

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

Chocolate Lava Cake

WITH MOLTEN CHOCOLATE CENTER



NUTRITION per serving

Cal: 350	Cholest: 35mg
Carb: 39g	Potas: 150mg
Fiber: 2g	Calcium: 30mg
Sugar: 27g	Iron: 1.6mg
Added Sugar: 21g	Vit D: 0mcg
Protein: 4g	
Sodium: 210mg	
Fat: 22g	
Sat Fat: 8g	
Trans Fat: 0g	

Lava 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 **lava 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 **lava 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 **lava 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 **lava 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: 350	Cholest: 35mg
Carb: 39g	Potas: 150mg
Fiber: 2g	Calcium: 30mg
Sugar: 27g	Iron: 1.6mg
Added Sugar: 21g	Vit D: 0mcg
Protein: 4g	
Sodium: 210mg	
Fat: 22g	
Sat Fat: 8g	
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: 1/2mg
Added Sugar: 0g	Vit D: 0mcg
Protein: 6g	
Sodium: 380mg	
Fat: 0 1/2g	
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!

Sausage & Buttermilk Biscuits

2 MINI BREAKFAST SLIDERS



NUTRITION per serving

Cal: 280	Cholest: 30mg
Carb: 20g	Potas: 70mg
Fiber: 0g	Calcium: 20mg
Sugar: 2g	Iron: 2mg
Added Sugar: 0g	Vit D: 0mcg
Protein: 4g	
Sodium: 810mg	
Fat: 19g	
Sat Fat: 8g	
Trans Fat: 0g	

Sausage Biscuit Instructions

- Refrigerate or freeze until use. *Packaging and sandwiches will be hot after cooking, use caution!*
- **If frozen:**
- *If using microwave:* Keep **sandwiches** in packaging; do not puncture. Place sandwiches on a microwave-safe plate and microwave, 45 seconds. Don't worry if **packaging pops**. Rest, 1 minute, then remove from microwave and remove packaging. Bon appétit!
- *If using oven:* Thaw sandwiches in refrigerator. Preheat oven to 350 degrees. Remove sandwiches from packaging and wrap each sandwich in foil. Place on a baking sheet and bake in hot oven, 16-18 minutes. Carefully remove from oven and unwrap. Bon appétit!
- **If thawed:**
- *If using microwave:* Keep sandwiches in packaging; do not puncture. Place sandwiches on a microwave-safe plate and microwave, 30 seconds. Rest, 1 minute, then remove from microwave and remove packaging. Bon appétit!
- *If using oven:* Follow same instructions as frozen. Bon appétit!

Cinnamon Bread Slice

WITH SMOOTH CINNAMON ICING



NUTRITION per serving

Cal: 390	Cholest: 60mg
Carb: 54g	Potas: 70mg
Fiber: 1g	Calcium: 40mg
Sugar: 35g	Iron: 1.7mg
Added Sugar: 34g	Vit D: 0.1mcg
Protein: 4g	
Sodium: 270mg	
Fat: 18g	
Sat Fat: 4g	
Trans Fat: 0g	

Cinnamon Bread Slice Instructions

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

Spinach & Artichoke Pizza

APPETIZER-STYLE FLATBREAD



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!

Pico De Gallo Guacamole

WITH CILANTRO AND JALAPEÑO



NUTRITION per serving

Cal: 40	Cholest: 0mg
Carb: 2g	Potas: 110mg
Fiber: 2g	Calcium: 0mg
Sugar: 0g	Iron: 0.2mg
Added Sugar: 0g	Vit D: 0mcg
Protein: 0g	
Sodium: 120mg	
Fat: 3 1/2g	
Sat Fat: 0g	
Trans Fat: 0g	

Pico de Gallo Guacamole Instructions

- Refrigerate until use.
- Remove from packaging. Bon appétit!

Avocado Ranch Chopped Salad

WITH AVOCADO RANCH DRESSING



NUTRITION per serving

Cal: 170	Cholest: 15mg
Carb: 10g	Potas: 270mg
Fiber: 3g	Calcium: 100mg
Sugar: 4g	Iron: 0.8mg
Added Sugar: 0g	Vit D: 0.1mcg
Protein: 4g	
Sodium: 270mg	
Fat: 13g	
Sat Fat: 2 1/2g	
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!

Avocado Ranch Chopped Salad & Chicken

WITH 2 READY-TO-COOK CHICKEN BREASTS



NUTRITION per serving

Cal: 350	Cholest: 35mg
Carb: 39g	Potas: 150mg
Fiber: 2g	Calcium: 30mg
Sugar: 27g	Iron: 1.6mg
Added Sugar: 21g	Vit D: 0mcg
Protein: 4g	
Sodium: 210mg	
Fat: 22g	
Sat Fat: 8g	
Trans Fat: 0g	

Chicken Instructions

- Pat **chicken** dry. We recommend seasoning both sides with 1/4 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 stir or 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!