

# PLANT-BASED MADE EASY!



HIGH IN  
PROTEIN

100%  
VEGAN / VEG

UP TO  
2.25 MMA  
CREDITS

NO  
CHOLESTEROL

Offering playful plant-based alternatives to your menu classics, Rebellious delivers the same juicy and rich flavor as conventional chicken, with all the benefits of 100% vegan / vegetarian ingredients. Easy to prepare, these deliciously golden brown, protein-rich Kickin' Nuggets, Tenders, Patties and Popcorn Bites can feed a Rebellion!

AND COMING SOON FOR THE 2026/27 SCHOOL YEAR, ALL REBELLYOUS PRODUCTS WILL BE CERTIFIED KOSHER AND HALAL!

PLANT-BASED  
**rebellious**  
*Kickin' Nuggets*



PLANT-BASED  
**rebellious**  
*Kickin' Patties*



PLANT-BASED  
**rebellious**  
*Kickin' Popcorn*  
BITES



PLANT-BASED  
**rebellious**  
*Kickin' Tenders*



SCAN FOR  
RECIPES!

[www.rebellious.com](http://www.rebellious.com) | [hello@rebellious.com](mailto:hello@rebellious.com) | (206) 880-1299



# PLANT-BASED NEVER TASTED SO GOOD!



**KEEP FROZEN UNTIL READY FOR USE**

Product is not fully cooked. Do not microwave. Cook thoroughly from frozen to at least 165°F internal temperature. Appliances may vary; adjust accordingly.

**rebellyous**  
*Kickin' Nuggets*

## PLANT-BASED NUGGETS

### Nutrition Facts

About 53 servings per container  
Serving size **5 Pieces (85g)**

Amount per serving  
**Calories 210**

	% Daily Value*
Total Fat 13g	17%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 3.5g	
Monounsaturated Fat 8g	
Cholesterol 0mg	0%
Sodium 340mg	15%
Total Carbohydrate 13g	5%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 2.8mg	15%
Potassium 330mg	8%

\*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.



### CONVENTIONAL OVEN

Preheat oven to 400°F. Bake from frozen for 11-13 minutes, until the internal temperature reaches 165°F.

### CONVECTION OVEN

Preheat oven to 400°F. Bake from frozen for 9-11 minutes, until the internal temperature reaches 165°F.

Item # KNFC212 • DOT# 787746 • Case GTIN: 00860002155821



**rebellyous**  
*Kickin' Patties*

## PLANT-BASED PATTIES

### Nutrition Facts

About 53 servings per container  
Serving size **1 Patty (85g)**

Amount per serving  
**Calories 220**

	% Daily Value*
Total Fat 13g	17%
Saturated Fat 2g	10%
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 9g	
Cholesterol 0mg	0%
Sodium 360mg	16%
Total Carbohydrate 14g	5%
Dietary Fiber 3g	11%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 13g	
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 2mg	10%
Potassium 320mg	6%

\*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.



### CONVENTIONAL OVEN

Preheat oven to 400°F. Bake from frozen for 11-13 minutes, until the internal temperature reaches 165°F.

### CONVECTION OVEN

Preheat oven to 400°F. Bake from frozen for 9-11 minutes, until the internal temperature reaches 165°F.

Item # KPFC21 • DOT# 787748 • Case GTIN: 00860005933747

NUGGETS, TENDERS, PATTIES' INGREDIENTS: Rehydrated Soy Protein (Water, Soy Protein Concentrate, Soy Protein Isolate), Canola Oil, Breading (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Vinegar, Vegetable Oil [Canola and/or Sunflower], Salt, Baking Soda, Yeast, Spice Extractives), Methylcellulose, Seasoning (Maltodextrin, Sugar, Salt, Yeast Extract, Onion Powder, Dehydrated Garlic, Natural Flavor, Spices, Torula Yeast, Citric Acid, Extractives of Turmeric [Color]), Corn Starch, Salt. CONTAINS: SOY, WHEAT.

**rebellyous**  
*Kickin' Popcorn*

## PLANT-BASED POPCORN BITES

### Nutrition Facts

About 53 servings per container  
Serving size **8 pieces (85g)**

Amount per serving  
**Calories 200**

	% Daily Value*
Total Fat 12g	15%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 380mg	17%
Total Carbohydrate 14g	5%
Dietary Fiber 3g	11%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 13g	
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 0.8mg	4%
Potassium 360mg	8%

\*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.



### CONVENTIONAL OVEN

Preheat oven to 400°F. Bake from frozen for 12 minutes, until golden in color and the internal temperature reaches 165°F.

### CONVECTION OVEN

Preheat oven to 400°F. Bake from frozen for 8 minutes, until golden in color and the internal temperature reaches 165°F.

Item # KBFC21 • DOT# 799313 • Case GTIN: 00860005933785



**rebellyous**  
*Kickin' Tenders*

## PLANT-BASED TENDERS

### Nutrition Facts

About 53 servings per container  
Serving size **3 Tenders (85g)**

Amount per serving  
**Calories 230**

	% Daily Value*
Total Fat 14g	18%
Saturated Fat 2g	10%
Trans Fat 0g	
Polyunsaturated Fat 2.5g	
Monounsaturated Fat 9g	
Cholesterol 0mg	0%
Sodium 370mg	16%
Total Carbohydrate 13g	5%
Dietary Fiber 3g	11%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 14g	
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 2mg	10%
Potassium 310mg	6%

\*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.



### CONVENTIONAL OVEN

Preheat oven to 400°F. Bake from frozen for 9-11 minutes, until the internal temperature reaches 165°F.

### CONVECTION OVEN

Preheat the oven to 400°F. Bake from frozen for 8-10 minutes, until the internal temperature reaches 165°F.

Item # KTFC21 • DOT# 787745 • Case GTIN: 00860005933730

**rebellyous**  
*foods*

For the 2026/27 school year, all Rebellyous products will be certified Kosher and Halal

**PLANT-BASED**

**NO HARM.  
NO FOWL®**

	Case Pack	Case Weight	Case Dim. L x W x H (in)	Cases/Pallet	TI x HI	Credits
<b>Kickin' Nuggets</b>	2x 5 lb Bags	10 lbs	11 x 9 x 7.75	119	17 x 7	2.25 MMA
<b>Kickin' Tenders</b>	2x 5 lb Bags	10 lbs	11 x 9 x 8.5	119	17 x 7	2.25 MMA
<b>Kickin' Patties</b>	2x 5 lb Bags	10 lbs	11 x 9 x 8.5	119	17 x 7	2.0 MMA
<b>Kickin' Popcorn Bites</b>	2x 5 lb Bags	10 lbs	11 x 9 x 7.75	119	17 x 7	2.25 MMA

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POPCORN BITES INGREDIENTS: Water, Soy Protein Concentrate, Canola Oil, Whole Wheat Flour, Soy Protein Isolate, Methylcellulose, Contains 2% or less: Cornstarch, Salt, Enriched Wheat Flour (Enriched With Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Maltodextrin, Yeast Extract, Onion Powder, Spices (Including Celery Seed), Torula Yeast, Dehydrated Garlic, Garlic Powder, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Extractives Of Paprika, Yeast, Natural Flavor, Citric Acid, Extractives of Turmeric (Color) CONTAINS: SOY, WHEAT.