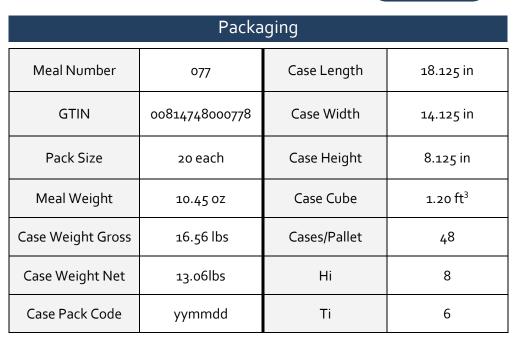




## Nutrition Facts 1 serving per container Serving Size 1 Meal (296) Amount per serving 36 Calories % Daily Value\* Total Fat 15g 20% Saturated Fat 3g 15% Trans Fat Og Cholesterol 30mg 9% Sodium 630mg 27% Total Carbohydrate 29g 11% Dietary Fiber 7g 24% Total Sugars 5g Includes Og Added Sugars 0% Protein 19g Vitamin D 0mcg 0% 7% Calcium 90mg 20% Iron 3.5mg Potassium 2000mg 23%

## **Breaded Parmesan Chicken Patty** with Red Skin Potatoes & Mixed Vegetables



## Preparation

Cook times may need to be adjusted due to variations in appliances. Check that product is heated to internal temperature of 165°F.

| Microwave         | Slit film over each compartment. Microwave on high 5 minutes.<br>Carefully remove product and let stand 2 minutes. |
|-------------------|--------------------------------------------------------------------------------------------------------------------|
| Conventional Oven | Slit film over each compartment. Bake at 350°F for 25 minutes.<br>Carefully remove product.                        |

| Additional       |                        |                                                |  |
|------------------|------------------------|------------------------------------------------|--|
| Soy, Wheat, Milk | Order Lead Time        | 14 days                                        |  |
| No               | Storage                | -10°—10°F                                      |  |
| No               | Shelf Life             | 365 days*                                      |  |
|                  | Soy, Wheat, Milk<br>No | Soy, Wheat, Milk Order Lead Time<br>No Storage |  |

\*From production when kept at o°F or below

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Information shown may vary from product currently in distribution. Changes in ingredients, processes, and regulations occur, affecting content. The most accurate information is available on product package.

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