



What's for dinner? That's easy.



We're always cooking.™

NUTRITIONAL INFORMATION

ENTREES

Entrée	Serv. Size	Calories	Calories from Fat	Total Fat	Sat. Fat	Carbs	Protein	Cholest.	Sodium	Fiber	Sugar
 ¼ White Meat Chicken, No Skin or Wing	140 g	170	35	4 g	1 g	2 g	33 g	85 mg	480 mg	0 g	1 g
¼ White Meat Chicken With Skin & Wing	152 g	280	110	12 g	3.5 g	2 g	40 g	135 mg	510 mg	0 g	0 g
¼ Dark Meat Chicken, No Skin	95 g	190	90	10 g	3 g	1 g	22 g	115 mg	440 mg	0 g	1 g
¼ Dark Meat Chicken With Skin	125 g	320	190	21 g	6 g	2 g	30 g	155 mg	500 mg	0 g	2 g
½ Chicken With Skin	277 g	590	300	33 g	10 g	4 g	70 g	290 mg	1010 mg	0 g	4 g
 Skinless Rotisserie Turkey Breast	142 g	170	10	1 g	0 g	3 g	36 g	100 mg	850 mg	0 g	3 g
Pastry Top Chicken Pot Pie	425 g	750	410	46 g	14 g	57 g	26 g	110 mg	1530 mg	2 g	4 g
Pastry Top Turkey Pot Pie	425 g	710	370	41 g	13 g	58 g	28 g	90 mg	1700 mg	2 g	5 g
Honey Glazed Ham (Lean)	142 g	210	70	8 g	3 g	10 g	24 g	75 mg	1460 mg	0 g	10 g
Meatloaf	156 g	310	170	19 g	8 g	16 g	22 g	75 mg	650 mg	1 g	3 g
Meatloaf & Chunky Tomato Sauce	241 g	350	170	19 g	8 g	25 g	24 g	75 mg	1020 mg	2 g	9 g
Meatloaf & Brown Gravy	213 g	360	210	23 g	9 g	19 g	23 g	75 mg	920 mg	1 g	3 g
Marinated Grilled Chicken	115 g	230	90	10 g	2 g	1 g	33 g	90 mg	220 mg	0 g	0 g
Grilled Chicken, BBQ	184 g	400	170	19 g	7 g	16 g	41 g	120 mg	840 mg	<1 g	13 g
Grilled Chicken, Teriyaki	184 g	290	90	10 g	2 g	14 g	34 g	90 mg	680 mg	<1 g	11 g
Chunky Chicken Salad	182 g	480	350	39 g	6 g	4 g	25 g	110 mg	930 mg	0 g	3 g