n' … for To… g

Whe…

…n pizza

Refr… C
Proc
Proc
Mea
Aisle
Froz… a
Aisle
Refr… C

…a crust … out or pat … a
…at has b… th cooking spray … e.
…rm wate… aw. … drain; pla… h
…eze as d… side. Set aside.
…at; add … ok onion and ga… of
…longer p… Drain all fat.
…xture in … continue cookin… 2
…dough and sprinkle with Mozza… up … ctangle
…ke in oven 375 degrees fo… m… or …til

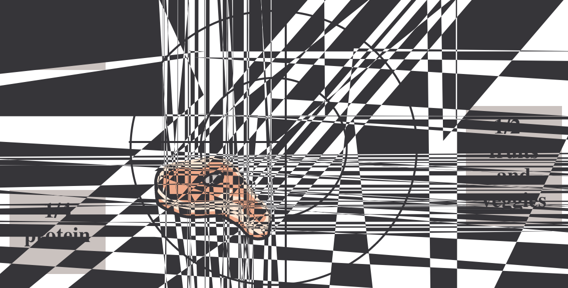
	15%
Saturated Fat 3g	15%
Cholesterol 50mg	17%
Sodium 680mg	28%
…**ohydrate** 33g	11%
…r 3g	12%
Protein…	
Vitamin A 30…	**Vitamin C** 6%
Calcium…	**Iron** 20%

*Percent Da… 2,000 calorie… Your daily va… er depending on your calorie nee…

…s: 2,000 2,500

Total Fat	Less than 65…		
Saturated Fat	Less than		
Cholesterol	Less…		300mg
Sodium	Le…		…0mg
Total Carbohydrate			
Dietary Fiber			

Calories per gram:
Fat 9 • Carbohydrate 4 • Prot…



…onight's Gra… 'n Go Dinn…
Cost per servin… $1.4…

To find the Grab 'n Go dinner recipe ingredients look for this log… throughout the store.

…ll ingredients will be mar… …hape Up Kittitas Coun…