

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

Blueberry Crisp Cake

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

Three Cheese Asiago-Demi Loaf

SIMPLY BAKE AND EAT



NUTRITION per serving

Cal: 140	Cholest: 5mg
Carb: 23g	Potas: 30mg
Fiber: 2g	Calcium: 60mg
Sugar: 0g	Iron: 2.6mg
Added Sugar: 0g	Vit D: 0mcg
Protein: 6g	
Sodium: 320mg	
Fat: 2½g	
Sat Fat: 1g	
Trans Fat: 0g	

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!

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!

Pancake, Sausage, Egg & Cheese Sandwich

HEAT AND EAT BREAKFAST SANDWICH



NUTRITION per serving

Cal: 390	Cholest: 165mg
Carb: 27g	Potas: 240mg
Fiber: 0g	Calcium: 140mg
Sugar: 6g	Iron: 3.1mg
Added Sugar: 0g	Vit D: 1½mcg
Protein: 14g	
Sodium: 890mg	
Fat: 25g	
Sat Fat: 9g	
Trans Fat: 0g	

Pancake Sandwich Instructions

- Refrigerate or freeze until use.
- Remove **sandwich** from packaging. Wrap sandwich in a paper towel. Microwave until thawed, 90 seconds.
- Carefully flip sandwich. Microwave again until heated through, 50 seconds.
- Carefully remove from microwave. Rest, 1 minute. Bon appétit!

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Maple Brown Sugar Oatmeal Bites

WITH PURE VERMONT MAPLE SYRUP



NUTRITION per serving

Cal: 180	Cholest: 25mg
Carb: 26g	Potas: 90mg
Fiber: 2g	Calcium: 70mg
Sugar: 12g	Iron: 0.9mg
Added Sugar: 9g	Vit D: 0mcg
Protein: 5g	
Sodium: 310mg	
Fat: 7g	
Sat Fat: 3g	
Trans Fat: 0g	

Oatmeal Bites Instructions

- Freeze until use.
- Preheat oven to 400 degrees. Remove **oatmeal bites** from packaging.
- **If frozen:** Place oatmeal bites on a baking sheet and bake in hot oven until heated through, 13-15 minutes.
- **If thawed:** Place oatmeal bites on a baking sheet and bake in hot oven until heated through, 6-7 minutes.
- Carefully remove from oven and rest, 1-2 minutes. Bon appétit!

Pesto Chicken Pizza

APPETIZER-STYLE FLATBREAD



NUTRITION per serving

Cal: 370	Cholest: 25mg
Carb: 44g	Potas: 200mg
Fiber: 2g	Calcium: 170mg
Sugar: 2g	Iron: 3.3mg
Added Sugar: 0g	Vit D: 0.1mcg
Protein: 17g	
Sodium: 690mg	
Fat: 14g	
Sat Fat: 4g	
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, 16-18 minutes.
- Carefully remove from oven. Rest, 3 minutes. Bon appétit!

Buffalo-Style Chicken Crunch Rolls

WITH THREE-CHEESE BLEND AND HOT SAUCE



NUTRITION per serving

Cal: 210	Cholest: 20mg
Carb: 28g	Potas: 90mg
Fiber: 0g	Calcium: 130mg
Sugar: 0g	Iron: 1.8mg
Added Sugar: 0g	Vit D: 0mcg
Protein: 12g	
Sodium: 570mg	
Fat: 6g	
Sat Fat: 3g	
Trans Fat: 0g	

Crunch Roll Instructions

- Freeze until 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!

Asian-Style Chopped Salad

WITH ASIAN-STYLE SESAME DRESSING



NUTRITION per serving

Cal: 200	Cholest: 0mg
Carb: 18g	Potas: 250mg
Fiber: 3g	Calcium: 50mg
Sugar: 7g	Iron: 0.9mg
Added Sugar: 4g	Vit D: 0mcg
Protein: 4g	
Sodium: 440mg	
Fat: 14g	
Sat Fat: 1½g	
Trans Fat: 0g	

Salad Instructions

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

Asian-Style Chopped Salad & Chicken

WITH 2 READY-TO-COOK CHICKEN BREASTS



NUTRITION per serving

Cal: 490	Cholest: 115mg
Carb: 28g	Potas: 900mg
Fiber: 5g	Calcium: 90mg
Sugar: 11g	Iron: 1.9mg
Added Sugar: 7g	Vit D: 0mcg
Protein: 40g	
Sodium: 1130mg	
Fat: 24g	
Sat Fat: 3½g	
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!