



Thankful Bowl

Ingredients

Mixed Greens + Spinach, Roasted Red Kuri and Hubbard Squash (*Pure Olive Oil, Salt, Black Pepper Chimichurri (Italian Parsley, Cilantro, Pure Olive Oil, Red Wine Vinegar, Water, Garlic, Dry Oregano, Kosher Salt, Red Chile Flake)*), Celery, Apple, Wild Rice (*Wild Rice Blend, Pure Olive Oil, Salt*), Pepitas, Turkey, Cranberry Vinaigrette

Salad

Grain Bowl

Wrap

Nutrition Facts	
1 servings per container	
Serving size	1 salad (318g)
Amount Per Serving	
Calories	280
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 690mg	30%
Total Carbohydrate 33g	12%
Dietary Fiber 6g	21%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 16g	32%
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) 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.	

Nutrition Facts	
1 servings per container	
Serving size	1 grain bowl (408g)
Amount Per Serving	
Calories	450
% Daily Value*	
Total Fat 15g	19%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 880mg	38%
Total Carbohydrate 65g	24%
Dietary Fiber 10g	36%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 20g	40%
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) 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.	

Nutrition Facts	
1 servings per container	
Serving size	1 wrap (354g)
Amount Per Serving	
Calories	540
% Daily Value*	
Total Fat 20g	26%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 1120mg	49%
Total Carbohydrate 74g	27%
Dietary Fiber 10g	36%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 23g	46%
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) 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.	

Common Allergies

Always let us know if you have an allergy before we prepare your salad.

Dairy: None

Eggs: None

Peanuts: None

Tree Nuts: Pepitas

Soy: None

Wheat: Wraps

Fish: None

Shellfish: None

Nutrition Facts

1 servings per container	
Serving size	1 fluid ounce
Amount Per Serving	
Calories	140
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1.1g	6%
Trans Fat 0g	
Sodium 70mg	3%
Total Carbohydrate 18g	7%
Dietary Fiber 1g	4%
Total Sugars 16g	
Includes 0g Added Sugars	0%
Protein 0g	0%
Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) 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.	

Cranberry Vinaigrette

Ingredients

Cranberry Sauce (*cranberries, sugar, water, salt*) Cider Vinegar, Dijon mustard (*Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice*), Sugar, Kosher Salt, Olive Oil

*1 ounce dressing is, "lightly dressed"