



Potato & Cheese

Nutrition Facts

4 servings per container	
Serving size 3 pieces (99g)	
Amount Per Serving	
Calories	280
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 520mg	23%
Total Carbohydrate 42g	15%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 0.2mcg	0%
Calcium 30mg	20%
Iron 3.8mg	20%
Potassium 240mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), NON-GMO POTATOES, FARMERS CHEESE (CULTURED PASTEURIZED GRADE A LOW FAT MILK), WATER, LIQUID EGGS (WHOLE EGGS, CITRIC ACID, 0.15% WATER), BUTTER (CREAM, NATURAL FLAVORING), ONIONS, SALT, LESS THAN 2% OF: EXTRA VIRGIN OLIVE OIL, BLACK PEPPER, SUGAR

CONTAINS: MILK, EGG, WHEAT



Jalapeño Cheddar

Nutrition Facts

4 servings per container	
Serving size 3 pieces (99g)	
Amount Per Serving	
Calories	290
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 570mg	25%
Total Carbohydrate 43g	16%
Dietary Fiber 3g	11%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 0.2mcg	0%
Calcium 130mg	10%
Iron 3.9mg	20%
Potassium 270mg	6%

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INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), NON-GMO POTATOES, CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), WATER, LIQUID EGGS (WHOLE EGGS, CITRIC ACID, 0.15% WATER), JALAPEÑOS, BUTTER (CREAM, NATURAL FLAVORING), LESS THAN 2% OF: SOUR CREAM (CULTURED PASTEURIZED LIGHT CREAM, NONFAT MILK, ENZYMES), SALT

CONTAINS: MILK, EGG, WHEAT



Spinach & Feta

Nutrition Facts

4 servings per container	
Serving size 3 (99g)	
Amount Per Serving	
Calories	290
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 760mg	33%
Total Carbohydrate 38g	14%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 14g	
Vitamin D 0.2mcg	0%
Calcium 80mg	6%
Iron 2.9mg	15%
Potassium 160mg	4%

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INGREDIENTS: ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, ENZYME, FOLIC ACID), SPINACH, FARMERS CHEESE (CULTURED PASTEURIZED GRADE A LOW FAT MILK), FETA CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES), WATER, LIQUID EGGS (WHOLE EGGS, CITRIC ACID, 0.15% WATER), BUTTER (CREAM, NATURAL FLAVORING), LESS THAN 2% OF: ONIONS, SALT, EXTRA VIRGIN OLIVE OIL, CHOPPED GARLIC (GARLIC, WATER, PHOSPHORIC ACID, OLIVE OIL), BLACK PEPPER

CONTAINS: MILK, EGG, WHEAT



Sweet Potato & Carmelized Onion

Nutrition Facts

4 servings per container	
Serving size 3 pieces (99g)	
Amount Per Serving	
Calories	280
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 500mg	22%
Total Carbohydrate 50g	18%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 2g Added Sugars	4%
Protein 7g	
Vitamin D 0.2mcg	0%
Calcium 40mg	4%
Iron 2.8mg	15%
Potassium 230mg	4%

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INGREDIENTS: SWEET POTATO PURÉE (SWEET POTATOES, WHOLE MILK, BROWN SUGAR, BUTTER (SWEET CREAM [MILK], SALT), CINNAMON, NUTMEG, NISIN [NATURAL PRESERVATIVE]), ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, LIQUID EGGS (WHOLE EGGS, CITRIC ACID, 0.15% WATER), BUTTER (CREAM, NATURAL FLAVORING), ONION, SALT, LESS THAN 2% OF: EXTRA VIRGIN OLIVE OIL, CINNAMON, NUTMEG

CONTAINS: MILK, EGG, WHEAT



Cabbage & Mushroom

Nutrition Facts

4 servings per container	
Serving size 3 pieces (99g)	
Amount Per Serving	
Calories	250
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 530mg	23%
Total Carbohydrate 43g	16%
Dietary Fiber 3g	11%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0.2mcg	0%
Calcium 30mg	2%
Iron 3.8mg	20%
Potassium 260mg	6%

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INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), NON-GMO POTATOES, SAUERKRAUT (CABBAGE, WATER, SALT), WATER, LIQUID EGGS (WHOLE EGGS, CITRIC ACID, 0.15% WATER), PORTABELLA MUSHROOMS, BUTTER (CREAM, NATURAL FLAVORING), ONIONS, GREEK YOGURT (PASTEURIZED GRADE A COW'S AND GOAT'S MILK, SKIM MILK, CREAM, ACTIVE BACTERIAL CULTURES: BIFIDOBACTERIUM LACTIS, L. ACIDOPHILUS), SALT, LESS THAN 2% OF: EXTRA VIRGIN OLIVE OIL, BLACK PEPPER

CONTAINS: MILK, EGG, WHEAT



Kielbasa & Red Pepper

Nutrition Facts

4 servings per container	
Serving size 3 (99g)	
Amount Per Serving	
Calories	320
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 630mg	27%
Total Carbohydrate 45g	16%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 18g	
Vitamin D 0.2mcg	0%
Calcium 40mg	4%
Iron 3.9mg	20%
Potassium 230mg	4%

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INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SMOKED KIELBASA (PORK, WATER, SALT, SPICES, DEXTROSE, GARLIC POWDER, SPICE EXTRACTS, SODIUM NITRITE), RED BELL PEPPERS, ONIONS, POTATOES, WATER, LIQUID EGGS (WHOLE EGGS, CITRIC ACID, 0.15% WATER), BUTTER (CREAM, NATURAL FLAVORING), SALT, EXTRA VIRGIN OLIVE OIL, BLACK PEPPER

CONTAINS: MILK, EGG, WHEAT



Loaded Baked Potato

Nutrition Facts

4 servings per container	
Serving size 3 pieces (99g)	
Amount Per Serving	
Calories	330
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 560mg	24%
Total Carbohydrate 42g	15%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 0.2mcg	0%
Calcium 120mg	8%
Iron 3.8mg	20%
Potassium 260mg	6%

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INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), NON-GMO POTATOES, WATER, CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), LIQUID EGGS (WHOLE EGGS, CITRIC ACID, 0.15% WATER), BACON (PORK, WATER, SALT, CANE SUGAR, CULTURED CELERY POWDER, SEA SALT), BUTTER (CREAM, NATURAL FLAVORING), SOUR CREAM (CULTURED PASTEURIZED LIGHT CREAM, NONFAT MILK, ENZYMES), SALT, CHIVES

CONTAINS: MILK, EGG, WHEAT