



KOWALSKI'S HOLIDAY QUICHE BREAKFAST

Serves 6



REHEATING INSTRUCTIONS

QUICHE

Keep refrigerated until ready to prepare. Remove from plastic container and cover with foil; bake in a preheated **350°** oven for **25 min.** Remove foil and return to oven; bake until top is golden (**20 min.**).

SIDES

KOWALSKI'S HICKORY-SMOKED PIT HAM

Keep refrigerated until ready to prepare. Remove from packaging; place ham in an oven-safe dish with $\frac{1}{4}$ cup water. Cover with foil; bake in a preheated **350°** oven until heated through (**about 30 min.**).

Ham is fully cooked and can be eaten cold.

QUATTRO FORMAGGIO CHEESY HASH BROWNS

Keep refrigerated until ready to prepare. Remove film; cover loosely with foil (for a crispier top, leave uncovered). Place tray on a baking sheet; bake in preheated **350°** oven until heated through (**about 40 min.**), stirring halfway through.

FRESH CUT FRUIT

Keep refrigerated until ready to serve. Place fruit in a serving bowl.

KOWALSKI'S BATTER BREAD ASSORTMENT

No refrigeration needed. Best when served at room temperature.

KOWALSKI'S SIGNATURE FRESHLY SQUEEZED ORANGE JUICE

Keep refrigerated until ready to serve. Shake before pouring.

You may need to increase cooking time for a full oven (if you are heating several items at the same time) or to account for differences in your kitchen equipment.

PERSONALIZED MEAL PLANNING SCHEDULE

To serve your breakfast at 11 a.m., preheat your oven at 10 a.m. Put the quiche and hash browns in the oven at 10:15 a.m., followed by the ham at 10:30 a.m. Using the chart below, fill in the time slots starting on the far right with the time you'd like to eat. Working to the left, fill in each time slot by the quarter hour. Ensure that all items reach target internal temperature (if provided) before removing from the oven.

EXAMPLE Time: 10:00 10:15 10:30 10:45 11:00

YOUR SCHEDULE Time: _____

Quiche	Preheat Oven					
Hash Browns						
Ham						SERVE



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INGREDIENTS



HAM & CHEESE QUICHE

Pasteurized Eggs (Whole Eggs, Citric Acid [to preserve color], 0.15% Water [added as carrier for citric acid]), Pie Shell (Unbleached Pastry Flour [Wheat], Palm Oil, Water, Cane Sugar, Stabilizer Blend [Sugar, Cornstarch, Carob Bean Gum, Agar, Salt], Sea Salt), Heavy Cream (Heavy Cream, Carrageenan), Applewood Smoked Ham (Pork, Water, Cane Sugar, Salt, Natural Flavor), Swiss Cheese (Pasteurized Part-Skim Milk, Cheese Culture, Salt, Enzymes, Powdered Cellulose [added to prevent caking]), Cheddar Cheese (Cheddar Cheese [Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [for color], Natamycin [a natural mold inhibitor]), Kosher Salt, Black Pepper, Parsley.

CONTAINS: Wheat, Milk, Egg.

FETA SPINACH QUICHE

Pasteurized Eggs (Whole Eggs, Citric Acid [to preserve color], 0.15% Water [added as carrier for citric acid]), Pie Shell (Unbleached Pastry Flour [Wheat], Palm Oil, Water, Cane Sugar, Stabilizer Blend [Sugar, Cornstarch, Carob Bean Gum, Agar, Salt], Sea Salt), Heavy Cream (Heavy Cream, Carrageenan), Swiss Cheese (Pasteurized Part-Skim Milk, Cheese Culture, Salt, Enzymes, Powdered Cellulose [added to prevent caking]), Spinach, Feta Cheese (Feta Cheese [Cultured Pasteurized Part-Skim Milk, Salt, Enzymes]), Potato Starch and Powdered Cellulose [added to prevent caking], Natamycin [a natural mold inhibitor]), Parmesan Cheese (Domestic Parmesan Cheese [Pasteurized Part-Skim Cow's Milk, Cheese Cultures, Salt, Enzymes]), Potato Starch and Powdered Cellulose [added to prevent caking], Natamycin [a natural mold inhibitor]), Five-Cheese Blend (Low-Moisture Mozzarella Cheese [Pasteurized Milk, Cheese Cultures, Salt, Enzymes], Low-Moisture Part-Skim Mozzarella Cheese [Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes], Unsmoked Provolone Cheese [Pasteurized Milk, Cheese Cultures, Salt, Enzymes]), Potato Starch, Cornstarch and Powdered Cellulose [added to prevent caking], Parmesan Cheese [Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes], Romano Cheese [Pasteurized Part-Skim Cow's Milk, Cheese Cultures, Salt, Enzymes], Natamycin [a natural mold inhibitor]), Ricotta Cheese (Pasteurized Milk, Pasteurized Whey, Pasteurized Cream, Vinegar, Salt, Stabilizer [Modified Food Starch, Guar Gum, Carrageenan]), Potassium Sorbate [added to protect flavor], Dried Onion (Onion), Oregano, Parsley.

CONTAINS: Wheat, Milk, Egg.

DENVER QUICHE

Pasteurized Eggs (Whole Eggs, Citric Acid [to preserve color], 0.15% Water [added as carrier for citric acid]), Pie Shell (Unbleached Pastry Flour [Wheat], Palm Oil, Water, Cane Sugar, Stabilizer Blend [Sugar, Cornstarch, Carob Bean Gum, Agar, Salt], Sea Salt), Heavy Cream (Heavy Cream, Carrageenan), Applewood Smoked Ham (Pork, Water, Cane Sugar, Salt, Natural Flavor), Green Pepper, Swiss Cheese (Pasteurized Part-Skim Milk, Cheese Culture, Salt, Enzymes, Powdered Cellulose [added to prevent caking]), Cheddar Cheese (Cheddar Cheese [Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [for color], Natamycin [a natural mold inhibitor]), Yellow Onion, Black Pepper.

CONTAINS: Wheat, Milk, Egg.

QUATTRO FORMAGGIO GF V CHEESY HASH BROWNS

Hash Brown Potatoes (Par-Cooked Potatoes, Dextrose, Disodium Dihydrogen Pyrophosphate [to maintain color], Potassium Sorbate [to maintain freshness]), Quattro Formaggio Cheese (Low-Moisture Part-Skim Mozzarella Cheese [Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes], Asiago Cheese [Pasteurized Milk, Cheese Cultures, Salt, Enzymes], Provolone Cheese with Smoke Flavor [Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Natural Smoke Flavor], Romano Cheese [Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes]), Powdered Cellulose [to prevent caking], Natamycin [to protect flavor], Heavy Cream (Heavy Cream, Guar Gum, Carrageenan, Locust Bean Gum), Yellow Onion, Garlic, Salt, Black Pepper, Nutmeg.

CONTAINS: Milk.

FRESH CUT FRUIT GF V VE DF

Cantaloupe, Red Grapes, Green Grapes, Pineapple, Strawberries, Blackberries, Kiwi, Blueberries, Pomegranate.

KOWALSKI'S FRESHLY GF V VE DF SQUEEZED ORANGE JUICE

Oranges.

KOWALSKI'S SMOKED PIT HAM GF DF

Naturally Raised Pork Cured with Water, Salt, Sugar, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrate.

VEGGIE QUICHE

Pasteurized Eggs (Whole Eggs, Citric Acid [to preserve color], 0.15% Water [added as carrier for citric acid]), Pie Shell (Unbleached Pastry Flour [Wheat], Palm Oil, Water, Cane Sugar, Stabilizer Blend [Sugar, Cornstarch, Carob Bean Gum, Agar, Salt], Sea Salt), Heavy Cream (Heavy Cream, Carrageenan), Swiss Cheese (Pasteurized Part-Skim Milk, Cheese Culture, Salt, Enzymes, Powdered Cellulose [added to prevent caking]), Cheddar Cheese (Cheddar Cheese [Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [for color], Natamycin [a natural mold inhibitor]), Red Bell Pepper, Zucchini, Green Bell Pepper, Broccoli, Kosher Salt, Thyme, Black Pepper.

CONTAINS: Wheat, Milk, Egg.

KOWALSKI'S BATTER BREAD V ASSORTMENT

Granulated Sugar, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Soybean Oil, Whole Eggs, Banana, Pumpkin, Blueberries, Cranberries, Cake Flour, Brown Sugar, Butter (Pasteurized Cream), Oranges, contains less than 2% of each of the following: Whey (from Milk), Baking Soda, Baking Powder, Ground Cinnamon, Ground Nutmeg, Ground Allspice, Salt, Vanilla, Soy Lecithin, Vital Wheat Gluten, Sodium Stearol Lactate, Sodium Dioxide, Guar Gum, Xanthan Gum, Natural Flavor.

CONTAINS: Wheat, Milk, Soy, Egg.



KOWALSKI'S HOLIDAY QUICHE BREAKFAST

Serves 6



NUTRITION FACTS

HAM & CHEESE QUICHE

Nutrition Facts	
8 servings per container	
Serving size	5 oz. (136g) (about 1/8 quiche)
Amount per serving	
Calories	400
<small>% Daily Value*</small>	
Total Fat 31g	39%
Saturated Fat 16g	81%
<i>Trans Fat</i> 0g	
Cholesterol 250mg	83%
Sodium 510mg	22%
Total Carbohydrate 13g	5%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 16g	
Vitamin D 1.2mcg	6%
Calcium 200mg	15%
Iron 2.1mg	10%
Potassium 160mg	4%

* 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.

DENVER QUICHE

Nutrition Facts	
8 servings per container	
Serving size	5 oz. (153g) (about 1/8 quiche)
Amount per serving	
Calories	410
<small>% Daily Value*</small>	
Total Fat 31g	40%
Saturated Fat 17g	83%
<i>Trans Fat</i> 0g	
Cholesterol 250mg	83%
Sodium 450mg	20%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	9%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 17g	
Vitamin D 1.3mcg	6%
Calcium 220mg	17%
Iron 2.1mg	10%
Potassium 200mg	4%

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VEGGIE QUICHE

Nutrition Facts	
8 servings per container	
Serving size	5 oz. (147g) (about 1/8 quiche)
Amount per serving	
Calories	400
<small>% Daily Value*</small>	
Total Fat 31g	40%
Saturated Fat 17g	83%
<i>Trans Fat</i> 0g	
Cholesterol 245mg	81%
Sodium 330mg	14%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	9%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 1.1mcg	6%
Calcium 230mg	18%
Iron 2.2mg	10%
Potassium 190mg	4%

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FETA SPINACH QUICHE

Nutrition Facts	
8 servings per container	
Serving size	4.5 oz. (130g) (about 1/8 quiche)
Amount per serving	
Calories	380
<small>% Daily Value*</small>	
Total Fat 30g	38%
Saturated Fat 16g	81%
<i>Trans Fat</i> 0g	
Cholesterol 250mg	83%
Sodium 300mg	13%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	8%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 14g	
Vitamin D 1.1mcg	6%
Calcium 220mg	17%
Iron 2.2mg	10%
Potassium 140mg	4%

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HICKORY-SMOKED PIT HAM

Nutrition Facts	
Serving size about 3 oz. (84g)	
Amount per serving	
Calories	120
<small>% Daily Value*</small>	
Total Fat 5g	6%
Saturated Fat 2g	10%
<i>Trans Fat</i> 0g	
Cholesterol 40mg	13%
Sodium 1180mg	47%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0.7mcg	4%
Calcium 10mg	0%
Iron 0.8mg	4%
Potassium 310mg	6%

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QUATTRO CHEESY HASH BROWNS

Nutrition Facts	
Serving size 8 oz. (227g)	
Amount per serving	
Calories	370
<small>% Daily Value*</small>	
Total Fat 20g	25%
Saturated Fat 12g	61%
<i>Trans Fat</i> 0.5g	
Cholesterol 65mg	21%
Sodium 1340mg	54%
Total Carbohydrate 36g	12%
Dietary Fiber 2g	8%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 0.7mcg	4%
Calcium 290mg	20%
Iron 0.9mg	4%
Potassium 105mg	2%

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KOWALSKI'S HOLIDAY QUICHE BREAKFAST

Serves 6



NUTRITION FACTS

KOWALSKI'S BATTER BREAD ASSORTMENT

Nutrition Facts	
Serving size	2 oz. (57g)
Amount per serving	
Calories	180
	% Daily Value*
Total Fat 7g	10%
Saturated Fat 1g	6%
<i>Trans</i> Fat 0g	
Cholesterol 25mg	8%
Sodium 190mg	8%
Total Carbohydrate 29g	10%
Dietary Fiber 1g	3%
Total Sugars 17g	
Includes 16g Added Sugars	32%
Protein 3g	
Calcium	2%
Iron	4%

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FRESH CUT FRUIT

Nutrition Facts	
Serving size	about 3.5 oz. (100g)
Amount per serving	
Calories	66
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0.5g	3%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 16g	5%
Dietary Fiber 2g	8%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 7mg	1%
Iron 0.26mg	1%
Potassium 188mg	4%

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KOWALSKI'S FRESHLY SQUEEZED ORANGE JUICE

Nutrition Facts	
Serving size	8 fl. oz. (237mL)
Amount per serving	
Calories	110
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 26g	9%
Dietary Fiber 0g	0%
Total Sugars 21g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 27mg	2%
Iron 0mg	0%
Potassium 496mg	10%
Vitamin C 124mg	140%

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