

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

## Goopy Butter Cake

WITH CRACKLY SUGAR CRUST



### NUTRITION per serving

Cal: 440	Cholest: 95mg
Carb: 65g	Potas: 20mg
Fiber: 0g	Calcium: 30mg
Sugar: 46g	Iron: 0mg
Added Sugar: 45g	Vit D: 0mcg
Protein: 4g	
Sodium: 240mg	
Fat: 18g	
Sat Fat: 10g	
Trans Fat: 0g	

### Cake Instructions

- Refrigerate or freeze 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!

## Chocolate Chip Cheesecake

2 MINI CHEESECAKES WITH CHOCOLATE COOKIE CRUST



### NUTRITION per serving

Cal: 290	Cholest: 90mg
Carb: 25g	Potas: 100mg
Fiber: 0g	Calcium: 50mg
Sugar: 20g	Iron: 0.8mg
Added Sugar: 18g	Vit D: 0.2mcg
Protein: 5g	
Sodium: 280mg	
Fat: 19g	
Sat Fat: 11g	
Trans Fat: 1g	

### Cheesecake Instructions

- Refrigerate or freeze until use. *If frozen, thaw in refrigerator, 4-6 hours.*
- Once thawed, remove 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

- Freeze until 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.
- Line a microwave-safe plate with a paper towel. Remove **sandwich** from packaging and place on towel-lined plate. Microwave uncovered until heated through, 50-65 seconds.
- Carefully remove from microwave. Rest, 30 seconds. Bon appétit!

## Mini Sausage, Egg & Cheese Sandwich

2 MINI BREAKFAST SANDWICHES



### NUTRITION per serving

Cal: 570	Cholest: 155mg
Carb: 41g	Potas: 290mg
Fiber: 2g	Calcium: 140mg
Sugar: 7g	Iron: 2.8mg
Added Sugar: 6g	Vit D: 0.8mcg
Protein: 18g	
Sodium: 990mg	
Fat: 37g	
Sat Fat: 13g	
Trans Fat: 0g	

### Sandwich Instructions

- Refrigerate or freeze until use.
- If frozen: Thaw **sandwich**. Open one end of packaging, leaving sandwich inside packaging. Place on microwave-safe plate and microwave until warmed through, 45-50 seconds. Carefully remove from packaging. Bon appétit!
- If thawed: Open one end of packaging, leaving sandwich inside packaging. Place on microwave-safe plate and microwave until warmed through, 30-40 seconds. Carefully remove from packaging. Bon appétit!

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## Chocolate Chip Banana Bread Mix

ADD-YOUR-OWN BANANAS, SYRUP, MILK, AND OIL



### NUTRITION per serving

Cal: 110	Cholest: 0mg
Carb: 23g	Potas: 60mg
Fiber: 2g	Calcium: 10mg
Sugar: 15g	Iron: 0½mg
Added Sugar: 13g	Vit D: 0mcg
Protein: 0g	
Sodium: 170mg	
Fat: 2g	
Sat Fat: 1g	
Trans Fat: 0g	

### Banana Bread Instructions

- Package does not include bananas, oil, milk, or syrup.
- Preheat oven to 350 degrees. Spray pan with **cooking spray**. For a loaf, use a standard 9" x 5" loaf pan. For muffins, use a standard 12-count muffin tin.
- Cut 3 **medium bananas** into pieces. (If super ripe, use 2.) Whisk or stir banana pieces, 2 Tbsp. **canola oil** (or substitute with 2 Tbsp. melted coconut oil, avocado oil, butter, or yogurt), 2 Tbsp. **milk**, and 1 Tbsp. **maple syrup** (or substitute with 1 Tbsp. agave or honey) in a mixing bowl until combined and smooth.
- Add **dry mix** and stir until just combined. Pour batter into prepared loaf or muffin tin.
- Bake in hot oven until toothpick comes out clean, 50-60 minutes for a loaf, or 25-35 minutes for muffins.
- Carefully remove from oven. Let cool, at least 10 minutes. Bon appétit!
- If not eating right away, you can store your banana bread in the refrigerator for up to 5 days, or in the freezer for up to 6 months.

## Margherita Pizza

APPETIZER-STYLE FLATBREAD



### NUTRITION per serving

Cal: 350	Cholest: 10mg
Carb: 48g	Potas: 240mg
Fiber: 2g	Calcium: 190mg
Sugar: 4g	Iron: 3.3mg
Added Sugar: 0g	Vit D: 0.1mcg
Protein: 15g	
Sodium: 680mg	
Fat: 11g	
Sat Fat: 4½g	
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, 15-18 minutes.
- Carefully remove from oven. Rest, 3 minutes. Bon appétit!

## Mac & Cheese Crunch Rolls

WITH CREAMY FOUR CHEESE MAC & CHEESE FILLING



### 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	

### Crunch 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, 18-20 minutes.
- Carefully remove from oven. Let rest, 1 minute.
- Bon appétit!

## Caesar Chopped Salad

WITH CREAMY CAESAR DRESSING



### NUTRITION per serving

Cal: 200	Cholest: 15mg
Carb: 9g	Potas: 190mg
Fiber: 2g	Calcium: 90mg
Sugar: 1g	Iron: 1.2mg
Added Sugar: 0g	Vit D: 0.1mcg
Protein: 4g	
Sodium: 260mg	
Fat: 17g	
Sat Fat: 3½g	
Trans Fat: 0g	

### Salad Instructions

- Refrigerate until use.
- Remove all **salad** ingredients from packaging. Toss or gently stir with **dressing** until combined. Bon appétit!

## Caesar Chopped Salad & Chicken

WITH 2 READY-TO-COOK CHICKEN BREASTS



### NUTRITION per serving

Cal: 500	Cholest: 135mg
Carb: 15g	Potas: 810mg
Fiber: 3g	Calcium: 150mg
Sugar: 2g	Iron: 2.3mg
Added Sugar: 0g	Vit D: 0.1mcg
Protein: 41g	
Sodium: 850mg	
Fat: 29g	
Sat Fat: 6g	
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**.
- Remove from burner. Set aside to cool, 5 minutes.
- While chicken cooks, assemble salad.

### Salad Instructions

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