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

Protein 20g 27%

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 3mg 15%

Potassium 266mg 6%

*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.

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!

INGREDIENTS:
Spaghetti (water, enriched durum semolina (durum semolina wheat four, niacin, ferrous sulfate, thiamine mononitrate, ribofavin, folic acid), chicken bites (chicken breast, water, sea salt, unbleached wheat four, 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 fber (cellulose, psyllium fber), basil blend (basil, sunfower 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, fsh (salmon), sesame and soy.

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

Rinse before recycling

Good source

of iron

Antibiotic-free

chicken

Excellent source

of protein

Microwave:
Pierce the flm 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 10–15 minutes until internal temperature reaches 165° F.

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.

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

ALL THE GOOD STUFF