

Microwavable · Keep frozen



FRAN'S

Lovingly prepared.

No artificial flavors,
colors, preservatives or MSG.

Just heat and serve.

Forks are definitely optional.



*Nutritious,
fun finger food
for the toughest
critics around...
Your kids.*



Healthy Helpings™

Serving suggestion

A company run by moms.™

LUCKY DUCKY CHICKEN

**BAKED!
NOT
FRIED!**

Duckling Shaped Breaded Chicken
Breast Patties, With Chicken Shaped
Pasta in Seasoned Butter Sauce and
Broccoli Florets NET WT. 6 OZ (170g)



INGREDIENTS: BONELESS AND SKINLESS CHICKEN BREAST WITH RIB MEAT, COOKED PASTA ([a macaroni product] enriched durum semolina, tomato solids, spinach solids, niacin, ferrous sulfate [iron], thiamine mononitrate [vitamin B1] and riboflavin [vitamin B2]), BROCCOLI, UNBLEACHED ENRICHED FLOUR(wheat flour, malted barley flour, niacin, reduced iron, thiamine and riboflavin), WATER, EGG WHITES, EXPELLER PRESSED CANOLA OIL, WHOLE WHEAT FLOUR, NONFAT DRY MILK, BUTTER (pasteurized cream, salt, annatto color), SALT, PAPRIKA, CARRAGEENAN, SPICES, GARLIC POWDER, ONION POWDER, XANTHAN GUM.



Nutrition Facts

Serving Size 1 tray (170g)
Servings Per Container 1

Amount Per Serving

Calories 240 **Calories from Fat** 45

		% Daily Value*
Total Fat	5g	8%
Saturated Fat	1.5g	7%
Cholesterol	55mg	18%
Sodium	340mg	14%
Total Carbohydrate	24g	8%
Dietary Fiber	3g	11%
Sugars	3g	
Protein	19g	

Vitamin A 25% • Vitamin C 35%
Calcium 6% • Iron 10%

*Percent daily values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories:	2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Heating Instructions:

TO HEAT:

Keep frozen until ready to use.

Closely supervise children when preparing hot food.

MICROWAVE OVEN: Microwave ovens vary in power; adjust cooking times as needed.

1. Remove tray from the carton. With scissors, cut open plastic wrap along one side. Remove sticker from top of meal and set aside.
2. Heat meal on HIGH (100%) 2 to 3 minutes.
3. Remove tray from oven. Carefully remove plastic wrap.
4. Let stand 1 minute. Enjoy!

CONVENTIONAL OVEN

1. Preheat oven to 350 degrees F.
2. Remove tray from carton. Remove plastic wrap from tray by cutting edge of plastic wrap with scissors. Remove sticker from top of meal and set aside.
3. Place tray on baking sheet in center of oven. Heat 25 minutes or until chicken is hot.
4. Remove tray from oven and let stand 2 to 3 minutes. Enjoy!

Do not reuse tray! Do not use toaster oven!

Temperatures above 400 degrees F and/or failure to use a baking sheet may cause damage to tray, food or oven! Promptly refrigerate any unused portion.

FRAN'S HEALTHY HELPINGS
P.O. BOX 2091
BURLINGAME, CA. 94011-2091

"We are happy you have chosen to serve Fran's Healthy Helpings in your home. In originating these meals, I drew from experience with my four year olds, Bradley and Hannah. I had a difficult time finding quick meals that passed my definition of "healthy"-and discovered that other parents felt the same. Lucky Ducky Chicken, Lovey Dovey Patty, and

Wacky Whale Pizza are wholesome, fun meals that kids love...necessity is the mother of invention, especially when you are a mother of two. If you have any questions about the meals or about how to help your child eat a well balanced diet, feel free to call our registered dietitian and also a mother of two, at 1-415-340-7508 or contact her on the Fran's Healthy Helpings website <http://www.frans.com> or e-mail: fran@frans.com or write P.O. Box 2091, Burlingame, CA 94011-2091

We would love to hear from you."

Fran

Fran's Healthy Helpings™ will donate money to Make-A-Wish Foundation of The Greater Bay Area. This organization ensures wishes are granted to children with terminal illnesses or life-threatening medical conditions.

