**BEEF STROGANOFF WITH NOODLES**
NET WT 4.00 OZ (113g)

**INGREDIENTS:** Beef Stroganoff: Cooked Beef (beef, flavoring, salt) • Sour Cream (cultured cream, milk, whey, modified corn starch, sodium phosphate, guar gum, carrageenan, carob bean gum) • Mushrooms • Modified Corn Starch • Corn Oil with Spice Extract • Nutritional Yeast • Dehydrated Onions Less than 2%: Dehydrated Onion • Modified Corn Starch • Spice • Salt
Precooked Noodles: Durum wheat Semolina • Whole Eggs • Salt

**Nutrition Facts**
- Serving Size: 1 cup (57g) dry mix (Makes 1 cup prepared)
- Amount Per Serving: Calories 350, Total Fat 11g (17% DV), Saturated Fat 4g (20% DV), Trans Fat 0g, Cholesterol 45mg (15% DV), Sodium 370mg (16% DV), Total Carbohydrate 39g (13% DV), Dietary Fiber 4g (16% DV), Sugars 2g, Protein 11g
- % Daily Value:
  - Total Fat: 17%
  - Saturated Fat: 20%
  - Trans Fat: 0%
  - Cholesterol: 15%
  - Sodium: 16%
  - Total Carbohydrate: 13%
  - Dietary Fiber: 16%
  - Sugars: 0%
  - Protein: 22%

Contains: Milk, Soy, Wheat, Egg

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**LASAGNA WITH MEAT SAUCE**
NET WT 4.00 OZ (113g)

**INGREDIENTS:** Lasagna: Tomato (tomato, tomato juice, salt, citric acid, calcium chloride) • Tomato Paste • Enriched Macaroni Product (semolina wheat, niacin, iron, folic acid, thiamine mononitrate, riboflavin, folic acid) • Cooked Beef (beef, flavoring, salt) Less than 2%: Dehydrated Onion • Modified Corn Starch • Spice • Salt
Cheese Blend: Dehydrated Parmesan & Romano (made from cow's milk) Cheeses (part-skim milk, cheese cultures, salt, enzymes) • Dehydrated Mzzarella Cheese Flavor (mozzarella cheese, part-skim milk, cheese culture, salt, enzymes), whey, salt, sodium phosphate, lactic acid)

**Nutrition Facts**
- Serving Size: 1 1/4 cup (54g) dry mix (Makes 1 cup prepared)
- Amount Per Serving: Calories 130, Total Fat 6g (9% DV), Saturated Fat 3g (5% DV), Trans Fat 0g, Cholesterol 20mg (6% DV), Sodium 560mg (23% DV), Total Carbohydrate 12g (4% DV), Dietary Fiber 4g (1% DV), Sugars 2g, Protein 1g
- % Daily Value:
  - Total Fat: 9%
  - Saturated Fat: 4%
  - Trans Fat: 0%
  - Cholesterol: 6%
  - Sodium: 23%
  - Total Carbohydrate: 4%
  - Dietary Fiber: 1%
  - Sugars: 0%
  - Protein: 1%

Contains: Milk, Wheat

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**CHICKEN TERIYAKI WITH RICE**
NET WT 5.01 OZ (142g)

**INGREDIENTS:** Chicken Teriyaki: Cooked Chicken (chicken meat, salt) • Soy Sauce (wheat, soybean, salt, alcohol, vinegar, lactic acid) • Brown Sugar (sucrose, invert sugar, cane molasses) • Bamboo Shoot • Mushroom • Red Pepper • Green Peas (peas, salt) • Modified Corn Starch • Sherry Wine (wine, salt, sulfites) • Onion • Green Pepper • Garlic Powder • Spice
Rice: Precooked Enriched Rice (rice, niacinamide, ferric orthophosphate, thiamine mononitrate, folic acid)

**Nutrition Facts**
- Serving Size: 1 cup (57g) dry mix
- Amount Per Serving: Calories 260, Total Fat 9g (14% DV), Saturated Fat 5g (25% DV), Trans Fat 0g, Cholesterol 10mg (3% DV), Sodium 65mg (3% DV), Total Carbohydrate 12g (4% DV), Dietary Fiber 4g (16% DV), Sugars 1g, Protein 8g
- % Daily Value:
  - Total Fat: 14%
  - Saturated Fat: 25%
  - Trans Fat: 0%
  - Cholesterol: 3%
  - Sodium: 3%
  - Total Carbohydrate: 4%
  - Dietary Fiber: 16%
  - Sugars: 0%
  - Protein: 16%

Contains: Soy, Wheat

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**NOODLES & CHICKEN**
NET WT 4.73 OZ (134g)

**INGREDIENTS:** Precooked Noodles: Durum wheat Semolina • Whole Egg • Salt
Noodles & Chicken Sauce: Cooked Chicken (chicken meat, salt, Flavored Seasoning) • Modified Corn Starch • Chicken Fat Less than 2%: Chicken Base (chicken meat, salt, maltodextrin, sugar, chicken fat, yeast extract, onion powder, garlic powder, turmeric, spice extract) • Sugar • Hydrolyzed Vegetable Protein (corn, soy, wheat gluten protein, soybean oil) • Flavored Yeast Extract (yeast extract, salt, water, natural flavoring)

**Nutrition Facts**
- Serving Size: 1 cup (54g) dry mix (Makes 1 cup prepared)
- Amount Per Serving: Calories 190, Total Fat 9g (12% DV), Saturated Fat 5g (6% DV), Trans Fat 0g, Cholesterol 20mg (6% DV), Sodium 70mg (3% DV), Total Carbohydrate 32g (11% DV), Dietary Fiber 4g (1% DV), Sugars 2g, Protein 12g
- % Daily Value:
  - Total Fat: 12%
  - Saturated Fat: 6%
  - Trans Fat: 0%
  - Cholesterol: 6%
  - Sodium: 3%
  - Total Carbohydrate: 11%
  - Dietary Fiber: 1%
  - Sugars: 0%
  - Protein: 20%

Contains: Soy, Wheat, Egg

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**BEEF STEW**
NET WT 4.30 OZ (122g)

**INGREDIENTS:** Potatoes (potato, sodium acid pyrophosphate [color retention]) • Cooked Beef (beef, salt) • Carrots • Green Peas (peas, salt) • Corn Oil with Spice Extract • Modified Corn Starch • Dehydrated Hydrolyzed Vegetable Protein (corn, soy, wheat gluten protein, soybean oil) • Dehydrated Onion • Sugar • Spice • Garlic Powder

**Nutrition Facts**
- Serving Size: 1 cup (49g) dry mix (Makes 1 cup prepared)
- Amount Per Serving: Calories 120, Total Fat 5g (9% DV), Saturated Fat 1g (5% DV), Trans Fat 0g, Cholesterol 10mg (3% DV), Sodium 20mg (1% DV), Total Carbohydrate 20g (7% DV), Dietary Fiber 3g (12% DV), Sugars 2g, Protein 12g
- % Daily Value:
  - Total Fat: 9%
  - Saturated Fat: 5%
  - Trans Fat: 0%
  - Cholesterol: 3%
  - Sodium: 1%
  - Total Carbohydrate: 7%
  - Dietary Fiber: 12%
  - Sugars: 0%
  - Protein: 20%

Contains: Soy, Wheat

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**GRANOLA WITH MILK & BLUEBERRIES**
NET WT 4.00 OZ (113g)

**INGREDIENTS:** Granola (oats, brown sugar, coconut, soybean oil, wheat germ, sesame seed, natural vanilla flavoring) • Nonfat Dry Milk • Freeze Dried Blueberries • Dry Apple Juice, lecitin, tocopherols and ascorbyl palmitate [to protect flavor] • Vanilla Flavor (cane sugar, cornstarch, natural and artificial flavor, dextrose, tricalcium phosphate)

**Nutrition Facts**
- Serving Size: 1/2 cup (57g) dry mix (Makes 1 cup prepared)
- Amount Per Serving: Calories 250, Total Fat 9g (14% DV), Saturated Fat 2g (5% DV), Trans Fat 0g, Cholesterol 0mg (0% DV), Sodium 7mg (0% DV), Total Carbohydrate 43g (14% DV), Dietary Fiber 4g (16% DV), Sugars 16g, Protein 8g
- % Daily Value:
  - Total Fat: 14%
  - Saturated Fat: 5%
  - Trans Fat: 0%
  - Cholesterol: 0%
  - Sodium: 0%
  - Total Carbohydrate: 14%
  - Dietary Fiber: 16%
  - Sugars: 6%
  - Protein: 16%