

**Creamy Pasta and Vegetable Rotini**

**Nutrition Facts**

Serving Size 1/4 Pouch (51g)  
Servings Per Container 4

Amount Per Serving		Calories from Fat 35	
		% Daily Value*	
<b>Total Fat</b> 4g		8%	
Saturated Fat 1 5g		8%	
Trans Fat 0g			
<b>Cholesterol</b> 0mg		0%	
<b>Sodium</b> 600mg		25%	
<b>Total Carbohydrate</b> 35g		12%	
Dietary Fiber 2g		8%	
Sugars 4g			
<b>Protein</b> 6g			

Vitamin A 20% • Vitamin C 2%

Calcium 4% • Iron 8%

\*Percent Daily Values are based on a 2,000 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
Saturated 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

Sodium lowered 25% from 800 mg to 600 mg per serving

**Ingredients** Pasta (Durum Semolina Flour [Wheat], Niacin, Ferrous Sulfate [Iron], Thiamine Mononitrate, Riboflavin, Folic Acid), Food Starch - Modified, Maltodextrin, Whey Powder, Nondairy Creamer (Coconut Oil, Corn Syrup Solids, Sodium Caseinate [From Milk], Mono and Diglycerides, Dipotassium Phosphate, Silicon Dioxide), Textured Vegetable Protein (Soy Flour), Dried Carrots, Freeze-Dried Zucchini Squash and Peas, Natural Flavor, Yeast Extract, Dried Onion, Salt, Xanthan Gum, Partially Hydrogenated Soybean Oil, Spices, Disodium Inosinate and Disodium Guanylate, Turmeric and Annatto (color)

CONTAINS MILK, SOY, WHEAT  
PRODUCED ON EQUIPMENT THAT ALSO PROCESSES MILK, SOY, WHEAT, EGG, SHELLFISH, FISH, TREE NUTS AND PEANUTS  
100% VEGETARIAN  
NET WT 204g (7 2 OZ)

**Chicken Flavored Noodle Soup**

**Nutrition Facts**

Serving Size 1/4 Pouch (50g)  
Servings Per Container 4

Amount Per Serving		Calories from Fat 15	
		% Daily Value*	
<b>Total Fat</b> 1 5g		2%	
Saturated Fat 0g		0%	
Trans Fat 0g			
<b>Cholesterol</b> 0mg		0%	
<b>Sodium</b> 530mg		22%	
<b>Total Carbohydrate</b> 34g		11%	
Dietary Fiber 3g		12%	
Sugars 3g			
<b>Protein</b> 8g			

Vitamin A 4% • Vitamin C 4%

Calcium 4% • Iron 8%

\*Percent Daily Values are based on a 2,000 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
Saturated 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

**Savory Stroganoff**

**Nutrition Facts**

Serving Size 1/4 Pouch (64g)  
Servings Per Container 4

Amount Per Serving		Calories from Fat 40	
		% Daily Value*	
<b>Total Fat</b> 4 5g		7%	
Saturated Fat 2 5g		13%	
Trans Fat 0g			
<b>Cholesterol</b> 0mg		0%	
<b>Sodium</b> 310mg		13%	
<b>Total Carbohydrate</b> 45g		15%	
Dietary Fiber 2g		8%	
Sugars 8g			
<b>Protein</b> 7g			

Vitamin A 0% • Vitamin C 2%

Calcium 8% • Iron 8%

\*Percent Daily Values are based on a 2,000 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
Saturated 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

Sodium lowered 67% from 960 mg to 310 mg per serving

**Ingredients** Pasta (Durum Semolina Flour [Wheat], Niacin, Ferrous Sulfate [Iron], Thiamine Mononitrate, Riboflavin, Folic Acid), Sweet Whey Powder, Maltodextrin, Potato Flour, Nondairy Creamer (Coconut Oil, Corn Syrup Solids, Sodium Caseinate Mono and Diglycerides, Dipotassium Phosphate, Silicon Dioxide), Textured Vegetable Protein (Soy Flour, Caramel Color), Food Starch - Modified, Bleached Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin Enzyme, Folic Acid), Nondairy Creamer (High Oleic Sunflower Oil, Corn Syrup Solids, Sodium Caseinate [From Milk], Dipotassium Phosphate, Mono and Diglycerides, Silicon Dioxide, Mixed Tocopherols [to preserve freshness]), Dried Onion, Salt, Natural and Artificial Flavors, Xanthan Gum, Dried Mushrooms, Partially Hydrogenated Soybean Oil, Dried Onions, Garlic Powder, Lactic Acid Powder, Titanium Dioxide (for color), Spice, Disodium Inosinate and Disodium Guanylate, Caramel Color

CONTAINS MILK, SOY, WHEAT  
PRODUCED ON EQUIPMENT THAT ALSO PROCESSES MILK, SOY, WHEAT, EGG, SHELLFISH, FISH, TREE NUTS AND PEANUTS  
100% VEGETARIAN  
NET WT 256g (9 OZ)

**Ingredients** Pasta (Semolina Flour [Wheat], Niacin, Ferrous Sulfate [Iron], Thiamine Mononitrate, Riboflavin, Folic Acid), Maltodextrin, Textured Vegetable Protein (Soy Flour), Yeast Extract, Dried Carrots and Celery, Dried Onion, Salt, Partially Hydrogenated Soybean Oil, Chicken Broth Powder, Garlic Powder, Disodium Inosinate and Disodium Guanylate, Natural Flavors, Spices, Whey Powder, Turmeric (color)

CONTAINS MILK, SOY, WHEAT

PRODUCED ON EQUIPMENT THAT ALSO PROCESSES MILK, SOY, WHEAT, EGG, SHELLFISH, FISH, TREE NUTS AND PEANUTS

NET WT 198g (7 OZ)

**Chili Macaroni**

**Nutrition Facts**

Serving Size 1/4 Pouch (69g)  
Servings Per Container 4

Amount Per Serving		Calories from Fat 10	
		% Daily Value*	
<b>Total Fat</b> 1g		2%	
Saturated Fat 0g		0%	
Trans Fat 0g			
<b>Cholesterol</b> 0mg		0%	
<b>Sodium</b> 610mg		25%	
<b>Total Carbohydrate</b> 48g		16%	
Dietary Fiber 5g		20%	
Sugars 9g			
<b>Protein</b> 11g			

Vitamin A 30% • Vitamin C 10%

Calcium 8% • Iron 15%

\*Percent Daily Values are based on a 2,000 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
Saturated 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

Sodium lowered 37% from 970 mg to 610 mg per serving

**Ingredients** Pasta (Durum Semolina Flour [Wheat], Niacin, Ferrous Sulfate [Iron], Thiamine Mononitrate, Riboflavin, Folic Acid), Maltodextrin, Textured Vegetable Protein (Soy Flour), Caramel Color, Sweet Whey Powder, Pinto Beans, Bleached Wheat Flour (Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Tomato Powder, Dried Onion, Spices, Salt, Sugar, Hydrolyzed Soy Protein, Guar Gum, Natural Flavors, Garlic Powder, Caramel Color, Disodium Inosinate and Disodium Guanylate, Citric Acid, Yeast Extract, Turmeric (color), Coconut Oil

CONTAINS MILK, SOY, WHEAT

PRODUCED ON EQUIPMENT THAT ALSO PROCESSES MILK, SOY, WHEAT, EGG, SHELLFISH, FISH, TREE NUTS AND PEANUTS

100% Vegetarian  
NET WT 275g (9 7 OZ)

**Brown Sugar And Maple Multi-Grain Cereal**

**Nutrition Facts**

Serving Size 1/4 Pouch (66g)  
Servings Per Container 4

Amount Per Serving		Calories from Fat 35	
		% Daily Value*	
<b>Total Fat</b> 4g		6%	
Saturated Fat 1g		5%	
Trans Fat 1g			
<b>Cholesterol</b> 0mg		0%	
<b>Sodium</b> 120mg		5%	
<b>Total Carbohydrate</b> 46g		15%	
Dietary Fiber 7g		28%	
Sugars 16g			
<b>Protein</b> 6g			

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 10%

\*Percent Daily Values are based on a 2,000 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
Saturated 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

**Ingredients** Six Grain Mix (Hard Red Winter Wheat, Soft White Wheat, Barley, Rye, Rolled Oats, Triticale), Brown Sugar, Sugar, Partially Hydrogenated Soybean and/or Cottonseed Oil, Corn Syrup Solids, Natural and Artificial Flavors, Cinnamon, Salt, Cellulose Gum, Sodium Caseinate (From Milk), Mono and Diglycerides, Sodium Citrate, Dipotassium Phosphate, Carrageenan.

CONTAINS MILK, SOY, WHEAT

PRODUCED ON EQUIPMENT THAT ALSO PROCESSES MILK, SOY, WHEAT, EGG, SHELLFISH, FISH, TREE NUTS AND PEANUTS

100% VEGETARIAN

NET WT 265g (9 3 OZ)

**Apple Cinnamon Cereal**

**Nutrition Facts**

Serving Size 1/4 Pouch (66g)  
Servings Per Container 4

Amount Per Serving		Calories from Fat 35	
		% Daily Value*	
<b>Total Fat</b> 4g		6%	
Saturated Fat 1g		5%	
Trans Fat 1g			
<b>Cholesterol</b> 0mg		0%	
<b>Sodium</b> 135mg		6%	
<b>Total Carbohydrate</b> 46g		15%	
Dietary Fiber 7g		28%	
Sugars 16g			
<b>Protein</b> 6g			

Vitamin A 0% • Vitamin C 0%

Calcium 4% • Iron 10%

\*Percent Daily Values are based on a 2,000 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
Saturated 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

**Ingredients:** Six Grain Mix (Hard Red Winter Wheat, Soft White Wheat, Barley, Rye, Rolled Oats, Triticale), Brown Sugar, Sugar, Partially Hydrogenated Soybean and/or Cottonseed Oil, Corn Syrup Solids, Natural and Artificial Flavors, Natural Cinnamon Flavor, Dried Apples, Salt, Cellulose Gum, Sodium Caseinate (From Milk), Mono and Diglycerides, Sodium Citrate, Dipotassium Phosphate, Carrageenan.

CONTAINS MILK, SOY, WHEAT

PRODUCED ON EQUIPMENT THAT ALSO PROCESSES MILK, SOY, WHEAT, EGG, SHELLFISH, FISH, TREE NUTS AND PEANUTS

100% VEGETARIAN

NET WT 265g (9 3 OZ)

**Pasta Alfredo**

**Nutrition Facts**

Serving Size 1/4 Pouch (65g)  
Servings Per Container 4

Amount Per Serving		Calories from Fat 60	
		% Daily Value*	
<b>Total Fat</b> 9g		14%	
Saturated Fat 4g		20%	
Trans Fat 0g			
<b>Cholesterol</b> 0mg		0%	
<b>Sodium</b> 770mg		32%	
<b>Total Carbohydrate</b> 43g		14%	
Dietary Fiber 1g		4%	
Sugars 2g			
<b>Protein</b> 5g			

Vitamin A 0% • Vitamin C 2%

Calcium 2% • Iron 8%

\*Percent Daily Values are based on a 2,000 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
Saturated 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

Sodium lowered 28% from 1070 mg to 770 mg per serving

**Ingredients** Pasta (Durum Semolina Flour [Wheat], Niacin, Ferrous Sulfate [Iron], Thiamine Mononitrate, Riboflavin, Folic Acid), Food Starch - Modified, Nondairy Creamer (Coconut Oil, Corn Syrup Solids, Sodium Caseinate [From Milk], Mono and Diglycerides, Dipotassium Phosphate, Silicon Dioxide), Nondairy Creamer (High Oleic Sunflower Oil, Corn Syrup Solids, Sodium Caseinate [From Milk], Dipotassium Phosphate, Mono and Diglycerides, Silicon Dioxide, Mixed Tocopherols [to preserve freshness]), Maltodextrin, Bleached Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Enzyme, Folic Acid), Hydrolyzed Soy Protein, Parmesan Flavor (Salt, Yeast Extract, Potato Maltodextrin, Coconut Oil), Partially Hydrogenated Soybean Oil, Salt, Garlic Powder, Spices, Dried Onion, Disodium Inosinate and Disodium Guanylate, Disodium Phosphate, Natural Flavor

CONTAINS MILK, SOY, WHEAT

PRODUCED ON EQUIPMENT THAT ALSO PROCESSES MILK, SOY, WHEAT, EGG, SHELLFISH, FISH, TREE NUTS AND PEANUTS

100% VEGETARIAN

NET WT 260g (9 2 OZ)

**Hearty Tortilla Soup**

**Nutrition Facts**

Serving Size 1/4 Pouch (45g)  
Servings Per Container 4

Amount Per Serving		Calories from Fat 10	
		% Daily Value*	
<b>Total Fat</b> 1g		2%	
Saturated Fat 0g		0%	
Trans Fat 0g			
<b>Cholesterol</b> 0mg		0%	
<b>Sodium</b> 960mg		40%	
<b>Total Carbohydrate</b> 33g		11%	
Dietary Fiber 4g		16%	
Sugars 1g			
<b>Protein</b> 4g			

Vitamin A 20% • Vitamin C 6%

Calcium 2% • Iron 4%

\*Percent Daily Values are based on a 2,000 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
Saturated 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

**Ingredients** Precooked Long Grain Rice, Maltodextrin, Dried Black Beans, White Corn Masa (Ground White Corn Masa Flour, Sorbic Acid, Carboxymethyl Cellulose, Calcium Propionate, Fumaric Acid, Guar Gum, Enzymes, Trace of Lime), Bleached Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine, Mononitrate, Riboflavin, Enzyme, Folic Acid) Salt, Tomato Powder, Food Starch - Modified, Black Bean Flour, Spices, Freeze-Dried Corn Guar Gum, Paprika (color), Caramel Color, Natural Mesquite Smoke Flavoring, Citric Acid, Natural Flavors

CONTAINS MILK, SOY, WHEAT

PRODUCED ON EQUIPMENT THAT ALSO PROCESSES MILK, SOY, WHEAT, EGG, SHELLFISH, FISH, TREE NUTS AND PEANUTS

100% VEGETARIAN

NET WT 181g (6 4 OZ)

**Granola Strawberry Crunch**

**Nutrition Facts**