

For best results thaw sandwich in refrigerator before heating. Heat thoroughly before eating.
Consume refrigerated sandwich within 10 days from thawing. Heat thoroughly to 165°F before eating.

Microwave Cooking Instructions*
THAWED

- Vent packaging
- Place in microwave
- 1100 Watt microwave:
Heat 40-50 seconds. Rest 2 minutes. Enjoy!
- 1250 Watt microwave:
Heat 25-30 seconds. Rest 2 minutes. Enjoy!

Microwave Cooking Instructions*
FROZEN

- Vent packaging
- Place in microwave
- 1100 Watt microwave:
Heat 75-85 seconds. Rest 2 minutes. Enjoy!
- 1250 Watt microwave:
Heat 65-75 seconds. Rest 2 minutes. Enjoy!

* Cooking instructions are based on using an 1100 and 1250 watt microwave oven. Additional time may be required for lower wattage ovens.

Nutrition Facts

4 servings per container
Serving size 1 Sandwich (77g)

Amount per serving
Calories 170

% Daily Value*

Total Fat 6g	8%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 570mg	25%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 1g Added Sugars	2%
Protein 10g	
Vitamin D 1.4mcg	8%
Calcium 70mg	6%
Iron 1.1mg	6%
Potassium 150mg	4%

*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.

INGREDIENTS: DELI ROLL (ENRICHED WHEAT FLOUR {WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID}, MALTED BARLEY FLOUR), WATER, PALM OIL, SUGAR, EGGS [WHOLE EGGS, NISIN PREPARATION {AS A PRESERVATIVE}], NONFAT DRY MILK, VITAL WHEAT GLUTEN, DOUGH CONDITIONER [ENRICHED WHEAT FLOUR {FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID}, DATEM, CANOLA OIL, DEXTROSE, ASCORBIC ACID, L-CYSTEINE, ENZYME], SALT, YEAST, XANTHAN GUM, CALCIUM PROPIONATE [A MOLD INHIBITOR]), **COOKED AND SMOKED PULLED CHICKEN** (CHICKEN, WATER, SALT, DRY VINEGAR, SODIUM PHOSPHATES. RUBBED WITH (SUGAR, SALT, DEHYDRATED GARLIC AND ONIONS, SPICES, DEHYDRATED RED BELL PEPPER, NATURAL FLAVOR, PAPRIKA EXTRACT, AND LESS THAN 2% SOYBEAN OIL AND SILICON DIOXIDE AS AN ANTICAKING AGENT), **BUFFALO SAUCE** (DISTILLED VINEGAR, AGED CAYENNE PEPPERS, SALT, WATER, MODIFIED FOOD STARCH, CANOLA OIL, PAPRIKA, CARROT FIBER, XANTHAN GUM, NATURAL BUTTER TYPE FLAVOR, GARLIC POWDER), **PASTEURIZED PROCESS WHITE AMERICAN CHEESE** (CHEDDAR CHEESE [PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES], CREAM, SODIUM CITRATE, SODIUM PHOSPHATE, SALT). **CONTAINS: EGG, MILK, WHEAT, SOY.**