

Ingredients for Tonight

Wheat Flour
 Refrigerated Dough
 Provolone Cheese
 Provolone Cheese
 Meat
 Aisle
 Frozen
 Aisle
 Refrigerated Dough

Roll out a crust... and roll out your pat...
 that has been... with cooking spray...
 warm water... Let cool; place...
 cheese as directed... Set aside.
 meat; add... Cook on... and garnish... Add
 longer...
 mixture in... continue cooking... 20 minutes until
 through and... sprinkle with...
 bake in oven at 375 degrees for... minutes, or until

Saturated Fat 3g	15%
Cholesterol 50mg	10%
Sodium 680mg	28%
Total Carbohydrate 33g	11%
Fiber 3g	12%
Protein	
Vitamin A 30%	Vitamin C 6%
Calcium 20%	Iron 20%
*Percent Daily Values are based on a diet of other people's secrets. Your daily values may vary depending on your calorie needs: 2,000 calories for men and 1,600 calories for women.	
Total Fat	Less than 65%
Saturated Fat	Less than 10%
Cholesterol	Less than 300mg
Sodium	Less than 2,300mg
Total Carbohydrate	
Dietary Fiber	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	



1/2 fruits and vegetables

100% protein

Tonight's Grab 'n' Go
 Cost per serving \$

To find the Grab 'n' Go recipe ingredients look for the logo throughout the store.

All ingredients will be marked with the logo. Have Up Kudos Court