

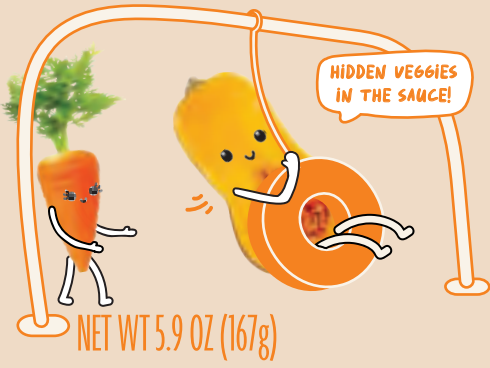
GROWING UP, EATING WELL.

# nurture life

## KIDS MEALS



### CHICKEN PARM WITH SUPER VEGGIE SPAGHETTI



NET WT 5.9 OZ (167g)

## CHICKEN PARM WITH SUPER VEGGIE SPAGHETTI

Why let meatballs have all the fun? Our kid-favorite chicken bites pair perfectly with a tangle of classic spaghetti topped with a scrumptious sprinkle of cheese. The best part? The noodles are dressed in our super veggie sauce featuring six hidden vegetables!



MANUFACTURED BY  
Nurture Life, Inc.  
Bedford Park, IL 60638



**INGREDIENTS:** Spaghetti (water, enriched durum semolina (durum semolina wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), chicken bites (chicken breast, water, sea salt, unbleached wheat flour, sugar, dried yeast, black pepper, paprika), sauce (tomato (tomatoes, citric acid), butternut squash, water, onions, tomato paste (tomatoes, citric acid), carrots, extra virgin olive oil, vegetable fiber (cellulose, psyllium fiber), basil blend (basil, sunflower oil, salt), garlic salt), cheese blend (white cheddar cheese, gouda cheese, fontina cheese (milk, cheese culture, salt, enzymes), water, zucchini, yellow squash, parmesan cheese (milk, cheese culture, salt, enzymes), organic extra virgin olive oil, organic carrots, tomato paste (tomato paste, citric acid), salt

**Contains Milk and Wheat**

Made in a facility that processes coconut, egg, fish (salmon), sesame and soy.

**Nutrition Facts**

Serving size 1 Meal (167g)

Amount per serving

**Calories 300**

% Daily Value\*

Total Fat	12g	15%
Saturated Fat	3.5g	18%
Trans Fat	0g	
Cholesterol	25mg	8%
Sodium	260mg	11%
Total Carbohydrate	29g	11%
Dietary Fiber	2g	7%
Total Sugars	3g	
Includes 0g Added Sugars		0%
Protein	20g	27%
Vitamin D	0mcg	0%
Calcium	20mg	2%
Iron	3mg	15%
Potassium	266mg	5%

\*The % Daily Value 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.

**ALL THE GOOD STUFF**

- Excellent source of protein
- Good source of iron
- Antibiotic-free chicken

**HEAT IT UP!**

Microwave: Pierce the film seal and heat on high for 1 minute until internal temperature reaches 165° F.

Oven: Preheat oven to 350° F. Transfer the meal to an oven-safe container and cover with foil or other oven-safe cover. Heat for 15 minutes until internal temperature reaches 165° F.

Follow oven instructions for crispier chicken bites! Heating times may vary. Allow time to cool before serving.

**OR FREEZE IT!**

Have an unopened meal? Just pop it in the freezer by the enjoy by date, and it'll be good for 90 days!

Real food is perishable. Keep refrigerated. Enjoy within 24 hours of opening.