

56 SERVING ENTRÉE AND BREAKFAST GRAB AND GO FOOD KIT



Item Number 01-156

Creamy Pasta & Vegetable Rotini 4 Srv.

Nutrition Facts	
Serving Size: 1/4 Pouch (51g) Servings Per Container 4	
Amount Per Serving	
Calories 200	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 600mg	25%
Total Carbohydrate 35g	12%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 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
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Savory Stroganoff 4 Srv.

Nutrition Facts	
Serving Size: 1/4 Pouch (64g) Servings Per Container 4	
Amount Per Serving	
Calories 250	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 310mg	13%
Total Carbohydrate 45g	15%
Dietary Fiber 2g	8%
Sugars 8g	
Protein 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
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Chili Mac 4 Srv.

Nutrition Facts	
Serving Size: 1/4 Pouch (69g) Servings Per Container 4	
Amount Per Serving	
Calories 240	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 610mg	25%
Total Carbohydrate 48g	16%
Dietary Fiber 5g	20%
Sugars 9g	
Protein 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
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Pasta Alfredo 4 Srv.

Nutrition Facts	
Serving Size: 1/4 Pouch (65g) Servings Per Container 4	
Amount Per Serving	
Calories 280	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 770mg	32%
Total Carbohydrate 43g	14%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 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
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Chicken Flavored Noodle Soup 4 Srv.

Nutrition Facts	
Serving Size: 1/4 Pouch (50g) Servings Per Container 4	
Amount Per Serving	
Calories 180	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 530mg	22%
Total Carbohydrate 34g	11%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 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	

Cheesy Macaroni 4 Srv.

Nutrition Facts	
Serving Size: 1/4 Pouch (51g) Servings Per Container 4	
Amount Per Serving	
Calories 200	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 600mg	25%
Total Carbohydrate 35g	12%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 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
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Hearty Tortilla Soup
4 Srv

Nutrition Facts			
Serving Size 1/4 Pouch (45g)			
Servings Per Container 4			
Amount Per Serving			
Calories 150	Calories from Fat 10		
% Daily Value*			
Total Fat 1g			2%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 960mg			40%
Total Carbohydrate 33g			11%
Dietary Fiber 4g			16%
Sugars 1g			
Protein 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
Calories per gram			
Fat 9 • Carbohydrate 4 • Protein 4			

Apple Cinnamon Cereal
12 Srv

Nutrition Facts			
Serving Size 1/4 Pouch (66g)			
Servings Per Container 4			
Amount Per Serving			
Calories 260	Calories from Fat 35		
% Daily Value*			
Total Fat 4g			6%
Saturated Fat 1g			5%
Trans Fat 1g			
Cholesterol 0mg			0%
Sodium 135mg			6%
Total Carbohydrate 46g			15%
Dietary Fiber 7g			28%
Sugars 16g			
Protein 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
Calories per gram			
Fat 9 • Carbohydrate 4 • Protein 4			

Brown Sugar Multi-Grain 12 Srv.

Nutrition Facts			
Serving Size 1/4 Pouch (66g)			
Servings Per Container 4			
Amount Per Serving			
Calories 260	Calories from Fat 35		
% Daily Value*			
Total Fat 4g			6%
Saturated Fat 1g			5%
Trans Fat 1g			
Cholesterol 0mg			0%
Sodium 120mg			5%
Total Carbohydrate 46g			15%
Dietary Fiber 7g			28%
Sugars 16g			
Protein 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
Calories per gram			
Fat 9 • Carbohydrate 4 • Protein 4			

Granola Strawberry
4 Srv.

Nutrition Facts			
Serving Size 1/4 Pouch (62g)			
Servings Per Container 4			
Amount Per Serving			
Calories 270	Calories from Fat 70		
% Daily Value*			
Total Fat 7g			11%
Saturated Fat 1.5g			8%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 150mg			6%
Total Carbohydrate 45g			15%
Dietary Fiber 4g			16%
Sugars 16g			
Protein 6g			
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
Calories per gram			
Fat 9 • Carbohydrate 4 • Protein 4			