(6 cans)

**Nutrition Facts** 

Serving Size: 1/4 Cup (43g) Dry

Servings Per Container: 51

Amount Per Serving

Total Fat 0.5g

Trans Fat Og

Cholesterol Omg

Sodium 15mg

Sugars 2g

Protein 6g

Vitamin A

Calcium

Total Fat

Sodium

Cholesterol

Total Carbohydrate

Dietary Fiber

Saturated Fat Og

Total Carbohydrate 31g

0% • Vitamin C

2,000

65g

20g

300mg

300g

25g

Less than 2,400mg 2,400mg

2% · Iron

\*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

Less than

Less than

Calories per gram: Fat 9 • Carbs 4 • Protein 4

Dietary Fiber 6g

Saturated Fat Less than

**INGREDIENTS:** 

Contains allergens: Wheat

0%

1%

10%

23%

0%

10%

2,500

80g

25g

300mg

375g

Calories 100 Calories from Fat 0 Trans Fat Og

0% 0% 0% 0% 9% 52% 0% • Vitamin C 0% 0% • Iron \*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

**Nutrition Facts** 

Calories 300 Calories from Fat 0 Total Fat Og Saturated Fat Og Trans Fat Og Cholesterol Omg Sodium Omg Total Carbohydrate 54g Dietary Fiber 20g Sugars 4g Protein 18a

**Nutrition Facts** 

Serving Size: 1/2 Cup (86g) Dry

Servings Per Container: 26

0% 0% 18% 80%

Three Months Two Person

(3 cans)

Serving Size: 1/4 Cup (46g) Dry Servings Per Container: 49 Calories 150 Calories from Fat 0 Total Fat Og Saturated Fat Og 0% Trans Fat Og Cholesterol Omg 0% Sodium Omg 0%

10%

40%

0%

2,500

80g

25g

300mg

375g

30g

Total Carbohydrate 29g

2% •

Calories

Iron

2,000

Dietary Fiber 10g

Sugars Og

Protein 10a

**Nutrition Facts** 

Cholesterol Omg Sodium 5mg Total Carbohydrate 28g Dietary Fiber 13g Sugars Og Protein 12g Vitamin A Calcium

Total Fat Less than 65g Saturated Fat Less than 20g 300mg Cholesterol Less than Less than 2,400mg 2,400mg Sodium Total Carbohydrate 300g Dietary Fiber 25g Calories per gram: Fat 9 • Carbs 4 • Protein 4

2,500 25g 300mg 30g

0% • Vitamin A Vitamin C Calcium 10% • Iron \*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 Less than Total Fat 65g Saturated Fat Less than 20g 300mg Cholesterol Less than Less than 2,400mg 2,400mg Sodium 300g 25g

10% 2,500 80g 25g 300mg

Vitamin A 0% • Vitamin C Calcium \*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. Cholesterol Sodium Total Carbohydrate

65g Less than Saturated Fat Less than 20g 300mg Less than Less than 2,400mg 2,400mg 300g 25g Calories per gram: Fat 9 • Carbs 4 • Protein 4 **INGREDIENTS:** 

**HONEY COATED** 

**BANANA SLICES** 

FREEZE DRIED SLICED DEHYDRATED

**STRAWBERRIES** 

**Nutrition Facts** 

Calories from Fat 5

0% • Vitamin C 110%

Iron

% Daily Value\*

0%

0%

0%

2%

Serving Size: 1/2 Cup (10g) Dry

Servings Per Container: 18

Amount Per Serving

Calories 35

Total Fat Og

Saturated Fat Og

Total Carbohydrate 5g

2% •

Dietary Fiber 2g

Trans Fat Og

Sodium Omg

Sugars 5g

Protein 1g

Cholesterol Omg

**INGREDIENTS:** 

Total Carbohydrate 375g Dietary Fiber Calories per gram: Fat 9 • Carbs 4 • Protein 4 **INGREDIENTS:** 

**POTATO DICES** 

**Nutrition Facts** 

Calories 160 Calories from Fat 0

% Daily Value\*

0%

0%

1%

12%

12%

80g

300mg

Serving Size: 1/2 Cup (43g) Dry

Servings Per Container: 20

Amount Per Serving

Total Fat Og

Saturated Fat Og

Total Carbohydrate 36g

Vitamin A 0% • Vitamin C

2% •

lower depending on your calorie needs

Less than

Percent Daily values are based on a 2,000

calorie diet. Your daily values may be higher or

Iron

300mg

Dietary Fiber 3g

Saturated Fat Less than

Trans Fat Og

Sodium 30mg

Sugars 2g

Protein 3g

Total Fat

Cholesterol Omg

(2 cans)

**POTATO GEMS** 

**Nutrition Facts** 

Calories 110 Calories from Fat 15

% Daily Value\*

2%

0%

22%

**7**%

8%

15%

80g

300mg

Serving Size: 1/4 Cup (30g) Dry

Servings Per Container: 45

Amount Per Serving

Total Fat 1.5g

Trans Fat Og

Cholesterol Omg

Sodium 520mg

Sugars 1g

Protein 2g

Total Fat

Sodium

Saturated Fat Og

Total Carbohydrate 22g

Vitamin A 0% • Vitamin C

2%

lower depending on your calorie needs.

Less than

Cholesterol Less than 300mg

\*Percent Daily values are based on a 2,000

calorie diet. Your daily values may be higher or

Less than 2,400mg 2,400mg

25g

Dietary Fiber 2g

Saturated Fat Less than

**Nutrition Facts** Serving Size: 1/2 Cup (42g) Dry Servings Per Container: 22 Amount Per Serving Calories 230 Calories from Fat 140 Total Fat 15g Saturated Fat 14g Trans Fat Og Cholesterol Omg Sodium Omg

Potassium 210mg

Dietary Fiber 2g

Saturated Fat Less than

**INGREDIENTS:** 

**DEHYDRATED** 

(1 can)

**POTATO SHREDS** 

**Nutrition Facts** 

% Daily Value\*

0%

0%

0%

19%

8%

8%

80a

Serving Size: 1/2 Cup (31g) Dry

Servings Per Container: 21

Amount Per Serving

Total Carbohydrate

Dietary Fiber

natural flavoring.

Less than

Sugars 12g

Protein Og

Vitamin A

Calcium

Total Fat

Sodium

Total Carbohydrate 18g 6% 6% 0% · Vitamin C 0% 10% • 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 65g 80g 20g 25g Cholesterol Less than 300mg 300mg Less than 2,400mg 2,400mg 300g 25g Calories per gram: Fat 9 • Carbs 4 • Protein 4 Bananas, coconut/vegetable oil, sugar/honey,

% Daily Value\*

23%

68%

0%

0%

6%

Vitamin A Total Fat Sodium Dietary Fiber

**DEHYDRATED** 

(3 cans)

**DICED CARROTS** 

Nutrition Facts

Calories 120 Calories from Fat 5

% Daily Value\*

1%

0%

4%

9%

45%

80g

300mg

Serving Size: 1/3 Cup (36g) Dry

Servings Per Container: 29

Amount Per Serving

Total Fat 0.5g

Trans Fat Og

Cholesterol Omg

Sodium 100mg

Sugars 19g

Protein 3g

Sodium

Dietary Fiber

Saturated Fat Og

Total Carbohydrate 28g

Vitamin A 780% • Vitamin C

8% •

lower depending on your calorie needs

Cholesterol Less than 300mg

**DEHYDRATED DICED** 

Nutrition Facts

Serving Size: 1 Tbsp (5g) Dry

0% •

Calories

Less than

Iron

2,000

Less than 2,400mg 2,400mg

300g

25g

65g

Servings Per Container: 113

Amount Per Serving

Calories 15

Total Fat Og

Saturated Fat Og

Trans Fat Og

0%

0%

BELL PEPPERS (RED & GREEN) WHITE RICE

Calories from Fat 0

% Daily Value\*

0%

0%

1%

80g

30g

300mg

\*Percent Daily values are based on a 2,000

calorie diet. Your daily values may be higher or

Calories

Calories per gram: Fat 9 • Carbs 4 • Protein 4

Less than

Iron

2,000

Less than 2,400mg 2,400mg

65g

25g

Dietary Fiber 3g

Saturated Fat Less than

**INGREDIENTS:** 

Diced dehydrated carrots

Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs Less than 65g 80g Saturated Fat Less than 300mg Cholesterol Less than 300mg 25g **INGREDIENTS:** 

Cholesterol Less than Less than 2,400mg 2,400mg Sodium 30g Calories per gram: Fat 9 • Carbs 4 • Protein 4

Less than 2,400mg 2,400mg 25g Dietary Fiber Calories per gram: Fat 9 • Carbs 4 • Protein 4 **INGREDIENTS:** 

**DEHYDRATED** 

(3 cans)

SPINACH FLAKES

**Nutrition Facts** 

Calories from Fat 0

% Daily Value\*

0%

0%

2%

1%

25%

80a

300mg

Serving Size: 1/4 Cup (5a) Dry

Servings Per Container: 45

Amount Per Serving

Calories 10

Total Fat Og

Trans Fat Og

Sodium 45mg

Sugars Og

Protein 2g

Sodium

Cholesterol Omg

Saturated Fat Og

Total Carbohydrate 2g

Dietary Fiber less than 1g

Vitamin A 10% • Vitamin C

6% •

lower depending on your calorie needs

Cholesterol Less than 300mg

Saturated Fat Less than

**INGREDIENTS:** 

LONG GRAIN

Nutrition Facts

Calories 170 Calories from Fat 0

% Daily Value\*

0%

0%

0%

12%

0%

0%

80a

300mg

BACON FLAVORED BITS TACO FLAVORED

**Nutrition Facts** 

Calories from Fat 5

% Daily Value\*

1%

0%

5%

0%

0%

2%

80a

30g

300mg

Serving Size: 1 Tbsp (5g) Dry

Servings Per Container: 192

Amount Per Serving

Total Fat 0.5g

Trans Fat Og

Cholesterol Omg

Sodium 115mg

Sugars Og

Vitamin A

Cholesterol

Dietary Fiber

Total Carbohydrate

Contains allergens: Soy.

**BLUEBERRY** 

Amount Per Serving

Total Fat 2.5g

Trans Fat Og

Cholesterol 15mg

Sodium 700mg

Sugars 11g

Protein 7g

Saturated Fat 1.5g

Total Carbohydrate 56g

Vitamin A 0% • Vitamin C

15% •

Iron

Dietary Fiber 2g

(2 cans)

**PANCAKE MIX** 

**Nutrition Facts** 

Calories 290 Calories from Fat 20

% Daily Value\*

4%

29%

19%

6%

0%

25%

Serving Size: 1/2 Cup (79g) Dry

Servings Per Container: 19

Sodium

flavoring.

Calcium

0%

10%

Saturated Fat Og

Total Carbohydrate 1g

Dietary Fiber less than 1g

2%

lower depending on your calorie needs

Saturated Fat Less than

INGREDIENTS:

0% · Vitamin C

Percent Daily values are based on a 2,000

calorie diet. Your daily values may be higher or

Calories

Less than

Less than

Calories per gram: Fat 9 • Carbs 4 • Protein 4

Textured vegetable protein (soy flour, caramel

color, FD&C Red #3), soybean oil, salt, natural

Iron

2,000

65g

20g

300mg

300g

25g

Less than 2,400mg 2,400mg

Calories 15

Serving Size: 1/4 Cup (47g) Dry

Servings Per Container: 47

Amount Per Serving

Total Fat Og

Saturated Fat Og

Total Carbohydrate 37g

Vitamin A 0% • Vitamin C

0% •

lower depending on your calorie needs

Percent Daily values are based on a 2,000

calorie diet. Your daily values may be higher or

Calories

Calories per gram: Fat 9 • Carbs 4 • Protein 4

Less than

Iron

2,000

300mg

300g

25g

Less than 2,400mg 2,400mg

65g

Dietary Fiber Og

Saturated Fat Less than

Cholesterol Less than

INGREDIENTS:

Total Carbohydrate

Dietary Fiber

Trans Fat Og

Cholesterol Omg

Sodium Omg

Sugars Og

Protein 3g

Sodium

(2 cans)

Total Carbohydrate

Dietary Fiber

Percent Daily values are based on a 2,000

calorie diet. Your daily values may be higher or

Calories

Calories per gram: Fat 9 • Carbs 4 • Protein 4

Less than

Iron

2,000

Less than 2,400mg 2,400mg

300g

25g

Dietary Fiber Calories per gram: Fat 9 • Carbs 4 • Protein 4 INGREDIENTS: Potato gems (potato, canola oil [preserved with citric acid and BHT], salt, contains 2% or less of: artificial color, mono and diglycerides, natural and artificial flavor. Freshness preserved with sodium bisulfite and BHT. Contains allergens: Milk.

**SWEET CORN** 

Amount Per Serving

Calories 70

Total Fat 1g

Saturated Fat Og

Total Carbohydrate 13g

Vitamin A 2% • Vitamin C

lower depending on your calorie needs.

Cholesterol Less than 300mg

Less than

Calories per gram: Fat 9 • Carbs 4 • Protein 4

**CHOCOLATE FUDGE** 

**Nutrition Facts** 

Calories 150 Calories from Fat 15

% Daily Value\*

2%

0%

6%

11%

4%

0%

10%

80g

9%

4%

0%

3%

19%

0%

15%

80g

30g

300mg

36%

300mg

Serving Size: 1/4 Cup (39a) Dry

Servings Per Container: 45

Amount Per Serving

Total Fat 1.5g

Trans Fat Og

Cholesterol Omg

Sodium 150mg

Sugars 18g

Protein 3g

Calcium

Sodium

Saturated Fat Og

Total Carbohydrate 32g

Vitamin A 0% • Vitamin C

0% •

lower depending on your calorie needs.

Percent Daily values are based on a 2,000

calorie diet. Your daily values may be higher or

Calories

Calories per gram: Fat 9 • Carbs 4 • Protein 4

Sugar, unbleached pastry flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid, enzyme), corn syrup solids,

dextrose, dutched cocoa (cocoa [processed with alkali]), egg whites (egg whites and less than 0.1 percent sodium lauryl sulfate added as a whipping

agent), shortening (partially hydrogenated soybean and cottonseed oil), cocoa, non-iodized salt, powdered shortening (mono and diglycerides

[from partially hydrogenated soybean oil] with mixed tocopherols, ascorbic acid and citric acid [antioxidants]), wheat starch, vanilla flavor (dextrose, corn starch, water, alcohol), egg yolks, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium

Less than

Cholesterol Less than 300mg

Iron

2,000

20g

300g

25g

Less than 2.400mg 2.400mg

Dietary Fiber 1g

Saturated Fat Less than

INGREDIENTS:

phosphate), baking soda. Contains allergens: Egg and wheat.

Total Carbohydrate

Dietary Fiber

**BROWNIE MIX** 

(2 cans)

0% • Iron

Percent Daily values are based on a 2,000

calorie diet. Your daily values may be higher or

Calories 2,000

Less than 2.400mg 2.400mg

300g

25g

Dietary Fiber 2g

Saturated Fat Less than

INGREDIENTS:

Total Carbohydrate

Dietary Fiber

Trans Fat Og

Cholesterol Omg

Sodium Omg

Sugars Og

Protein 2g

Calcium

Sodium

**Nutrition Facts** 

Calories from Fat 5

% Daily Value\*

2%

0%

0%

4%

8%

8%

80g

300mg

Serving Size: 1/2 Cup (19g) Dry

Servings Per Container: 23

(2 cans)

**FREEZE DRIED** 

Calories 110 Calories from Fat 5 Total Fat Og Saturated Fat Og Trans Fat Og Cholesterol Omg Sodium 450mg Total Carbohydrate 24g Dietary Fiber 2g Sugars 1g Protein 2g

Vitamin A 0% • Vitamin C 20% 2% • Iron 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 Less than Saturated Fat Less than 300mg Cholesterol Less than 300mg Less than 2,400mg 2,400mg Sodium 300g Dietary Fiber 25g Calories per gram: Fat 9 • Carbs 4 • Protein 4 INGREDIENTS: Potato shreds (potato, salt, dextrose). Freshness preserved with sodium bisulfite and BHT.

FD BROCCOLI **FLORETS & STEMS Nutrition Facts** Serving Size: 1/2 Cup (7g) Dry Servings Per Container: 28 Amount Per Serving Calories 20 Calories from Fat 0 % Daily Value\* Total Fat Og Saturated Fat Og Trans Fat Og Cholesterol Omg Sodium 20mg Total Carbohydrate 4g

Dietary Fiber 2g

Saturated Fat Less than

**INGREDIENTS:** 

Freeze dried broccoli florets & stems.

**ELBOW MACARONI** 

**Nutrition Facts** 

Calories 200 Calories from Fat 10

0% • Vitamin C

Iron

2,000

Less than 2,400mg 2,400mg

65g

20g

300g

% Daily Value\*

0% • Vitamin C

Iron

2,000

65g

20g

25g

Less than 2,400mg 2,400mg

6% •

Calories

**Nutrition Facts** 

Calories 180 Calories from Fat 5

% Daily Value\*

0%

0%

13%

4%

0%

4%

80a

25g

30g

300mg

Serving Size: 1/4 Cup (50g) Dry

Servings Per Container: 36

Amount Per Serving

Total Fat 0.5g

Trans Fat Og

Cholesterol Omg

Sodium Omg

Sugars 1g

Protein 6g

Calcium

Total Fat

Sodium

Saturated Fat Og

Total Carbohydrate 38g

Vitamin A 0% • Vitamin C

lower depending on your calorie needs

Calories

Calories per gram: Fat 9 • Carbs 4 • Protein 4

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Less than

Cholesterol Less than 300mg

0% • Iron

Percent Daily values are based on a 2,000

calorie diet. Your daily values may be higher or

2,000

65g

20g

Less than 2,400mg 2,400mg

300g

25g

Dietary Fiber 1g

Saturated Fat Less than

**INGREDIENTS:** 

Contains allergens: Wheat.

Total Carbohydrate

Dietary Fiber

Less than

5%

0%

23%

2%

14%

0%

10%

80a

300mg

25g

% Daily Value\*

1%

0%

0%

0%

13%

8%

0%

50%

80a

30g

300mg

Protein 11g

Vitamin A

Serving Size: 1/2 Cup (54g) Dry

Servings Per Container: 26

Amount Per Serving

Total Fat 1g

Saturated Fat Og

Total Carbohydrate 40g

0%

Calories

Less than

Dietary Fiber 2g

Trans Fat Og

Cholesterol Omg

Sodium Omg

Sugars 2g

Protein 7g

Vitamin A

4% • Iron

lower depending on your calorie needs

Cholesterol Less than 300mg

Calories

Less than

2,000

65g

20g

300g

25g

Sugars 1g

Protein 2g

Sodium

Dietary Fiber

0% Cholesterol Omg 1% Sodium 5mg 1% Total Carbohydrate 4g 9% Dietary Fiber 1g Sugars 1g Protein 1g Vitamin A 20% • Vitamin C 110% Vitamin A 20% • Vitamin C 160% Calcium Percent Daily values are based on a 2,000 Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or calorie diet. Your daily values may be higher or lower depending on your calorie needs 80a 25g Saturated Fat Less than 300mg Cholesterol Less than 300mg Less than 2,400mg 2,400mg Sodium Total Carbohydrate Dietary Fiber Calories per gram: Fat 9 • Carbs 4 • Protein 4 Calories per gram: Fat 9 • Carbs 4 • Protein 4 **INGREDIENTS:** Red and green diced bell peppers, dehydrated. Contains allergens: Processed in a plant that handles wheat, egg, milk, soybean, peanut, cashew, walnut, and almond products.

> **BEEF FLAVORED** VEGETARIAN MEAT SUBSTITUTE VEGETARIAN MEAT SUBSTITUTE VEGETARIAN MEAT SUBSTITUTE Nutrition Facts Serving Size: 1/4 Cup (26g) Dry Servings Per Container: 40 Amount Per Serving Calories 90 Calories from Fat 35 % Daily Value\* Total Fat 4g Saturated Fat 0.5g 3% Trans Fat Og Cholesterol Omg 0% 20% Sodium 480mg 2% Total Carbohydrate 7g Dietary Fiber 3g 12% Sugars 2g

> > 0% · Vitamin C

\*Percent Daily values are based on a 2,000

calorie diet. Your daily values may be higher or

Iron

6%

lower depending on your calorie needs

Calories 2,000 65g 80g Less than Saturated Fat Less than 300mg Cholesterol Less than 300mg Less than 2,400mg 2,400mg Sodium 300g 25g 30g Dietary Fiber Calories per gram: Fat 9 • Carbs 4 • Protein 4 **INGREDIENTS:** Textured vegetable protein (soy flour, caramel color, red 3, soybean oil, salt, natural flavoring). Contains allergens: Soy.

BUTTERMILK

Amount Per Serving

Total Fat 0.5g

Trans Fat Og

Sodium 670mg

Sugars 5g

Protein 5g

Cholesterol

Dietary Fiber

agent), soybean oil.

Sodium

Cholesterol 10mg

Total Carbohydrate 36g

10% •

Calories

Less than

Saturated Fat Less than

**INGREDIENTS:** 

Iron

Saturated Fat Og

**Nutrition Facts** Serving Size: 1/3 Cup (50g) Dry Servings Per Container: 29 Calories 170 Calories from Fat 5 % Daily Value\* 1% 3% 28% 12% Dietary Fiber less than 1g Vitamin A 0% • Vitamin C 0% 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 2,000 65g 80g 300mg Less than 300mg Less than 2,400mg 2,400mg 25g Calories per gram: Fat 9 • Carbs 4 • Protein 4 Cake flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid, enzyme), sugar, soybean flour, dextrose, buttermilk powder, baking soda, corn starch, leavening agent (sodium acid pyrophosphate), non-iodized salt, leavening agent (monocalcium phosphate monohydrate), dried eggs (pasteurized whole eggs, less than 2 sodium silicoaluminate as an anticaking Contains allergens: Milk, egg, soy and wheat.

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 65g 80a Less than Saturated Fat Less than 300mg Cholesterol Less than 300mg Less than 2,400mg 2,400mg Sodium Total Carbohydrate 25g Dietary Fiber Calories per gram: Fat 9 • Carbs 4 • Protein 4 INGREDIENTS: Cake flour (bleached wheat flour, niacin, iron [reduced iron], thiamine mononitrate, riboflavin, folic acid), artificial blueberry bits (dextrose, hydrogenated palm oil, corn flour, artificial flavor, blue #2 lake, red #40 lake), sugar, soy flour, dextrose, buttermilk powder, corn starch, baking soda, sodium acid pyrophosphate, salt, monocalcium phosphate, whole eggs (whole eggs, sodium silicoaluminate [as an anticaking agent]), sovbean oil, natural and artificial flavor. Contains allergens: Milk, eggs, soy and wheat.

**COUNTRY FRESH®** 

**Nutrition Facts** 

Calories 70 Calories from Fat 0

% Daily Value\*

Serving Size: 5 Tbsp (21g) Dry

Servings Per Container: 39

Amount Per Serving

Total Fat Og

Saturated Fat Og Trans Fat Og

Total Carbohydrate 11g

Vitamin A 10% • Vitamin C

35% •

Percent Daily values are based on a 2,000

calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Less than

Less than

Calories per gram: Fat 9 • Carbs 4 • Protein 4

Nonfat dry milk, vitamin A palmitate, vitamin D3.

Saturated Fat Less than

INGREDIENTS:

25% • Riboflavin

Calories 2,000

65g

20g

300g

25g

300mg

Less than 2,400mg 2,400mg

Iron

Dietary Fiber Og

Cholesterol Omg

Sodium 115mg

Sugars 10g

Protein 7g

Vitamin D

Calcium

Total Fat

Sodium

Cholesterol

Total Carbohydrate

Contains allergens: Milk.

Dietary Fiber

**Nutrition Facts** Serving Size: 1/4 Cup (37g) Dry Servings Per Container: 30 Amount Per Serving Protein 14g Vitamin A Calcium Sodium Dietary Fiber

Calories 140 Calories from Fat 50 % Daily Value\* Total Fat 6g Saturated Fat 1g Trans Fat Og Cholesterol Omg Sodium 850mg Total Carbohydrate 10g Dietary Fiber 5g Sugars 3g 2% • Vitamin C 8% Iron \*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 Less than 65a Saturated Fat Less than 20g Cholesterol Less than 300mg Less than 2,400mg 2,400mg Total Carbohydrate 300g 25g Calories per gram: Fat 9 • Carbs 4 • Protein 4 INGREDIENTS: Textured vegetable protein (soy flour, caramel color), soybean oil, salt, autolyzed yeast, spices, dextrose, onion, garlic, paprika. Contains allergens: Soy. HONEY WHEAT **BREAD & ROLL MIX Nutrition Facts** Serving Size: 1/4 Cup (34g) Dry Servings Per Container: 48 Amount Per Serving

Calories 120 Calories from Fat 10

Total Fat 1g

Saturated Fat Og

Total Carbohydrate 24g

Vitamin A 0% • Vitamin C

0% •

lower depending on your calorie needs.

Calories

Calories per gram: Fat 9 • Carbs 4 • Protein 4

Unbleached flour (wheat flour, malted barley

malted barley flour piacin, iron, ascorbic acid, thiamine mononitrate, riboflavin, folic acid), whole eggs (whole eggs, sodium silicoaluminate [as an

anticaking agent]), lecithin powder (liquid lecithin,

CHOCOLATE MORNING MOO'S®

**Nutrition Facts** Serving Size: 3 1/2 Tbsp (35g) Dry

Calories 140 Calories from Fat 35

% Daily Value\*

0%

7%

9%

3%

0%

2%

2%

80g

25g

375g

30g

5-07011-021617

300mg

Servings Per Container: 57

Amount Per Serving

Total Fat 3.5g

Trans Fat Og

Cholesterol Omg

Sodium 170mg

Sugars 21g

Protein 2g

Vitamin D

Calcium

Total Fat

Sodium

Saturated Fat 3.5g

Total Carbohydrate 26g

Dietary Fiber less than 1g

Vitamin A 10% • Vitamin C

6%

25% • Riboflavin

Calories 2,000

65g

20g

300g

25g

Less than 2,400mg 2,400mg

\*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 per gram: Fat 9 • Carbs 4 • Protein 4

Sugar, creamer (coconut oil, corn syrup solids, sodium caseinate [a milk derivative], dipotassium

phosphate, sugar, mono and diglycerides. polysorbate 80, sodium silicoaluminate, tetrasodium pyrophosphate, soy lecithin), nonfat dry milk, dutched cocoa (processed with alkali), sweet whey, natural cream flavor (maltodextrin, natural cream flavor), salt, carrageenan gum, xanthan gum, cellulose gum, vitamin A, vitamin D.

Less than

Cholesterol Less than 300mg

Saturated Fat Less than

INGREDIENTS:

Contains allergens: Milk and soy.

Total Carbohydrate

Dietary Fiber

Iron

100% INSTANT NONFAT DRY MILK LOW FAT MILK ALTERNATIVE

0%

5%

4%

0%

4%

20%

80g

25g

375g

30g

300mg

Contains allergens: Milk, eggs, soy and wheat...

flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), whole wheat flour, wheat bran, brown sugar, vital wheat gluten, salt, sugar, soybean oil, nonfat dry milk, honey powder (refinery syrup, honey), dough enhancer (bleached wheat flour,

Less than

Cholesterol Less than 300mg

\*Percent Daily values are based on a 2,000

calorie diet. Your daily values may be higher or

Iron

2,000

Less than 2,400mg 2,400mg

300g

25g

65a

Dietary Fiber 2g

Saturated Fat Less than

**INGREDIENTS:** 

defatted soy flour, dolomite).

Trans Fat Og

Cholesterol Omg

Sodium 270mg

Sugars 2g

Protein 4g

Sodium

Dietary Fiber

% Daily Value\*

1%

0%

11%

8%

8%

0%

8%

80g

300mg

Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs Saturated Fat Less than Cholesterol Less than 300mg Sodium Total Carbohydrate Dietary Fiber Calories per gram: Fat 9 • Carbs 4 • Protein 4 **INGREDIENTS:** Semolina, niacin, ferrous sulfate (iron), thiamine mononitrate, riboflavin, folic acid

Contains allergens: Wheat.

CHICKEN FLAVORED VEGETARIAN MEAT SUBSTITUTE PANCAKE MIX **Nutrition Facts** Serving Size: 1/4 Cup (26g) Dry Servings Per Container: 41 Amount Per Serving Calories 90 Calories from Fat 30 Total Fat 3g Saturated Fat Og Trans Fat Og Cholesterol Omg Sodium 550mg Total Carbohydrate 7g Dietary Fiber 4g Sugars 2g Protein 11g Vitamin A Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs Total Fat Saturated Fat Less than Cholesterol Less than 300mg Sodium Total Carbohydrate Dietary Fiber Calories per gram: Fat 9 • Carbs 4 • Protein 4 **INGREDIENTS:** Textured soy flour, soybean oil, salt, autolyzed yeast extract, hydrolyzed corn protein, natural smoke flavoring, thiamine hydrochloride, dextrose, disodium inosinate, disodium quanvlate, Contains allergens: Sov.

CREAMY WHEAT CEREAL

**SCRAMBLED EGG MIX Nutrition Facts** Serving Size: 2 Tbsp (11g) Dry Servings Per Container: 92

Calories 60 Calories from Fat 35

% Daily Value\*

54%

4%

1%

0%

2%

80g

30g

300mg

Amount Per Serving

Total Fat 4g

Saturated Fat 1g

Total Carbohydrate 2g

Vitamin A 0% • Vitamin C

6% •

lower depending on your calorie needs

Percent Daily values are based on a 2,000

calorie diet. Your daily values may be higher or

Calories

Calories per gram: Fat 9 • Carbs 4 • Protein 4

Less than

Cholesterol Less than 300mg

Iron

2,000

Less than 2,400mg 2,400mg

300g

25g

Each can contains an oxygen absorber.

Discard immediately upon opening

65g

Dietary Fiber Og

Saturated Fat Less than

**INGREDIENTS:** Whole eggs, nonfat dry milk, vegetable oil.

Contains allergens: Milk and eggs.

Trans Fat Og Cholesterol 165mg

Sodium 85mg

Sugars Og

Protein 4g

Calcium

Total Fat

Sodium

Dietary Fiber