Nutrition Facts	Honey Almond	i Granola	Artisan	Oatmeal	6 Gra	Harvest ain Cereal	Sunri	Texan ise Skillet	Mushroon	Wild m Risotto		outhwest ean Chili	Creamy S	troganoff	Ві	lack Beans	1	Pinto Beans	w	/hite Rice
Serving Size	3/4 (1½ cup prepar	ed (65g)	1 cup prepa	red (60g)	1 1/2 cup prepa	red (62g)	1½ cup prepa		1½ cup prepa		11/3 cup prepa		1 cup prep	pared (50g)	¾ cup pre	pared (50g)	1 сир ргера	
Servings Per Pouch Servings Per Container		5 10		4		4 8		4 8		3		3 6		3 6		10 10		10 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
	% Dar	ly Value*	% Dai	ly Value*	% Dai	lly Value*	% Day	ily Value*	% Dai	ily Value*	% Dau	ly Value*	% Day	ily Value*	% D:	ally Value*	% [Daily Value*	% Dai	ly Value*
Total Fat	10g	16%	3 5g	5%	0g	0%	4 5g	7%	7g	10%	9g	13%	6g	9%	0g	0%	1g	5%	Og	0%
Saturated Fat	2g	10%	1g	4%	Og	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%	<u>1g</u>	4%
Sugars	18g		14g		0g		3g		<u>1g</u>		9g		1 <u>g</u>		0g		_11g		<u>0g</u>	
Protein	8g		8g		8g		6g		12g		14g		11g		11g		11g		5g	
Vitamin A	-	0%		0%		0%		0%		2%	<u> </u>	8%		0%		0%		0%	iron	8%
Vitamin C		0%		0%		0%		60%		2%		60%		2%		0%		0%	Thiamin	15%
						201					•	15%		6%		6%		6%	Niacin	8%
Calcium		4%		2%		2%		6%		15%		10/0								
		10%		10% Visconsin		15%		4% Nantucket		10%		20%		15%		15%		15%	Folate	20%
Calcium Iron Serving Size	Rotini a la	10% Marınara red (44g)		10% Visconsin ir & Pasta red (85g)	Floren	Tomate ntine Soup		4% Namucket stato Soup ared (31g)		10% inc Grande ans & Rice pared (80g)	Choco	20% plate Milk ared (39g)	100%	15% Real Milk ared (20g)		15% shing Grape pared (25g)		15% hing Orange epared (25g)		20%
Calcium		10% Marınara	Chedda	10% Visconsin ir & Pasta		15% Tomato	Po	4% Namucket otato Soup	Bea	10% inc Grande ans & Rice		20% olate Milk	1 cup prepa	15% Real Milk		15% shing Grape		15% hing Orange		20%
Calcium Iron Serving Size Servings Per Pouch		10% Marınara red (44g) 5	Chedda	10% Visconsin ir & Pasta red (85g) 3		Tomate soup ared (44g) 5	Po	4% Nantucket stato Soup ared (31g) 5 10	Bea	10% no Grande ans & Rice pared (80g) 3 3		20% plate Milk ared (39g) 4	1 cup prepa	15% Real Milk ared (20g) 4 16		15% shing Grape pared (25g) 8		15% hing Orange epared (25g) 8 32		20%
Calcium Iron Serving Size Servings Per Pouch Servings Per Container		10% Marınara red (44g) 5 10	Chedda	10% Wisconsin ir & Pasta red (85g) 3 6		Tomate name Soup ared (44g) 5 10	Po	4% Nantucket stato Soup ared (31g) 5 10	Bea	10% no Grande ans & Rice pared (80g) 3 3		20% blate Milk ired (39g) 4 12	1 cup prepa	15% Real Milk ared (20g) 4 16		15% shing Grape pared (25g) 8 24		15% hing Orange spared (25g) 8 32		20%
Calcium Iron Serving Size Servings Per Pouch Servings Per Container Amount Per Serving		10% Marınara red (44g) 5 10	Chedda	10% Visconsin ir & Pasta red (85g) 3 6		Tomato ntine Soup ared (44g) 5 10	Po	4% Nantucket stato Soup ared (31g) 5 10	Bea	10% no Grande ans & Rice pared (80g) 3 3		20% plate Milk ared (39g) 4 12	1 cup prepa	15% Real Milk ared (20g) 4 16		15% shing Grape pared (25g) 8 24		15% hing Orange epared (25g) 8 32		20%
Calcium Iron Serving Size Servings Per Pouch Servings Per Container Amount Per Serving Calories	1 cup prepa	10% Marınara red (44g) 5 10	Chedda 1 cup prepar	10% Wisconsin ir & Pasta red (85g) 3 6	1 cup prepa	Tomate thine Soup ared (44g) 5 10 160 30 ally Value*	1 cup prepa	4% Nantucket stato Soup ared (31g) 5 10	Bez	10% no Grande ans & Rice vared (809) 3 3 3 280 35	1 cup prepa	20% plate Milk pred (39g) 4 12 170 0	1 cup prepa	15% Real Milk ared (20g) 4 16 100 0	1 cup prep	15% shing Grape pared (25g) 8 24	1 cup pre	15% hing Orange spared (25g) 8 32		20%
Calcium Iron Serving Size Servings Per Pouch Servings Per Container Amount Per Serving Calories Calories from Fat	1 cup prepai	10% Marınara red (44g) 5 10 140 10 ily Value*	Chedda 1 cup prepar	10% Visconsin ir & Pasta red (85g) 3 6 310 35 ly Value* 6%	1 cup prepa % Da 3 5g	15% Tomate thine Soup ared (44g) 5 10 160 30 http://www.superson.org/s	Po 1 cup prepa	A4% Namtucket trato Soup ared (31g) 5 10 140 20 uly Value*	1½ cup prep	10% no Grande ans & Rice vared (809) 3 3 3 280 35 nily Value*	1 cup prepa	20% plate Milk pred (39g) 4 12 170 0 ly Value* 0%	1 cup prepa	15% Real Milk ared (20g) 4 16 100 0 uly Value*	1 cup prep	15% shing Grape pared (25g) 8 24 90 0 Daily Value*	1 cup pre	15% hing Orange epared (25g) 8 32 90 0 Daily Value*		20%
Calcium Iron Serving Size Servings Per Pouch Servings Per Container Amount Per Serving Calories Calories from Fat	1 cup prepai	10% Marinara red (44g) 5 10 140 10 sily Value*	Chedda 1 cup prepar % Dai 4g 1 5g	10% Visconsin ir & Pasta red (85g) 3 6 310 35 lly Value*	1 cup prepa % Da 3 5g 0 5g	Tomate thine Soup ared (44g) 5 10 160 30 ally Value*	% Da 2 5g 2g	A% Namucket otato Soup ared (31g) 5 10 140 20 nly Value*	% Da	10% no Grande ans & Rice vared (809) 3 3 3 280 35	1 cup prepa	20% plate Milk pred (39g) 4 12 170 0	1 cup prepa	15% Real Milk ared (20g) 4 16 100 0	1 cup prep	15% shing Grape pared (25g) 8 24 90 0	1 cup pre	15% hing Orange epared (25g) 8 32 90 0 Daily Value*		20%
Calcium Iron Serving Size Servings Per Pouch Servings Per Container Amount Per Serving Calories Calories from Fat Total Fat Saturated Fat Trans Fat	% Dai 1g 0g 0g	10% Marmara red (44g) 5 10 140 10 oily Value* 1% 0%	Chedda 1 cup prepar % Dar 4g 1 5g Og	10% Visconsin ir & Pasta red (85g) 3 6 310 35 ly Value* 6% 7%	1 cup prepa % Pa 3 5g 0 5g	15% Tomate thine Soup ared (44g) 5 10 160 30 wily Value* 5% 3%	% Da 2 5g 2g Og	4% Namucket tato Soup ared (31g) 5 10 140 20 ally Value* 4% 10%	% Da 4g 0g 0g	10% no Grande ans & Rice vared (809) 3 3 280 280 35 nily Value* 6% 0%	1 cup prepa % Dai 0g 0g 0g	20% plate Milk pred (39g) 4 12 170 0 ly Value* 0% 0%	1 cup prepa % Da Cg Cg	15% Real Milk ared (20g) 4 16 100 0 uly Value* 0%	1 cup prep	15% shing Grape pared (25g) 8 24 90 0 Daily Value* 0% 0%	1 cup pre	15% hing Orange epared (25g) 8 32 90 0 Daily Value* 0%		20%
Calcium Iron Serving Size Servings Per Pouch Servings Per Container Amount Per Serving Calories Calories from Fat Total Fat Saturated Fat Trans Fat Cholesterol	% Dai 1g 0g 0g 0mg	10% Marmara red (44g) 5 10 140 10 oliy Value* 1% 0%	% Dail 4g 1 5g 0g 5mg	10% Visconsin ir & Pasta red (85g) 3 6 310 35 ly Value* 6% 7%	1 cup prepa % Da 3 5g 0 5g Og	15% Tomate thine Soup ared (44g) 5 10 160 30 ally Value* 5% 3%	% Da 2 5g 2g Og Omg	4% Namtucket trato Soup ared (31g) 5 10 140 20 uly Value* 4% 10%	% Da 4g Og Omg	10% no Grande ans & Rice vared (809) 3 3 280 280 35 nily Value* 6% 0%	1 cup prepa % Dai 0g 0g 0g 0g	20% plate Milk pred (39g) 4 12 170 0 ly Value* 0% 0% 0%	1 cup prepa % Da Og Og Omg	15% Real Milk ared (20g) 4 16 100 0 uly Value* 0% 0%	1 cup prep % D Og Og Og Orng	15% shing Grape pared (25g) 8 24 90 0 baily Value* 0% 0%	1 cup pre	15% hing Orange epared (25g) 8 32 90 0 Daily Value* 0% 0%		20%
Calcium Iron Serving Size Servings Per Pouch Servings Per Container Amount Per Serving Calories Calories from Fat Total Fat Saturated Fat Trans Fat Cholesterol Sodium	% Dai 1g 0g 0g 0mg 950mg	10% Marmara red (44g) 5 10 140 10 ily Value* 0% 0% 39%	% Dar 4g 1 5g 0g 5mg 720mg	10% Visconsin ir & Pasta red (85g) 3 6 310 35 ly Value* 6% 7% 2% 30%	1 cup prepa % Da 3 5g 0 5g 0g 0mg 880mg	15% Tomate thine Soup ared (44g) 5 10 160 30 ally Value* 5% 3% 0% 37%	% Da 2 5g Og Omg 660mg	4% Namtucket trato Soup ared (31g) 5 10 140 20 uly Value* 4% 10% 0% 39%	% Da 4g Og Omg 850mg	10% no Grande ans & Rice vared (809) 3 3 280 35 uity Value* 6% 0% 0% 36%	% Dai % Dai 0g 0g 0g 0mg 170mg	20% plate Milk pred (39g) 4 12 170 0 ly Value* 0% 0% 7%	1 cup prepa % Da Cg Cg Og Omg 140mg	15% Real Milk ared (20g) 4 16 100 0 ulty Value* 0% 0% 6%	1 cup prep % D Og Og Og Orng Orng	15% shing Grape pared (25g) 8 24 90 0 baily Value* 0% 0% 0%	% I cup pre % I Og Og Og Omg Omg	15% hing Orange epared (25g) 8 32 90 0 Daily Value* 0% 0% 0%		20%
Calcium Iron Serving Size Servings Per Pouch Servings Per Container Amount Per Serving Calories Calories from Fat Total Fat Saturated Fat Trans Fat Cholesterol Sodium Total Carbohydrate	% Dai 1g 0g 0g 0mg 950mg 29g	10% Marmara red (44g) 5 10 140 10 aly Value* 1% 0% 39% 9%	% Dai 4g 1 5g 0g 5mg 720mg 58g	10% Visconsin ir & Pasta red (85g) 3 6 310 35 lly Value* 6% 7% 2% 30% 19%	1 cup prepa % Da 3 5g 0 5g 0g 0mg 880mg 30g	15% Tomate thine Soup ared (44g) 5 10 160 30 ally Value* 5% 3% 0% 37% 10%	% Da 2 5g Og Omg 660mg 29g	4% Namucket trato Soup ared (31g) 5 10 140 20 ally Value* 4% 10% 0% 39% 9%	% Da 4g Og Omg 850mg 56g	10% no Grande ans & Rice vared (809) 3 3 280 280 35 nily Value* 6% 0% 0% 19%	% Dai % Dai 0g 0g 0g 0mg 170mg 31g	20% plate Milk pred (39g) 4 12 170 0 ly Value* 0% 0% 7% 10%	% Da Og Og Omg 140mg 15g	15% Real Milk ared (20g) 4 16 100 0 uly Value* 0% 0% 6% 5%	1 cup prep % D Og Og Og Omg Omg 24g	15% shing Grape pared (25g) 8 24 90 0 baily Value* 0% 0% 0% 0% 8%	%1 cup pre %1 0g 0g 0g 0g 0mg 0mg 24g	15% hing Orange epared (25g) 8 32 90 0 Daily Value* 0% 0% 0% 0% 8%		20%
Calcium Iron Serving Size Servings Per Pouch Servings Per Container Amount Per Serving Calories Calories from Fat Total Fat Saturated Fat Trans Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber	% Dai 1g 0g 0g 0mg 950mg 29g 2g	10% Marmara red (44g) 5 10 140 10 ily Value* 0% 0% 39%	% Dai 4g 1 5g 0g 5mg 720mg 58g 1g	10% Visconsin ir & Pasta red (85g) 3 6 310 35 ly Value* 6% 7% 2% 30%	1 cup prepa % Da 3 5g 0 5g 0g 0mg 880mg 30g 2g	15% Tomate thine Soup ared (44g) 5 10 160 30 ally Value* 5% 3% 0% 37%	% Da 2 5g 2g Og Omg 660mg 29g 1g	4% Namtucket trato Soup ared (31g) 5 10 140 20 uly Value* 4% 10% 0% 39%	% Da 4g 0g 0g 0mg 850mg 56g 7g	10% no Grande ans & Rice vared (809) 3 3 280 35 uity Value* 6% 0% 0% 36%	1 cup prepa % Dai 0g 0g 0g 0mg 170mg 31g	20% plate Milk pred (39g) 4 12 170 0 ly Value* 0% 0% 7%	1 cup prepa % Da % Da Og Og Omg 140mg 15g Og	15% Real Milk ared (20g) 4 16 100 0 ulty Value* 0% 0% 6%	% D Og Og Og Omg Omg 24g Og	15% shing Grape pared (25g) 8 24 90 0 baily Value* 0% 0% 0%	%1 cup pre %1 0g 0g 0g 0g 0mg 0mg 24g 0g	15% hing Orange epared (25g) 8 32 90 0 Daily Value* 0% 0% 0%		20%
Calcium Iron Serving Size Servings Per Pouch Servings Per Container Amount Per Serving Calories Calories from Fat Total Fat Saturated Fat Trans Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber Sugars	% Dai 1g Og Og Omg 950mg 29g 2g 6g	10% Marmara red (44g) 5 10 140 10 aly Value* 1% 0% 39% 9%	% Dai 4g 1 5g 0g 5mg 720mg 58g 1g 5g	10% Visconsin ir & Pasta red (85g) 3 6 310 35 lly Value* 6% 7% 2% 30% 19%	1 cup prepa % Da 3 5g 0 5g 0g 0mg 880mg 30g 2g 9g	15% Tomate thine Soup ared (44g) 5 10 160 30 ally Value* 5% 3% 0% 37% 10%	% Da 2 5g 2g 0g 0mg 660mg 29g 1g 1g	4% Namucket trato Soup ared (31g) 5 10 140 20 ally Value* 4% 10% 0% 39% 9%	% Da 4g 0g 0g 0mg 850mg 56g 7g	10% no Grande ans & Rice vared (809) 3 3 280 280 35 nily Value* 6% 0% 0% 19%	1 cup prepa % Dai 0g 0g 0g 0g 0mg 170mg 31g 1g 30g	20% plate Milk pred (39g) 4 12 170 0 ly Value* 0% 0% 7% 10%	1 cup prepa % Da % Da Og Og Omg 140mg 15g Og	15% Real Milk ared (20g) 4 16 100 0 uly Value* 0% 0% 6% 5%	1 cup prep % D Og Og Og Omg Omg 24g Og 22g	15% shing Grape pared (25g) 8 24 90 0 baily Value* 0% 0% 0% 0% 8%	%1 cup pre %1 0g 0g 0g 0g 0mg 0mg 24g 0g 22g	15% hing Orange epared (25g) 8 32 90 0 Daily Value* 0% 0% 0% 0% 8%		20%
Calcium Iron Serving Size Servings Per Pouch Servings Per Container Amount Per Serving Calories Calories from Fat Total Fat Saturated Fat Trans Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber	% Dai 1g 0g 0g 0mg 950mg 29g 2g	10% Marmara red (44g) 5 10 140 10 aly Value* 1% 0% 39% 9%	% Dai 4g 1 5g 0g 5mg 720mg 58g 1g	10% Visconsin ir & Pasta red (85g) 3 6 310 35 lly Value* 6% 7% 2% 30% 19%	1 cup prepa % Da 3 5g 0 5g 0g 0mg 880mg 30g 2g	15% Tomate thine Soup ared (44g) 5 10 160 30 ally Value* 5% 3% 0% 37% 10%	% Da 2 5g 2g Og Omg 660mg 29g 1g	4% Namucket trato Soup ared (31g) 5 10 140 20 ally Value* 4% 10% 0% 39% 9%	% Da 4g 0g 0g 0mg 850mg 56g 7g	10% no Grande ans & Rice vared (809) 3 3 280 280 35 nily Value* 6% 0% 0% 19%	1 cup prepa % Dai 0g 0g 0g 0mg 170mg 31g	20% plate Milk pred (39g) 4 12 170 0 ly Value* 0% 0% 7% 10%	1 cup prepa % Da % Da Og Og Omg 140mg 15g Og	15% Real Milk ared (20g) 4 16 100 0 uly Value* 0% 0% 6% 5%	% D Og Og Og Omg Omg 24g Og	15% shing Grape pared (25g) 8 24 90 0 baily Value* 0% 0% 0% 0% 8%	%1 cup pre %1 0g 0g 0g 0g 0mg 0mg 24g 0g	15% hing Orange epared (25g) 8 32 90 0 Daily Value* 0% 0% 0% 0% 8%		20%
Calcium Iron Serving Size Servings Per Pouch Servings Per Container Amount Per Serving Calories Calories from Fat Total Fat Saturated Fat Trans Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber Sugars	% Dai 1g Og Og Omg 950mg 29g 2g 6g	10% Marmara red (44g) 5 10 140 10 aly Value* 1% 0% 39% 9%	% Dai 4g 1 5g 0g 5mg 720mg 58g 1g 5g	10% Visconsin ir & Pasta red (85g) 3 6 310 35 lly Value* 6% 7% 2% 30% 19%	1 cup prepa % Da 3 5g 0 5g 0g 0mg 880mg 30g 2g 9g	15% Tomate thine Soup ared (44g) 5 10 160 30 ally Value* 5% 3% 0% 37% 10%	% Da 2 5g 2g 0g 0mg 660mg 29g 1g 1g	4% Namucket trato Soup ared (31g) 5 10 140 20 ally Value* 4% 10% 0% 39% 9%	% Da 4g 0g 0g 0mg 850mg 56g 7g	10% no Grande ans & Rice vared (809) 3 3 280 280 35 nily Value* 6% 0% 0% 19%	1 cup prepa % Dai 0g 0g 0g 0g 0mg 170mg 31g 1g 30g	20% plate Milk pred (39g) 4 12 170 0 ly Value* 0% 0% 7% 10%	1 cup prepa % Da % Da Og Og Omg 140mg 15g Og	15% Real Milk ared (20g) 4 16 100 0 uly Value* 0% 0% 6% 5%	1 cup prep % D Og Og Og Omg Omg 24g Og 22g	15% shing Grape pared (25g) 8 24 90 0 baily Value* 0% 0% 0% 0% 8%	%1 cup pre %1 0g 0g 0g 0g 0mg 0mg 24g 0g 22g	15% hing Orange epared (25g) 8 32 90 0 Daily Value* 0% 0% 0% 0% 8%		20%
Calcium Iron Serving Size Servings Per Pouch Servings Per Container Amount Per Serving Calories Calories Calories Fat Total Fat Saturated Fat Trans Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber Sugars Protein	% Dai 1g Og Og Omg 950mg 29g 2g 6g	10% Marınara red (44g) 5 10 140 10 sily Value* 0% 39% 9% 8%	% Dai 4g 1 5g 0g 5mg 720mg 58g 1g 5g	10% Visconsin ir & Pasta red (85g) 3 6 310 35 lly Value* 6% 7% 2% 30% 19%	1 cup prepa % Da 3 5g 0 5g 0g 0mg 880mg 30g 2g 9g	15% Tomate of the Soup and (44g) 5 10 160 30 why Value* 5% 3% 0% 37% 10% 6%	% Da 2 5g 2g 0g 0mg 660mg 29g 1g 1g	4% Narrhucket stato Soup ared (31g) 5 10 140 20 ulty Value* 4% 10% 39% 9% 8%	% Da 4g 0g 0g 0mg 850mg 56g 7g	10% alo Grande ans & Rice pared (80g) 3 3 280 35 alily Value* 6% 0% 19% 27%	1 cup prepa % Dai 0g 0g 0g 0g 0mg 170mg 31g 1g 30g	20% plate Milk pred (39g) 4 12 170 0 ly Value* 0% 0% 7% 10% 4%	1 cup prepa % Da % Da Og Og Omg 140mg 15g Og	15% Real Milk ared (20g) 4 16 100 0 ulty Value* 0% 6% 5% 0%	1 cup prep % D Og Og Og Omg Omg 24g Og 22g	15% shing Grape pared (25g) 8 24 90 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	%1 cup pre %1 0g 0g 0g 0g 0mg 0mg 24g 0g 22g	15% hing Orange spared (25g) 8 32 90 0 Daily Value* 0% 0% 0% 8% 0%		20%
Calcium Iron Serving Size Servings Per Pouch Servings Per Container Amount Per Serving Calories Calories from Fat Total Fat Saturated Fat Trans Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber Sugars Protein Vitamin A	% Dai 1g Og Og Omg 950mg 29g 2g 6g	10% Marınara red (44g) 5 10 140 10 0% 0% 39% 9% 8%	% Dai 4g 1 5g 0g 5mg 720mg 58g 1g 5g	10% Visconsin ir & Pasta red (85g) 3 6 310 35 ly Value* 6% 7% 29% 30% 19% 5%	1 cup prepa % Da 3 5g 0 5g 0g 0mg 880mg 30g 2g 9g	15% Tomate online Soup ared (44g) 5 10 160 30 wily Value* 5% 3% 6% 10%	% Da 2 5g 2g 0g 0mg 660mg 29g 1g 1g	4% Namucket stato Soup ared (31g) 5 10 140 20 ulty Value* 4% 10% 9% 8% 8%	% Da 4g 0g 0g 0mg 850mg 56g 7g	10% alo Grande ans & Rice pared (809) 3 3 3 280 35 alily Value* 6% 0% 19% 27%	1 cup prepa % Dai 0g 0g 0g 0g 0mg 170mg 31g 1g 30g	20% plate Milk pred (39g) 4 12 170 0 ly Value* 0% 7% 10% 4%	1 cup prepa % Da % Da Og Og Omg 140mg 15g Og	15% Real Milk ared (20g) 4 16 100 0 ulty Value* 0% 6% 5% 0%	1 cup prep % D Og Og Og Omg Omg 24g Og 22g	15% shing Grape pared (25g) 8 24 90 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	%1 cup pre %1 0g 0g 0g 0g 0mg 0mg 24g 0g 22g	15% hing Orange spared (25g) 8 32 90 0 Daily Value* 0% 0% 0% 0% 6%		20%

*Percent Daily Values are based on a 2,000 calone diet. Your daily values may be higher or lower depending on your calone needs

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

Calories per gram Fat 9 •

Fat 9 · Carbohydrate 4 · Protein 4

Honey Almond Granola INGREDIENTS Whole Gran Rollad Cals Whole Gran Rollad Wheat, Brown Sugar Canola Oil, Coconut Oat Flour Whey Milk, Almonds, Honey Contains Wheat, Milk and Tree Nuts Produced on equipment that also processes Milk, Say Egg Wheat and Tree Nuts Net Weight 3SD g (12 4 oz)	Artisan Oatmeal INGREDIENTS Oats Sugar Natural Plavor 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 Welght 240 g (8 5 oz)	Texan Sunnise Skillet INGREDIENTS Dehydrated Potatoes, Non GMO Say Flour, Dehydrated Onons, Sunflower Oil, Sail Dehydrated Red Beil Peppers, Green Beil Pepper Flakes, Butternilk Powder, Modified Com Starch, Mallodextmi, Com Starch Sour Cream Powder (Oream North Mik Solids Chine Andi, Lectic Acid), Natural Flavor (Contains Mik), Enzyme Modified Cheddar Cheesse (Mik, Cultures, Sail Enzymes, Disadlim Phosphate), Green Cheese, Debourn Phosphate, Black Pepper, Disadlim Phosphate (Processing Ad), Ger Gmy, Xenthan Gum, Lactic Acid, Natural Smoke Flavor, Annatto Extract (Color) Turners (Colory)	Wild Mushroom Risotto INGREDIENTS Prescoked Long Gran Rice (Rice, Nacinamide, Ferric Orthophosphate, Tharmne Monoritatie Folic Acid; Non GMO Soy Flour, Northa Dry Milk, Modified Com Starch, Sunflower Oil, Dehydrated Drued Ouried Mushrooms Sour Cream Solids (Cream, Norfat Milk, Cultures), Citin Fond, Com Starch, Salt Sutternik Fewdar, Mattoextron Auctolyzed Yeast Extract, Ornion Powder, Garlie Powder, Natural Flavor (Contans Milk), Parsley, Black Pepper, Guar Gum, Disadam Phosphate (Processing Ad), Lacic And Xanthan Gum, Caramel Color, Turmenc (Color) Annatio Extract (Color)	Southwest White Bean Chili INGREDIENTS Dehydrated Newy Beans Precocked Long Gran Rice (Rice, Nacanamide, Fernic Orthophosphate Traumina Minonilitate Folic Acid) Newy Bean Flakes, Non GMO Soy Flour, Dehydrated Onone, Sour Cream Powder (Cream Nontha Milk Solids, Crime Acid Lactic Acid), Sunflower Oil, Audolyzed Yeast Extract, Brown Sugar Modified Corn Starch, Butternik Powder Dehydrated Red Bell Peppers Green Bell Pepper Flakes Garlic Powder, Com Starch, Omon Powder, Chili Prowder (Chili Peppers Spizes, Salt, Garlic), Natural Flavor (Contana Milk), Salt, Cheddar Cheese (Cultured Milk Salt, Enzymes), Whyer Powder, Ground Oregano.	Creamy Stroganoff INGREDIENTS Pasta Ribbons (Durum Semoina Wheat*, Niaoin, Ferrous Sulfate Thainin Mononitrate, Ribbofavin Folic Acid, Corn Starch, Sunflower Oli, Maltodastrin, Cehydrated Diced Mushrooms, Autolyzed Yeast Extract, Buttermilk Powder Salt Hydrokyzed Wheat Protein, Natural Flavor (Contains Mikl), Dehydrated Minced Onno Sour Creem Solid (Creem, Nonfat Mik Whey Sodium Casemate Bacterial Cultures) Onno Prowder, Dehydrated Palsey, Silicon Dioxide (Anticaking Agent), Diocidium Phosphale (Processing Aid) Garlic Powder	
Riark Reans	Pinto Roans	White Dise	Contains Milk and Soy Produced on equipment that also processes Milk, Soy, Egg, Wheat and Tree Nuts Net Weight 248 g (8 8 oz)	Contains Milk and Soy Produced on equipment that also processes Milk, Soy, Egg Wheat and Tree Nuts Net Weight 246 g (6 7 oz.)	Ground Cumin, Mallodaxtin, Cilanto Flakes Disadum Phesphate (Processing Ad) 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)	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 Mik, 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 Ennched White Rice Net Weight 550 g (19 4 oz)	Rotini a la Marinara INGREDIENTS Pasta (Dunin Semolina "Wheat", Naom, Perrous Sulfate Thamme Mononitrale, Reballavin, Folic Acid), Tomato Prowder Non (MO Sey Hour, Dehlydrafed Tomato Flakes, Sugar, Salt Modified Frod Starch, Com (Such Starch, Natural Flavor, Sunflower Ol, Onion Powder, Sideon Dioxide, Garlfo Powder, Garlia Onion, Basil Oregano Guar Gurn, 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 Semoina Wheat' Natur, Ferrous Sulfae, Thamme Monomizate, Ribollavin Fole Acid, Com Starch, Wisconsin Miki Powder, Cheddar Chesses, Sait Susconsider of Cheddar Chesses, Sait Susconsider Sund Chord Contains Milk) Buttarmik Pawder, Short Dobode (Anteasia Agent) Dosedum Phosphata (Processing Ad), Annatio Extract (Coolr) Contains Milk and Wheat Produzed on equipment that also processes Milk, Soy, Egg, Wheat and Tree Nuts Net Weight 255 g (9 0 o.z.)	Tomato Florentine Soup INGREDIENTS Pasta Shells (Durum Semoling Wheet I, Niach Ferrous Sulfate, Thiamine Mononitate, Kholataw, Flote And), Tomato Powder, Mcdified Com Starch Maldedextin Sunflower OJ Sugar Tomato Flakes Com Starch, Nonfat Dry Miki, Sait, Brown Stigar Papirka, Butternik Powder, Spinnach Flakes, Onion Powder, Dehydrated Gartic, Natural Tenyor, Containah Miki, Authorgae' Yeast Extract, William Common Miki, Authorgae' Yeast Extract, William Common Miki, Authorgae' Yeast Extract, Cultures, Sait, Erzymes, Calculum Chlorote, Guar Gum, Potassum Chloride Sadum Cultures, Sait, Erzymes, Calculum Chlorote, Guar Gum, Potassum Chloride Sadum Color, Contains Miki, Wheat and Soy Produced on equipment that also processes Mik, Soy, Egg, Wheat and Tree Nuis Net Weight 220 g (7 8 oz)	Nantucket Potato Soup INGREDIENTS Nonfat Dry Milk Powder, Potato Flakes (Coconut Oil, Mallodextrin, Mono & Duglycentels) Shortening Powder (Stufflower Oil, Lactose Sodtum Casenata, Dipotassium Phosphately Modified Food Starch Salt Mathodextrin Autolyzed Yeast Extract Natural Flavors, Salt, Com Starch Drom Powder, Cartie Powder, Black Pepper Silicon Dixide, Parsley, Guar Gum, Xanthan Gum Turmene, Annattio Contains Millk 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 Nacinande, Forre Orthophosphate, Thiamine Monontirate, Fotic Acid), Dehydrated Partic Beans, Yellow Corn Meal, Audilyzed Yeast Extract, Sunflower Oil, Tomato Flakes Dehydrated Onions, Sugar, Spec. Green Belt Pepper Flakes, Mailbotextim Salt Buttermik Powder Tomat Powder, Dend Manced Onion, Died Minced Garlic, Molasses, Garlic Powder, Natural Flavor (Contains Milk), Paprika, Onion Powder, Citro Acid, Natural Smoke Plavor	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 156 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 Suger Citine Acid, Natural Flavors, Natural Color (Grape Skin Extract) Produced on equipment that also processes Milk Soy Egg, Wheat and Tree Nuts Net Welght 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 1oz)			

Contains Milk

Produced on equipment that also processes Milk, Soy, Egg, Wheat and Tree Nuts Net Weight 240 g (8 5 oz)