

**Creamy Pasta and Vegetable Rotini**

Nutrition Facts	
Serving Size 1/4 Pouch (51g) Servings Per Container 4	
Amount Per Serving	
<b>Calories 200</b>	<b>Calories from Fat 35</b>
% Daily Value*	
<b>Total Fat 4g</b>	<b>6%</b>
Saturated Fat 1 5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 600mg	25%
<b>Total Carbohydrate 35g</b>	<b>12%</b>
Dietary Fiber 2g	8%
Sugars 4g	
<b>Protein 6g</b>	
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	

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)

**Tomato Basil Soup with Pasta**

Nutrition Facts	
Serving Size 1/4 Pouch (58g) Servings Per Container 4	
Amount Per Serving	
<b>Calories 240</b>	<b>Calories from Fat 70</b>
% Daily Value*	
<b>Total Fat 7g</b>	<b>11%</b>
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 430mg	18%
<b>Total Carbohydrate 39g</b>	<b>13%</b>
Dietary Fiber 1g	4%
Sugars 6g	
<b>Protein 4g</b>	
Vitamin A 25% • Vitamin C 20%	
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	

**Savory Stroganoff**

Nutrition Facts	
Serving Size 1/4 Pouch (64g) Servings Per Container 4	
Amount Per Serving	
<b>Calories 250</b>	<b>Calories from Fat 40</b>
% Daily Value*	
<b>Total Fat 4 5g</b>	<b>7%</b>
Saturated Fat 2 5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 310mg	13%
<b>Total Carbohydrate 45g</b>	<b>15%</b>
Dietary Fiber 2g	8%
Sugars 8g	
<b>Protein 7g</b>	
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	

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)

Sodium lowered 56% from 980 mg to 430 mg per serving

**Ingredients:** Pasta (Durum Semolina Flour [Wheat], Niacin, Ferrous Sulfate [Iron], Thiamine Mononitrate, Riboflavin, Folic Acid), Nondairy Creamer (Coconut Oil, Corn Syrup Solids, Sodium Caseinate, Mono and Diglycerides, Dipotassium Phosphate, Silicon Dioxide), Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Enzyme, Folic Acid), Maltodextrin, Tomato Powder, Sea Salt, Sugar, Natural Flavors, Paprika and Turmeric (color), Partially Hydrogenated Soybean Oil, Guar Gum, Spices, Disodium Inosinate and Disodium Guanylate, Citric Acid

CONTAINS MILK, SOY, WHEAT  
PRODUCED ON EQUIPMENT THAT ALSO PROCESSES MILK, SOY, WHEAT, EGG, SHELLFISH, FISH, TREE NUTS AND PEANUTS  
100% VEGETARIAN  
NET WT 232g (8.2 OZ)

**Southwest Rice & Beans**

Nutrition Facts	
Serving Size 1/4 Pouch (50g) Servings Per Container 4	
Amount Per Serving	
<b>Calories 180</b>	<b>Calories from Fat 10</b>
% Daily Value*	
<b>Total Fat 1g</b>	<b>2%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 400mg	17%
<b>Total Carbohydrate 36g</b>	<b>12%</b>
Dietary Fiber 3g	12%
Sugars 2g	
<b>Protein 7g</b>	
Vitamin A 20% • Vitamin C 8%	
Calcium 4% • Iron 6%	
*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	

**Ingredients:** Precooked Long Grain Rice, White Corn Masa (Ground White Corn Masa Flour, Sorbic Acid, Carboxymethyl Cellulose, Calcium Propionate, Fumaric Acid, Guar Gum, Enzymes, Trace of Lime), Textured Vegetable Protein (Soy Flour), Food Starch - Modified, Dried Pinto Beans, Tomato Powder, Yeast Extract, Bleached Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Enzyme, Folic Acid), Salt, Natural Flavors, Freeze-Dried Corn, Sugar, Spices, Caramel Color, Guar Gum, Citric Acid, Annatto and Turmeric (for 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 200g (7 OZ)

**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)

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

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

**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	
<b>Calories 260</b>	<b>Calories from Fat 35</b>
% Daily Value*	
<b>Total Fat 4g</b>	<b>6%</b>
Saturated Fat 1g	5%
Trans Fat 1g	
Cholesterol 0mg	0%
Sodium 135mg	6%
<b>Total Carbohydrate 46g</b>	<b>15%</b>
Dietary Fiber 7g	28%
Sugars 16g	
<b>Protein 6g</b>	
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	

**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)

**Whey Milk Alternative**

Nutrition Facts	
Serving Size 2 Tbs (17g) Servings Per Container 12	
Amount Per Serving	
<b>Calories 80</b>	<b>Calories from Fat 30</b>
% Daily Value*	
<b>Total Fat 3g</b>	<b>5%</b>
Saturated Fat 2 5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 90mg	4%
<b>Total Carbohydrate 10g</b>	<b>3%</b>
Dietary Fiber 0g	0%
Sugars 8g	
<b>Protein 2g</b>	
Vitamin A 0% • Vitamin C 0%	
Calcium 30% • Iron 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
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	

**INGREDIENTS:** Sweet Whey, Partially Hydrogenated Coconut Oil, Corn Syrup Solids, Nonfat Dry Milk, Sugar, Sodium Caseinate (a milk derivative), Tricalcium Phosphate, Mono and Diglycerides, Dipotassium Phosphate, Carrageenan

CONTAINS MILK

**Orange Beverage Mix**

Nutrition Facts	
Serving Size 2 Tbsp (30g) Servings Per Container 16	
Amount Per Serving	
<b>Calories 110</b>	<b>Calories from Fat 0</b>
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 110mg	5%
<b>Potassium 30mg</b>	<b>1%</b>
<b>Total Carbohydrate 30g</b>	<b>10%</b>
Dietary Fiber 0g	0%
Sugars 29g	
<b>Protein 0g</b>	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 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
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Potassium	3,500 mg 3,500 mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

**INGREDIENTS:** Sugar, Natural Flavor, Citric Acid, Salt, Food Starch - Modified, Monopotassium Phosphate, Yellow 5 and Yellow 6

NET WT. 480g (16.9 OZ)

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