

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

Pineapple Upside Down Cake

WITH CARAMELIZED PINEAPPLE TOPPING



NUTRITION per serving

Cal: 390	Cholest: 75mg
Carb: 50g	Potas: 70mg
Fiber: 0g	Calcium: 20mg
Sugar: 34g	Iron: 1.1mg
Added Sugar: 14g	Vit D: 0mcg
Protein: 3g	
Sodium: 260mg	
Fat: 20g	
Sat Fat: 8g	
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!

Lemon Cake Slice

WITH RICH LEMON ICING



NUTRITION per serving

Cal: 440	Cholest: 90mg
Carb: 58g	Potas: 70mg
Fiber: 1g	Calcium: 40mg
Sugar: 40g	Iron: 1.4mg
Added Sugar: 39g	Vit D: 0mcg
Protein: 5g	
Sodium: 310mg	
Fat: 21g	
Sat Fat: 6g	
Trans Fat: 0g	

Lemon Cake Instructions

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

Sourdough-Demi Loaf

SIMPLY BAKE AND EAT



NUTRITION per serving

Cal: 140	Cholest: 0mg
Carb: 28g	Potas: 40mg
Fiber: 0g	Calcium: 10mg
Sugar: 0g	Iron: 0½mg
Added Sugar: 0g	Vit D: 0mcg
Protein: 6g	
Sodium: 380mg	
Fat: 0½g	
Sat Fat: 0g	
Trans Fat: 0g	

Sourdough 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!

Breakfast Skillet with Sausage Crunch Rolls

WITH HASHBROWN AND RED PEPPER FILLING



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	

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!

Sausage, Egg & Cheese Croissant

2 MINI BREAKFAST CROISSANTS



NUTRITION per serving

Cal: 470	Cholest: 155mg
Carb: 28g	Potas: 160mg
Fiber: 2g	Calcium: 150mg
Sugar: 5g	Iron: 2.4mg
Added Sugar: 4g	Vit D: 0.6mcg
Protein: 14g	
Sodium: 790mg	
Fat: 34g	
Sat Fat: 13g	
Trans Fat: 0g	

Croissant Instructions

- Refrigerate or freeze until use. If frozen, thaw sandwich in refrigerator.
- Place **sandwich** on microwave-safe plate and microwave until heated through, 60-70 seconds.
- Carefully remove from packaging. Sandwich will be hot! Bon appétit!

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Chocolate Chip Banana Bread Mix

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



COOK WITHIN
3
DAYS

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.

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 FILLING



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	

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!

Tangerine Crunch Chopped Salad

WITH TOASTED QUINOA AND TANGERINE VINAIGRETTE



COOK WITHIN
3
DAYS

NUTRITION per serving

Cal: 100	Cholest: 0mg
Carb: 18g	Potas: 260mg
Fiber: 3g	Calcium: 50mg
Sugar: 12g	Iron: 1mg
Added Sugar: 8g	Vit D: 0mcg
Protein: 2g	
Sodium: 85mg	
Fat: 2g	
Sat Fat: 0g	
Trans Fat: 0g	

Salad Instructions

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

Tangerine Crunch Chopped Salad & Chicken

WITH 2 READY-TO-COOK CHICKEN BREASTS



COOK WITHIN
3
DAYS

NUTRITION per serving

Cal: 340	Cholest: 115mg
Carb: 28g	Potas: 910mg
Fiber: 4g	Calcium: 80mg
Sugar: 17g	Iron: 2.1mg
Added Sugar: 12g	Vit D: 0mcg
Protein: 38g	
Sodium: 600mg	
Fat: 7g	
Sat Fat: 1g	
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!