

Nutrition Facts

	Honey Almond Granola	Artisan Oatmeal	Harvest 6 Grain Cereal	Texas Sunrise Skillet	Wild Mushroom Risotto	Southwest White Bean Chili	Creamy Stroganoff	Black Beans	Pinto Beans	White Rice
Serving Size	¾ cup (70g)	1½ cup prepared (65g)	1 cup prepared (60g)	1½ cup prepared (62g)	1½ cup prepared (82g)	1½ cup prepared (74g)	1½ cup prepared (85g)	1 cup prepared (50g)	¾ cup prepared (50g)	1 cup prepared (55g)
Servings Per Pouch	5	4	4	4	3	3	3	10	10	10
Servings Per Container	10	4	8	8	3	6	6	10	10	20
Amount Per Serving										
Calories	310	230	220	230	310	300	330	180	180	200
Calories from Fat	100	30	0	40	60	80	50	10	10	20
	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*
Total Fat	10g 16%	3.5g 5%	0g 0%	4.5g 7%	7g 10%	9g 13%	6g 9%	0g 0%	1g 5%	0g 0%
Saturated Fat	2g 10%	1g 4%	0g 0%	0.5g 3%	1.5g 7%	2g 9%	0.5g 4%	0g 4%	0g 4%	0g 0%
Trans Fat	0g	0g	0g	0g	0g	0g	0g	0g	0g	0g
Cholesterol	0mg 0%	0mg 0%	0mg 0%	0mg 0%	5mg 2%	5mg 2%	0mg 0%	0mg 0%	0mg 0%	0mg 0%
Sodium	45mg 2%	0mg 0%	0mg 0%	850mg 35%	970mg 40%	930mg 39%	860mg 36%	5mg 0%	5mg 0%	5mg 0%
Total Carbohydrate	48g 16%	48g 16%	46g 15%	42g 14%	52g 17%	43g 14%	55g 18%	32g 15%	32g 15%	45g 15%
Dietary Fiber	6g 25%	5g 20%	8g 33%	4g 15%	3g 12%	10g 40%	3g 11%	11g 20%	11g 20%	1g 4%
Sugars	18g	14g	0g	3g	1g	9g	1g	0g	11g	0g
Protein	8g	8g	8g	6g	12g	14g	11g	11g	11g	5g
Vitamin A	0%	0%	0%	0%	2%	8%	0%	0%	0%	Iron 8%
Vitamin C	0%	0%	0%	60%	2%	60%	2%	0%	0%	Thiamin 15%
Calcium	4%	2%	2%	6%	15%	15%	6%	6%	6%	Niacin 8%
Iron	10%	10%	15%	4%	10%	20%	15%	15%	15%	Folate 20%

	Rotini alla Marinara	Wisconsin Cheddar & Pasta	Tomato Florentine Soup	Nantucket Potato Soup	Rio Grande Beans & Rice	Chocolate Milk	100% Real Milk	Refreshing Grape	Refreshing Orange
Serving Size	1 cup prepared (44g)	1 cup prepared (85g)	1 cup prepared (44g)	1 cup prepared (31g)	1½ cup prepared (80g)	1 cup prepared (39g)	1 cup prepared (20g)	1 cup prepared (25g)	1 cup prepared (25g)
Servings Per Pouch	5	3	5	5	3	4	4	8	8
Servings Per Container	10	6	10	10	3	12	16	24	32
Amount Per Serving									
Calories	140	310	160	140	280	170	100	90	90
Calories from Fat	10	35	30	20	35	0	0	0	0
	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*
Total Fat	1g 1%	4g 6%	3.5g 5%	2.5g 4%	4g 6%	0g 0%	0g 0%	0g 0%	0g 0%
Saturated Fat	0g 0%	1.5g 7%	0.5g 3%	2g 10%	0g 0%	0g 0%	0g 0%	0g 0%	0g 0%
Trans Fat	0g	0g	0g	0g	0g	0g	0g	0g	0g
Cholesterol	0mg 0%	5mg 2%	0mg 0%	0mg 0%	0mg 0%	0mg 0%	0mg 0%	0mg 0%	0mg 0%
Sodium	950mg 39%	720mg 30%	880mg 37%	660mg 39%	850mg 36%	170mg 7%	140mg 6%	0mg 0%	0mg 0%
Total Carbohydrate	29g 9%	58g 19%	30g 10%	29g 9%	58g 19%	31g 10%	15g 5%	24g 8%	24g 8%
Dietary Fiber	2g 8%	1g 5%	2g 6%	1g 8%	7g 27%	1g 4%	0g 0%	0g 0%	0g 0%
Sugars	6g	5g	9g	1g	7g	30g	15g	22g	22g
Protein	6g	11g	4g	4g	9g	13g	10g	0g	0g
Vitamin A	15%	0%	15%	0%	0%	0%	0%	6%	6%
Vitamin C	20%	0%	20%	15%	60%	4%	2%	100%	50%
Calcium	4%	10%	8%	10%	2%	45%	40%	6%	2%
Iron	10%	15%	6%	2%	20%	40%	0%	0%	0%

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

Calories per gram
Fat 9 • Carbohydrate 4 • Protein 4

Honey Almond Granola

INGREDIENTS Whole Grain Rolled Oats, Whole Grain Rolled Wheat, Brown Sugar, Canola Oil, Coconut Oil, Oat Flour, Whey Milk, Almonds, Honey

Contains Wheat, Milk and Tree Nuts

Produced on equipment that also processes Milk, Soy, Egg, Wheat and Tree Nuts

Net Weight 350 g (12.4 oz.)

Artisan Oatmeal

INGREDIENTS Oats, Sugar, Natural Flavor

Produced on equipment that also processes Milk, Soy, Egg, Wheat and Tree Nuts

Net Weight 260 g (9.2 oz.)

Harvest 6 Grain Cereal

INGREDIENTS Red Wheat Flakes, White Wheat Flakes, Barley, Oats, Rye, Triticale

Produced on equipment that also processes Milk, Soy, Egg, Wheat and Tree Nuts

Net Weight 240 g (8.5 oz.)

Texan Sunrise Skillet

INGREDIENTS Dehydrated Potatoes, Non-GMO Soy Flour, Dehydrated Onions, Sunflower Oil, Salt, Dehydrated Red Bell Peppers, Green Bell Pepper Flakes, Buttermilk Powder, Modified Corn Starch, Maltodextrin, Corn Starch, Sour Cream Powder (Cream, Nonfat Milk Solids, Citric Acid, Lactic Acid), Natural Flavor (Contains Milk), Enzyme Modified Cheddar Cheese (Milk, Cultures, Salt, Enzymes, Disodium Phosphate), Whey Powder, Garlic Powder, Onion Powder, Black Pepper, Disodium Phosphate (Processing Aid), Guar Gum, Xanthan Gum, Lactic Acid, Natural Smoke Flavor, Annatto Extract (Color), Turmeric (Color)

Contains Milk and Soy

Produced on equipment that also processes Milk, Soy, Egg, Wheat and Tree Nuts

Net Weight 248 g (8.8 oz.)

Wild Mushroom Risotto

INGREDIENTS Precooked Long Grain Rice (Rice, Niacinamide, Ferrous Orthophosphate, Thiamine Mononitrate, Folic Acid), Non-GMO Soy Flour, Nonfat Dry Milk, Modified Corn Starch, Sunflower Oil, Dehydrated Diced Mushrooms, Sour Cream Solids (Cream, Nonfat Milk, Cultures), Citric Acid, Corn Starch, Salt, Buttermilk Powder, Maltodextrin, Autolyzed Yeast Extract, Onion Powder, Garlic Powder, Natural Flavor (Contains Milk), Parsley, Black Pepper, Guar Gum, Disodium Phosphate (Processing Aid), Lactic Acid, Xanthan Gum, Caramel Color, Turmeric (Color), Annatto Extract (Color)

Contains Milk and Soy

Produced on equipment that also processes Milk, Soy, Egg, Wheat and Tree Nuts

Net Weight 246 g (8.7 oz.)

Southwest White Bean Chili

INGREDIENTS Dehydrated Navy Beans, Precooked Long Grain Rice (Rice, Niacinamide, Ferrous Orthophosphate, Thiamine Mononitrate, Folic Acid), Navy Bean Flakes, Non-GMO Soy Flour, Dehydrated Onions, Sour Cream Powder (Cream, Nonfat Milk Solids, Citric Acid, Lactic Acid), Sunflower Oil, Autolyzed Yeast Extract, Brown Sugar, Modified Corn Starch, Buttermilk Powder, Dehydrated Red Bell Peppers, Green Bell Pepper Flakes, Garlic Powder, Corn Starch, Onion Powder, Chili Powder (Chili Peppers, Spices, Salt, Garlic), Natural Flavor (Contains Milk), Salt, Cheddar Cheese (Cultured Milk, Salt, Enzymes), Whey Powder, Ground Oregano, Ground Cumin, Maltodextrin, Cilantro Flakes, Disodium Phosphate (Processing Aid), Red Bell Pepper Powder, Silicon Dioxide (Anticaking Agent), Guar Gum, Xanthan Gum

Contains Milk and Soy

Produced on equipment that also processes Milk, Soy, Egg, Wheat and Tree Nuts

Net Weight 222 g (7.8 oz.)

Creamy Stroganoff

INGREDIENTS Pasta Ribbons (Durum Semolina, Wheat, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Corn Starch, Sunflower Oil, Maltodextrin, Dehydrated Diced Mushrooms, Autolyzed Yeast Extract, Buttermilk Powder, Salt, Hydrolyzed Wheat Protein, Natural Flavor (Contains Milk), Dehydrated Minced Onion, Sour Cream Solids (Cream, Nonfat Milk, Whey, Sodium Caseinate, Bacterial Cultures), Onion Powder, Dehydrated Parsley, Silicon Dioxide (Anticaking Agent), Disodium Phosphate (Processing Aid), Garlic Powder

Contains Wheat and Milk

Produced on equipment that also processes Milk, Soy, Egg, Wheat and Tree Nuts

Net Weight 255 g (9.0 oz.)

Black Beans

INGREDIENTS Precooked Dehydrated Black Beans

Produced on equipment that also processes Milk, Soy, Egg, Wheat and Tree Nuts

Net Weight 500 g (17.6 oz.)

Pinto Beans

INGREDIENTS Precooked Dehydrated Pinto Beans

Produced on equipment that also processes Milk, Soy, Egg, Wheat and Tree Nuts

Net Weight 500 g (17.6 oz.)

White Rice

INGREDIENTS Instant Enriched White Rice

Net Weight 550 g (19.4 oz.)

Rotini a la Marinara

INGREDIENTS Pasta (Durum Semolina, Wheat, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Tomato Powder, Non-GMO Soy Flour, Dehydrated Tomato Flakes, Sugar, Salt, Modified Food Starch, Corn Starch, Natural Flavor, Autolyzed Yeast Extract, Extroza, Natural Flavor, Sunflower Oil, Onion Powder, Silicon Dioxide, Garlic Powder, Garlic Onion, Basil, Oregano, Guar Gum, Black Pepper

Contains Wheat and Soy

Produced on equipment that also processes Milk, Soy, Egg, Wheat and Tree Nuts

Net Weight 220 g (7.7 oz.)

Wisconsin Cheddar and Pasta

INGREDIENTS Pasta Elbows (Durum Semolina, Wheat, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Corn Starch, Whey Powder, Skim Milk Powder, Cheddar Cheese (Milk, Cultures, Calcium Chloride, Salt, Enzymes), Salt, Sunflower Oil, Natural Flavor (Contains Milk), Buttermilk Powder, Silicon Dioxide (Anticaking Agent), Disodium Phosphate (Processing Aid), Annatto Extract (Color)

Contains Milk and Wheat

Produced on equipment that also processes Milk, Soy, Egg, Wheat and Tree Nuts

Net Weight 255 g (9.0 oz.)

Tomato Florentine Soup

INGREDIENTS Pasta Shells (Durum Semolina, Wheat, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Tomato Powder, Modified Corn Starch, Maltodextrin, Sunflower Oil, Sugar, Tomato Flakes, Corn Starch, Nonfat Dry Milk, Salt, Brown Sugar, Paprika, Buttermilk Powder, Spinach Flakes, Onion Powder, Dehydrated Garlic, Natural Flavor (Contains Milk), Autolyzed Yeast Extract, Whey, Cheddar Cheese (Cultured Milk, Salt, Enzymes), Dextrose, Parmesan Cheese (Milk, Cultures, Salt, Enzymes, Calcium Chloride), Guar Gum, Potassium Chloride, Sodium Phosphates, Spice, Xanthan Gum, Annatto (Color), Turmeric (Color), Smoke Flavor, Caramel Color

Contains Milk, Wheat and Soy

Produced on equipment that also processes Milk, Soy, Egg, Wheat and Tree Nuts

Net Weight 220 g (7.8 oz.)

Nantucket Potato Soup

INGREDIENTS Nonfat Dry Milk Powder, Potato Flakes (Coconut Oil, Maltodextrin, Mono & Diglycerides), Shortening Powder (Sunflower Oil, Lactose, Sodium Caseinate, Dipotassium Phosphate), Modified Food Starch, Salt, Maltodextrin, Autolyzed Yeast Extract, Natural Flavors, Salt, Corn Starch, Onion Powder, Garlic Powder, Black Pepper, Silicon Dioxide, Parsley, Guar Gum, Xanthan Gum, Turmeric, Annatto

Contains Milk

Produced on equipment that also processes Milk, Soy, Egg, Wheat and Tree Nuts

Net Weight 155 g (5.4 oz.)

Rio Grande Beans and Rice

INGREDIENTS Precooked Long Grain Rice (Rice, Niacinamide, Ferrous Orthophosphate, Thiamine Mononitrate, Folic Acid), Dehydrated Pinto Beans, Yellow Corn Meal, Autolyzed Yeast Extract, Sunflower Oil, Tomato Flakes, Dehydrated Onions, Sugar, Spice, Green Bell Pepper Flakes, Maltodextrin, Salt, Buttermilk Powder, Tomato Powder, Dried Minced Onion, Dried Minced Garlic, Molasses, Garlic Powder, Natural Flavor (Contains Milk), Paprika, Onion Powder, Citric Acid, Natural Smoke Flavor

Contains Milk

Produced on equipment that also processes Milk, Soy, Egg, Wheat and Tree Nuts

Net Weight 240 g (8.5 oz.)

Chocolate Milk

INGREDIENTS Nonfat Milk, Sugar, Cocoa, Natural Flavor

Contains Milk

Produced on equipment that also processes Milk, Soy, Egg, Wheat and Tree Nuts

Net Weight 155 g (5.5 oz.)

100% Real Milk

INGREDIENTS Nonfat Milk

Contains Milk

Produced on equipment that also processes Milk, Soy, Egg, Wheat and Tree Nuts

Net Weight 80 g (2.8 oz.)

Refreshing Grape

INGREDIENTS Sugar, Citric Acid, Natural Flavors, Natural Color (Grape Skin Extract)

Produced on equipment that also processes Milk, Soy, Egg, Wheat and Tree Nuts

Net Weight 200 g (7.1 oz.)

Refreshing Orange

INGREDIENTS Sugar, Citric Acid, Natural Flavors

Produced on equipment that also processes Milk, Soy, Egg, Wheat and Tree Nuts

Net Weight 200 g (7.1 oz.)