Nutrition Facts
1 serving per container
Serving size 1 bowl (198g)

Calories 400

Total Fat 12g (18% DV)
Saturated Fat 5g (26% DV)
Trans Fat 0g
Cholesterol 25mg (8% DV)
Sodium 480mg (20% DV)
Total Carbohydrate 15g (5% DV)
Dietary Fiber 1g
Sugars 3g
Includes 1g Added Sugars
Protein 26g

Vitamin A 0% 
Vitamin C 0%
Calcium 20%
Iron 10%

Microwave Instructions (1100 WATTS)
1. Remove from carton; puncture film
2. Microwave on high power for 2 minutes
3. Peel back film and stir product. Replace film
4. Microwave on high for 1 minute or until internal temperature reaches 165°F
5. Let product stand 1 minute before serving

CAUTION: PRODUCT WILL BE HOT. DO NOT COOK IN TOASTER OVEN. DO NOT REUSE BOWL.

PER 1 BOWL
400 CALORIES
11 g SAT FAT
960 MG SODIUM
26 g PROTEIN

Signture SELECT®
QUALITY GUARANTEED

BAKEFAST BOWL
BAACON
POATEES, EGGS, BACON,
& CHEDDAR CHEESE

EINGNATURE SELECT®
**Nutrition Facts**

1 serving per container

<table>
<thead>
<tr>
<th>Serving size</th>
<th>1 bowl (196g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>370</td>
</tr>
<tr>
<td>Total Fat</td>
<td>10g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>3.5g</td>
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<tr>
<td>Cholesterol</td>
<td>46mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>1140mg</td>
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<tr>
<td>Total Carbohydrate</td>
<td>14g</td>
</tr>
<tr>
<td>Protein</td>
<td>21g</td>
</tr>
</tbody>
</table>

% Daily Value

- Total Fat 13% (10g)
- Cholesterol 15% (46mg)
- Sodium 56% (1140mg)
- Protein 11% (21g)

**COOKING INSTRUCTIONS**

For Food Safety and Quality, Follow These Cooking Instructions:
Cook to an internal temperature of 165°F as measured by a food thermometer. Since cooking appliances vary, these instructions are guidelines only.

Microwave Instructions (1100 WATTS)
1. Remove from carton; puncture film.
2. Microwave on high power for 2 minutes.
4. Microwave on high for 1 minute or until internal temperature reaches 165°F.
5. Let product stand 1 minute before serving.

**CAUTION:** PRODUCT WILL BE HOT. DO NOT COOK IN TOASTER OVEN. DO NOT REUSE BOWL.
Nutrition Facts
1 serving per container
Serving size 1 bowl (198g)

Calories 320
Percent Daily Values

Total Fat 32g
Saturated Fat 13g
Potassium 14g
Cholesterol 770mg
Sodium 580mg
Total Carbohydrate 18g
Dietary Fiber 1g
Total Sugars 1g
Protein 16g

Vitamin A 25% • Calcium 140% • Iron 6%

For Food Safety and Quality, Follow These Cooking Instructions:
Cook to an internal temperature of 165°F as measured by a food thermometer. Select cooking appliances vary; these instructions are guidelines only.

Microwave Instructions (1100 WATTS)
1. Remove from carton, puncture film.
2. Microwave on high power for 2 minutes.
4. Microwave on high for 1 minute or until internal temperature reaches 165°F.
5. Let product stand 1 minute before serving.

CAUTION: PRODUCT WILL BE HOT. DO NOT COOK IN TOASTER OVEN. DO NOT REUSE BOWL.
BREAKFAST BOWL

SAUSAGE & GRAVY

POTATOES, COUNTRY STYLE GRAVY, SAUSAGE & CHEDDAR CHEESE

7 OZ (198 G)
Signature Select

BREAKFAST BOWL
Bacon

Potatoes, Eggs, Bacon, & Cheddar Cheese

NET WT 7 OZ (198 g)

096433154521014

BEST IF USED BY JAN 16 15
Signature Select

BREAKFAST BOWL

MEAT LOVERS

NET WT 7 OZ (198 G)

PER SERVING

CALORIES 380
TOTAL FAT 14G
CHOLESTEROL 90MG
SODIUM 1500MG
TOTAL CARBOHYDRATE 46G
PROTEIN 24G

INGREDIENTS:
Potatoes, Eggs, Cheddar Cheese, Sausage & Bacon

FROZEN, KEEP FROZEN

DO NOT MICROWAVE

CHILLED 210°F

Signature Select Quality Guaranteed

Full of Nineteen Vegetables