates: 20g, Sugar: 5g, Added Sugar: 1g, Fiber: 4g, Protein: 40g, Sodium: 1252mg, Fat: 24g, Saturated Fat: 5g, Trans Fat: 0g, Cholesterol: 126mg, Potassium: 894mg, Calcium: 122mg, Iron: 2mg, Vitamin D: 0mcg