

# LOW PREP OPTIONS

~\$2.50



JUST ADD BOILING WATER  
& PRE-PREPARED  
SEASONAL FRUIT

~\$7.50



MICROWAVE AS PER  
PACKAGING

~\$4.00



SERVE FRESH OR  
MICROWAVE

# MEDIUM PREP OPTIONS

PRE-PREPARE OR OUTSOURCE THESE OPTIONS



★ NOTE THAT THESE MEDIUM PREP FOODS DO NOT HAVE A LONG SHELF LIFE