## CHEESY BROCCOLI SOUP MIX

(2 ED cans)

# **Nutrition Facts**

Serving Size: 1/3 Cup (46g) Dry Servings Per Container: 8					
Amount Per Ser	ving				
Calories 190 Calories from Fat 60					
% Daily Value*					
Total Fat 7	9			11%	
Saturated Fat 4g 19					
Trans Fat	0q				
Cholesterol	5mg			2%	
Sodium 980	) Dma			41%	
Total Carbo		ate	28a	9%	
Dietary Fil				3%	
Sugars 8g					
Protein 4g					
Vitamin A	2%	•	Vitamin	C 50%	
Calcium	10%	•	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.					
calorie diet. Yo	ur daily	y val	ues may b	e higher or	
calorie diet. Yo	ur daily	y val our	ues may b	e higher or eds.	
calorie diet. Yo lower dependir Total Fat	ur daily ng on y Calo Less t	y val vour ories han	ues may b calorie nee 2,000 65g	e higher or eds. 2,500 80g	
calorie diet. Yo lower dependir Total Fat Saturated Fat	ur daily ng on y Calo Less t Less t	y val your ories than than	ues may be calorie nee 2,000 65g 20g	e higher or eds. 2,500 80g 25g	
calorie diet. Yo lower dependir Total Fat Saturated Fat Cholesterol	ur daily ng on y Calo Less t Less t	y val your chan chan chan	ues may be calorie nee 2,000 65g 20g 300mg	e higher or eds. 2,500 80g 25g 300mg	
calorie diet. Yo lower dependir Total Fat Saturated Fat Cholesterol Sodium	ur daily ng on y Calo Less t Less t Less t	y val your chan chan chan	ues may be calorie nee 2,000 65g 20g 300mg 2,400mg	e higher or eds. 2,500 80g 25g 300mg 2,400mg	
calorie diet. Yo lower dependir Total Fat Saturated Fat Cholesterol Sodium Total Carbohyd	ur daily ng on y Calo Less t Less t Less t	y val your chan chan chan	ues may b calorie ner 2,000 65g 20g 300mg 2,400mg 300g	e higher or eds. 2,500 80g 25g 300mg 2,400mg 375g	
calorie diet. Yo lower dependir Total Fat Saturated Fat Cholesterol Sodium	ur daily ng on y Calo Less t Less t Less t Less t rate	y val vour han han han	ues may be calorie nee 2,000 65g 20g 300mg 2,400mg 300g 25g	e higher or eds. 2,500 80g 25g 300mg 2,400mg 375g 30g	

#### **INGREDIENTS:**

Creamer (maltodextrin, palm oil), cheese base (whey, buttermilk solids, cheeses [granular and cheddar {pasteurized milk, cheese [ginluid difd enzymes]], whey protein concentrate, salt, sodium phosphate, citric acid, FD&C Yellow #5, FD&C Yellow #6, lactic acid, enzyme), modified food starch, broccoli, chicken soup base (corn syrup solids, salt, corn starch, hydrolyzed corn, soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate, disodium guanylate, spices, turmeric, dehydrated parsley, silicon dioxide), maltodextrin, chopped onion, celery, salt, yeast extract, onion powder, parsley flakes, sweet whey.

Contains allergens: Soy and milk.

### **CREAMY POTATO** SOUP MIX

(3 ED cans)

# **Nutrition Facts** Serving Size: 1/3 Cup (49g) Dry Servings Per Container: 8

Amount Per Ser	Amount Per Serving				
Calories 20	0 C	alor	ies from	Fat 70	
			% Da	aily Value*	
Total Fat 7g	11%				
Saturated	Fat	4g		19%	
Trans Fat Og					
Cholesterol	0m	g		0%	
Sodium 101	0mg			42%	
Total Carbo	hyd	rate	32g	11%	
Dietary Fil	ber	1g		5%	
Sugars 3g		-			
Protein 3q					
Vitamin A	2%	•	Vitamin (	C 10%	
Vitamin A Calcium	2% 2%	•	Vitamin ( Iron	C 10% 4%	
	2% value ur dai	• s are ly val	Iron based or ues may be	4% a 2,000 e higher or	
Calcium *Percent Daily calorie diet. Yo	2% value ur dai ng on	• s are ly val	Iron based or ues may be	4% a 2,000 e higher or	
Calcium *Percent Daily calorie diet. Yo	2% value ur dai ng on Cal	• s are ly val your	Iron based or ues may be calorie nee	4% a a 2,000 e higher or eds.	
Calcium *Percent Daily calorie diet. Yo lower dependir	2% value ur dai ng on Cal Less	• ly val your ories than	Iron based or ues may be calorie nee 2,000	4% a 2,000 e higher or eds. 2,500 80g	
Calcium <sup>*</sup> Percent Daily calorie diet. Yo lower dependir Total Fat Saturated Fat	2% value ur dai ng on Cal Less	• ly val your ories than than	Iron based or ues may be calorie nee 2,000 65g 20g	4% a a 2,000 e higher or eds. 2,500 80g 25g	
Calcium <sup>*</sup> Percent Daily calorie diet. Yo lower dependir Total Fat Saturated Fat	2% value ur dai ng on Cal Less Less Less	• ly val your ories than than than	Iron based or ues may be calorie nee 2,000 65g 20g	4% 1 a 2,000 a higher or eds. 2,500 80g 25g 300mg	
Calcium *Percent Daily calorie diet. Yo lower dependir Total Fat Saturated Fat Cholesterol	2% value ur dai ng on Cal Less Less Less	• ly val your ories than than than	Iron based or ues may be calorie nee 2,000 65g 20g 300mg	4% a a 2,000 e higher or eds. 2,500 80g 25g 300mg 2,400mg	
Calcium *Percent Daily calorie diet. Yo lower dependir Total Fat Saturated Fat Cholesterol Sodium	2% value ur dai ng on Cal Less Less Less	• ly val your ories than than than	Iron based or ues may be calorie nee 2,000 65g 20g 300mg 2,400mg	4% a a 2,000 e higher or eds. 2,500 80g 25g 300mg 2,400mg 375g	

#### **INGREDIENTS:**

Creamer (maltodextrin, palm oil), enriched bleached flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), potato dices, chicken bouillon (chicken soup base [corn syrup solids, salt, corn starch, hydrolyzed corn, soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate, disodium guanylate, spices, turmeric, dehydrated parsley, silicon dioxide], salt, sugar, yeast extract, sweet whey, turmeric, garlic powder, caramel color, dehydrated onion), onion chopped, onion powder, parsley flakes.

Contains allergens: Wheat, milk, and soy..

### **CHICKEN NOODLE SOUP MIX**

(3 ED cans)

## Nutrition Facts Serving Size: 1/3 Cup (27g) Dry Servings Per Container: 8 Amount Per Serving

04.01103 50		alor	ies from	i Fat IO
			% D	aily Value*
Total Fat 1g	9			1%
Saturated Fat Og				
Trans Fat	0g			
Cholesterol	10m	ıg		4%
Sodium 670	Omg			28%
Total Carbo	hydr	ate	19g	6%
Dietary Fi	ber 1	g		3%
Sugars 2g	I			
Protein 2g				
Vitamin A	25%	•	Vitamin (	C 4%
Calcium	2%	•	Iron	4%
*Percent Daily calorie diet. Yo	ur dail	y val		e higher or
iower dependi				
	Calo	ories	2,000	2,500
	Calo Less		2,000 65g	
	Less	than	65g	80g
Total Fat Saturated Fat Cholesterol	Less Less Less	than than than	65g 20g 300mg	80g 25g 300mg
Total Fat Saturated Fat Cholesterol Sodium	Less Less Less Less	than than than	65g 20g 300mg 2,400mg	80g 25g 300mg 2,400mg
Total Fat Saturated Fat Cholesterol	Less Less Less Less	than than than	65g 20g 300mg	80g 25g 300mg 2,400mg
Total Fat Saturated Fat Cholesterol Sodium	Less Less Less Less	than than than	65g 20g 300mg 2,400mg	80g 25g 300mg 2,400mg 375g

### **INGREDIENTS:**

Egg noodles (durum flour, eggs, glycerol monostearate, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), maltodextrin, chicken broth (maltodextrin, salt, natural flavor, dehydrated vegetables [onion, celery, parsley, spinach, garlic, carrots], potato flour, soybean oil, xanthan gum, spices, extractive of spices, lecithin), chicken soup base (corn syrup solids, salt, corn starch, hydrolyzed corn, soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate, disodium guanylate, spices, turmeric, dehydrated parsley, silicon dioxide), carrots, onion chopped, celery, salt, garlic powder, celery seed, white pepper, xanthan gum, parsley flakes..

Contains allergens: Wheat, eggs and soy.

### SOUTHWEST **CHILI MIX**

(3 ED cans)

#### **Nutrition Facts** Serving Size: 1/3 Cup (49g) Dry Servings Per Container: 8 Amount Per Serving Calories 160 Calories from Fat 0 % Daily Value\* Total Fat Og 0%

Saturated	0%			
Trans Fat	0g			
Cholesterol	0%			
Sodium 950	Dmg			40%
Total Carbo	hydı	rate	31g	10%
Dietary Fiber 8g 349				
Sugars 4g	I			
Protein 8g				
Vitamin A	10%	•	Vitamin 0	60%
Calcium	6%	•	Iron	10%
*Percent Daily calorie diet. Yo lower dependir	ur dai	ly val	ues may be	higher or
	Cal	ories	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 Carbohyd	rate		300g	375g
Dietary Fiber			25g	30g
Calories per gra	m: Fa	at 9 •	Carbs 4 •	Protein 4

#### **INGREDIENTS:**

Pinto beans, red beans (small precooked), modified food starch, chopped onion, beef base (salt, hydrolyzed soy protein [including partially hydrogenated soybean oil], sugar, torula yeast, corn starch, caramel color, maltodextrin, onion powder, yeast extract and natural flavor, citric acid, silicon dioxide), red and green bell peppers, dehydrated tomato paste, salt, chili pepper solids, salt, corn starch, hydrolyzed corn, syrup solids, salt, corn starch, hydrolyzed corn, soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate, disodium guanylate, spices, turmeric, dehydrated parsley, silicon dioxide), xanthan gum, garlic powder, cumin, caramel color,

Contains allergen: Soy.

# LONG GRAIN WHITE RICE

(4 ED cans)

# **Nutrition Facts**

Serving Size: 1/4 Cup (47g) Dry
Servings Per Container: 14

Amount Per Se	rving					
Calories 17	0	Calo	ories from	Fat 0		
			% Daily	/ Value*		
Total Fat C	)g			0%		
Saturated	l Fat	0g		0%		
Trans Fat Og						
Cholesterol Omg 0%						
Sodium On	ng			0%		
Total Carbo	ohyd	rate	37g	12%		
Dietary F	iber	0g		0%		
Sugars O	g					
Protein 3g						
Vitamin A	0%	•	Vitamin C	0%		
Calcium	0%	•	Iron	8%		
*Percent Daily calorie diet. Yo lower depend	our da	ily va	lues may be h	igher or		
	Ca	lories	2,000	2,500		
Total Fat	Less		5	80g		

# DEHYDRATED **POTATO DICES**

(2 ED cans)

# **Nutrition Facts**

Serving Size: 1/2 Cup (43g) Dry Servings Per Container: 6

	Amount Per Se	rving		
at O	Calories 16	0 Calo	ories from	Fat 0
'alue*			% Dai	ily Value*
0%	Total Fat C	)g		0%
0%	Saturated	Fat Og		0%
	Trans Fat	0g		
0%	Cholestero	I Omg		0%
0%	Sodium 30	mg		1%
12%	Total Carbo	ohydrate	36g	12%
0%	Dietary F	iber 3g		12%
	Sugars 2	g		
	Protein 3g			
0%	Vitamin A	0% •	Vitamin C	25%
8%	Calcium	2% •	Iron	2%
2,000 her or	*Percent Daily calorie diet. Y lower depend	our daily va	lues may be	higher or
2,500		Calories	2,000	2,500
80g 25g	Total Fat Saturated Fa	Less than	5	80g 25g
259 )0ma	Cholesterol		. 5	259 300mg

# **FD BROCCOLI FLORETS & STEMS**

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(2 ED cans) -

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INUTLI	τιοι	า Fac	ts		
Serving Size: 1/2 Cup (7g) Dry Servings Per Container: 6					
Amount Per Serving					
Calories 20	Cal	ories from	Fat 0		
		% Dail	y Value*		
Total Fat 0	g		0%		
Saturated	Fat Og		0%		
Trans Fat	0g				
Cholesterol	Omg		0%		
Sodium 20	mg		1%		
Total Carbo	hydrate	e 4g	1%		
Dietary Fi	ber 2g		9%		
Sugars 1g					
Sugars 1g Protein 2g					
Protein 2g	20% •	Vitamin C	110%		
Protein 2g	20% • 4% •	Vitamin C Iron	110% 4%		
<b>Protein</b> 2g Vitamin A	4% • values ar	Iron e based on a alues may be h	4% a 2,000 igher or		
Protein 2g Vitamin A Calcium *Percent Daily calorie diet. Yo	4% • values ar	Iron e based on a alues may be h r calorie needs	4% a 2,000 igher or		

### **COUNTRY FRESH® 100% INSTANT NONFAT DRY MILK**

(2 ED cans)

Nutrition Facts Serving Size: 5 Tbsp (21g) Dry Servings Per Container: 10					
Amount Per Serving					
Calories 80 Calories from Fat 0					
			% Daily	/ Value*	
Total Fat Og 0%					
Saturate	d Fat	0g		0%	
Trans Fa	t Og				
Cholester	ol On	ng		0%	
Sodium 11	5mg			5%	
Total Cark	ohyd	Irate	e 11g	4%	
Dietary I	-iber	0g		0%	
Sugars 1	0g				
Protein 7	9				
Vitamin A	10%	•	Vitamin C	4%	
Vitamin D	20%	•	Riboflavin	0%	
Calcium	35%	•	Iron	0%	
calorie diet.	Your da	aily va	e based on a alues may be h r calorie needs	igher or	
	Ca	alorie	s 2,000	2,500	
Total Fat	Les	s thar	n 65g	80g	

rotarrat	EC35 than	009	009
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohyd	rate	300g	375g
Dietary Fiber		25g	30g
Calories per gra	m: Fat 9 •	Carbs 4 •	Protein 4

**INGREDIENTS:** Long grain white rice.

			=- 5	3
	Cholesterol	Less than	300mg	300mg
	Sodium	Less than	2,400mg	2,400mg
	Total Carbohyd	300g	375g	
	Dietary Fiber		25g	30g
	Calories per gra	m: Fat 9 •	Carbs 4 •	Protein 4

**INGREDIENTS:** 

Dehydrated potatoes.

ng	Cholesterol	Less than	300mg	300mg
ng	Sodium	Less than	2,400mg	2,400mg
ōg	Total Carbohyd	rate	300g	375g
)g	Dietary Fiber		25g	30g
4	Calories per gra	m: Fat 9 •	Carbs 4 •	Protein 4

**INGREDIENTS:** Freeze dried broccoli florets & stems.

#### 65g 80g Saturated Fat Less than 20g 25g Cholesterol Less than 300mg 300mg Less than 2,400mg 2,400mg Sodium Total Carbohydrate 300g 375g Dietary Fiber 25g 30g Calories per gram: Fat 9 • Carbs 4 • Protein 4

#### **INGREDIENTS:**

Nonfat milk (nonfat dry milk, vitamin A palmitate and vitamin D3).

Contains allergens: Milk.

# **BACON FLAVORED BITS BEEF FLAVORED**

(1 ED can)

Amount Per Se	erving			
Calories 15	5	Calc	ories from	n Fat 5
			% Dai	ly Value*
Total Fat	).5g			1%
Saturated	d Fat	0g		0%
Trans Fat	: 0g			
Cholestero	l Om	g		0%
Sodium 11	5mg			5%
Total Carb	ohyd	rate	1g	0%
Dietary F	iber	less	than 1q	4%
Sugars 0			5	
	•			
Protein 2g				
Protein 2g Vitamin A	0%	•	Vitamin C	0%
				0% 2%
Vitamin A	0% 2% / value /our dai	• es are ily val	lron based on ues may be	2% a 2,000 higher or
Vitamin A Calcium *Percent Daily calorie diet. Y	0% 2% / value /our dai ding on	• es are ily val	based on ues may be calorie need	2% a 2,000 higher or ds.
Vitamin A Calcium *Percent Daily calorie diet. Y lower depend Total Fat	0% 2% / value /our dai ding on Cal Less	• ily val your lories than	Iron based on ues may be calorie need 2,000 65g	2% a 2,000 higher or ds. 2,500 80g
Vitamin A Calcium *Percent Daily calorie diet. Y lower depend Total Fat Saturated Fa	0% 2% / value /our dai ding on Cai Less t Less	• ily val your lories than than	Iron based on ues may be calorie need 2,000 65g 20g	2% a 2,000 higher or is. 2,500 80g 25g
Vitamin A Calcium *Percent Daily calorie diet. Y lower depend Total Fat	0% 2% / value /our dai ding on Cai Less t Less	• ily val your lories than than	Iron based on ues may be calorie need 2,000 65g 20g	2% a 2,000 higher or is. 2,500 80g 25g

**INGREDIENTS:** 

#### Textured vegetable protein (soy flour, caramel color, FD&C Red #3), soybean oil, salt, natural flavoring.

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

Total Carbohydrate 300g

375g 30g

25g

Contains allergens: Soy.

Dietary Fiber

VEGETARIAN MEAT SUBSTITUTE VEGETARIAN MEAT SUBSTITUTE VEGETARIAN MEAT SUBSTITUTE CEREAL (1 ED can)

#### **Nutrition Facts** Serving Size: 1/4 Cup (26g) Dry Servings Per Container: 11

Amount Per Ser	ving			
Calories 90	С	alor	ies from	Fat 35
			% Di	aily Value*
Total Fat 4	g			6%
Saturated	Fat	0.59	9	3%
Trans Fat	0g			
Cholesterol	Omg	3		0%
Sodium 480	Omq	-		20%
Total Carbo	hvdr	ate	7a	2%
Dietary Fil	-		. 9	12%
Sugars 2g		9		
Protein 11g				
Vitamin A	0%		Vitamin (	
	0 /0	-	vitamin (	C 0%
Calcium	6%	•	Iron	<u> </u>
Calcium *Percent Daily calorie diet. Yo lower dependir	6% values ur dail	are y val	lron based or ues may be	10% a 2,000 e higher or
*Percent Daily calorie diet. Yo	6% values ur dail ng on g	are y val	lron based or ues may be	10% a 2,000 e higher or
*Percent Daily calorie diet. Yo lower dependir Total Fat	6% values ur dail ng on y Calo	are y val your ories than	Iron based or ues may be calorie nee 2,000 65g	10% n a 2,000 e higher or eds. 2,500 80g
*Percent Daily calorie diet. Yo lower dependir Total Fat Saturated Fat	6% values ur dail ng on y Calo Less	are y vali your ories than than	Iron based or ues may be calorie nee 2,000 65g 20g	10% n a 2,000 e higher or eds. 2,500 80g 25g
*Percent Daily calorie diet. Yo lower dependir Total Fat Saturated Fat Cholesterol	6% values ur dail ng on y Calo Less Less	s are y vali your ories than than than	Iron based or ues may be calorie nee 2,000 65g 20g 300mg	10% 10% 10% 10% 10% 10% 2,000 2,500 80g 25g 300mg
*Percent Daily calorie diet. Yo lower dependir Total Fat Saturated Fat Cholesterol Sodium	6% values ur dail ng on y Cald Less Less Less	s are y vali your ories than than than	Iron based or ues may be calorie nee 2,000 65g 20g 300mg 2,400mg	10% 10% higher or eds. 2,500 80g 25g 300mg 2,400mg
Total Fat Saturated Fat Cholesterol Sodium	6% values ur dail ng on y Cald Less Less Less	s are y vali your ories than than than	Iron based or ues may be calorie nee 2,000 65g 20g 300mg 2,400mg 300g	10% a 2,000 e higher or eds. 2,500 80g 25g 300mg 2,400mg 375g
*Percent Daily calorie diet. Yo lower dependir Total Fat Saturated Fat Cholesterol Sodium	6% values ur dail ng on Calo Less Less rate	s are y val your ories than than than than	Iron based or ues may be calorie nee 2,000 65g 20g 300mg 2,400mg 300g 25g	10% a 2,000 b higher or 2,500 80g 25g 300mg 2,400mg 375g 30g

#### **INGREDIENTS:**

Textured vegetable protein (soy flour, caramel color, red 3, soybean oil, salt, natural flavoring).

Contains allergens: Soy.

# **CHICKEN FLAVORED**

(1 ED can)

Total Carbohydrate 7g Dietary Fiber 4g Sugars 2g Protein 11g	/alue* 5%					
% Daily V         Total Fat 3g         Saturated Fat 0g         Trans Fat 0g         Cholesterol 0mg         Sodium 550mg         Total Carbohydrate 7g         Dietary Fiber 4g         Sugars 2g         Protein 11g	/alue* 5%					
Total Fat 3g Saturated Fat 0g Trans Fat 0g Cholesterol 0mg Sodium 550mg Total Carbohydrate 7g Dietary Fiber 4g Sugars 2g Protein 11g	5%					
Saturated Fat Og Trans Fat Og Cholesterol Omg Sodium 550mg Total Carbohydrate 7g Dietary Fiber 4g Sugars 2g Protein 11g						
Trans Fat Og Cholesterol Omg Sodium 550mg Total Carbohydrate 7g Dietary Fiber 4g Sugars 2g Protein 11g	00/					
Cholesterol Omg Sodium 550mg Total Carbohydrate 7g Dietary Fiber 4g Sugars 2g Protein 11g	0%					
Cholesterol Omg Sodium 550mg Total Carbohydrate 7g Dietary Fiber 4g Sugars 2g Protein 11g						
Sodium 550mg Total Carbohydrate 7g Dietary Fiber 4g Sugars 2g Protein 11g	0%					
Total Carbohydrate 7g Dietary Fiber 4g Sugars 2g Protein 11g	23%					
Dietary Fiber 4g Sugars 2g Protein 11g	23%					
Sugars 2g Protein 11g						
Protein 11g	Dietary Fiber 4g 14%					
Vitemin A Office Vitemin C						
Vitamin A 0% • Vitamin C	0%					
Calcium 6% • Iron	10%					
*Percent Daily values are based on a calorie diet. Your daily values may be hig lower depending on your calorie needs.	her or					
Total Fat Less than 65g Saturated Fat Less than 20g	2,500					
	80g					
Sodium Less than 2,400mg 2,40	80g 25g					
Total Carbohydrate 300g	80g 25g 00mg					
Dietary Fiber 25g	80g 25g 00mg					
Calories per gram: Fat 9 • Carbs 4 • Pro	80g 25g 00mg 00mg					

#### **INGREDIENTS:**

# Textured soy flour, soybean oil, salt, autolyzed yeast extract, hydrolyzed corn protein, natural smoke flavoring, thiamine hydrochloride, dextrose, disodium inosinate, disodium guanylate.

Contains allergens: Sov.

# **CREAMY WHEAT**

(6 ED cans)

Nutri Serving Size Servings Pe	e: 1/4	4 Cu	p (50	)g)		
Amount Per Ser	ving					
Calories 180	)	Calc	ories	fror	n F	at 5
				% Da	aily \	/alue*
Total Fat 0.	5g					1%
Saturated	Fat	0g				0%
Trans Fat	0a					
Cholesterol	0m	a				0%
Sodium Om		5				0%
Total Carbo	•	rata	790			13%
	-		389			
Dietary Fil	oer	Ig				4%
Sugars 1g						
Protein 6g						
Vitamin A	0%	•	Vitan	nin (	2	0%
Calcium	0%	•	Iron			4%
*Percent Daily calorie diet. Yo lower dependir	ur da	ily val	ues ma	ay be	hig	2,000 her or
	Ca	lories	2,0	000		2,500
Total Fat Saturated Fat		than than		65g 20g		80g 25g
Cholesterol Sodium		than than		)mg )ma		00mg 00ma
Total Carbohyd Dietary Fiber			3	00g 25g	_,	375g 30g
Calories per gra	m: Fa	at 9 •	Carbs	4 •	Pro	tein 4

#### **INGREDIENTS:** Farina (Wheat)

Contains allergens: Wheat.

#### BUTTERMILK PANCAKE MIX

(3 ED cans)

Nutri	-	-	_			
Serving Size: 1/3 Cup (50g) Dry Servings Per Container: 6						
Servings Pe	1 00	ntan	ner. o			
Amount Per Ser	ving					
Calories 170	)	Calc	ories froi	n Fat 5		
			% D	aily Value*		
Total Fat 0.	.5g			1%		
Saturated	Fat	0g		0%		
Trans Fat	0a					
Cholesterol	-	na		3%		
Sodium 670	-	.9		28%		
Total Carbo	hyd	rate	36g	12%		
Dietary Fil	ber	ess	than 1g	4%		
Sugars 5g						
Protein 5g						
Vitamin A	0%	•	Vitamin (	C 0%		
Calcium	10%	•	Iron	15%		
*Percent Daily calorie diet. Yo lower dependir	ur dai	ly val	ues may be	e higher or		
	Cal	ories	2,000	2,500		
		than	65g	80g		
Total Fat	Less		-	-		
Saturated Fat	Less	than	20g	25g		
Saturated Fat Cholesterol	Less Less	than than	20g 300mg	25g 300mg		
Saturated Fat Cholesterol Sodium	Less Less Less	than than	20g 300mg 2,400mg	25g 300mg 2,400mg		
Saturated Fat Cholesterol	Less Less Less	than than	20g 300mg	25g 300mg 2,400mg 375g		

#### **INGREDIENTS:**

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 agrac (pasteurized whole agrac) least han 2 dried eggs (pasteurized whole eggs, less than 2 percent sodium silicoaluminate as an anticaking agent), soybean oil.

Contains allergens: Milk, egg, soy and wheat.

### **ORANGE DELIGHT DRINK MIX**

(2 ED cans)

		ner: 24	
Amount Per Ser	ving		
Calories 100	0 Calo	ories fror	n Fat O
		% Da	aily Value*
Total Fat O	g		0%
Saturated	Fat Og		0%
Trans Fat	0g		
Cholesterol	Omg		0%
Sodium Om	q		0%
Total Carbo	-	25a	8%
Dietary Fil		209	0%
Sugars 24			070
	g		
Protein Og			
Vitamin A	0% •	Vitamin C	: 100%
Calcium	0% •	Iron	0%
*Percent Daily calorie diet. Yo lower dependir	ur daily va	lues may be calorie nee	higher or
Total Fat	Less than	65g	80g
Saturated Fat		5	25g
Cholesterol	Less than		
e	Less than	2,400mg	
Sodium		700-	775-
Sodium Total Carbohyd Dietary Fiber		300g 25g	

Sugar, citric acid, natural and artificial orange flavors, sodium citrate, ascorbic acid, FD&C Yellow #6, FD&C Red #40.

# WHOLE EGGS

(1 ED can)

Nutri Serving Size	e: 2 1	/2 1	bsp (13g	
Servings Pe	r Co	ntai	ner: 19	
Amount Per Ser	ving			
Calories 70	С	alor	ies from	Fat 45
			% Da	aily Value*
Total Fat 5	g			8%
Saturated	Fat	1.50		8%
Trans Fat	0q			
Cholesterol	- 5	ma		72%
				4%
Total Carbo		rate	0a	0%
Dietary Fil			<u> </u>	0%
		og		0%
Sugars Og				
Protein 6g				
Vitamin A	6%	•	Vitamin 0	0%
Calcium	2%	•	Iron	6%
*Percent Daily calorie diet. Yo lower dependir	ur dai ng on	ly val	ues may be calorie nee	higher or ds.
Total Fat			_,	,
Saturated Fat	Less			
			5	-
	Less		-	-
Cholesterol		than	2,400mg	2,400mg
Cholesterol Sodium	Less	than	2,400mg 300g	
Cholesterol Sodium Total Carbohyd Dietary Fiber	Less	than		

#### **INGREDIENTS:**

Whole eggs, sodium silicoaluminate (as an anticaking agent).

Contains allergens: Eggs.

CHOCOLATE MORNING MOO'S® LOW FAT MILK ALTERNATIVE (2 cans)

#### **Nutrition Facts** Serving Size: 3 1/2 Tbsp (35g) Dry Servings Per Container: 15 Amount Per Serving Calories 140 Calories from Fat 35 % Daily Value\* Total Fat 3.5g 6% Saturated Fat 3.5g **16%** Trans Fat Og Cholesterol Omg 0% Sodium 170mg 7% Total Carbohydrate 26g 9% Dietary Fiber less than 1g 3% Sugars 21g Protein 2g Vitamin A 10% • Vitamin C 0% Vitamin D 25% • Riboflavin 2% Calcium 6% • Iron 2% \*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 Less than 2,400mg 2,400mg Sodium Total Carbohydrate 375g 300g Dietary Fiber 30g

#### 25g Calories per gram: Fat 9 • Carbs 4 • Protein 4

#### INGREDIENTS:

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,

Contains allergens: Milk and sov.

## **HONEY COATED BANANA SLICES**

(4 ED cans)

# **Nutrition Facts**

Amount Per S	erving			
Calories 2	30 Ca	lori	es from Fa	at 140
			% Dail	y Value*
Total Fat	15g			23%
Saturate	d Fat	14g	1	68%
Trans Fa	t Og			
Cholester	ol Omg	9		0%
Sodium Omg 0%				
Potassium	210m	g		6%
Total Carl	oohydr	ate	e 18g	6%
Dietary	Fiber 2	2g		6%
Sugars 1	2g			
Protein O	g			
Vitamin A	0%	•	Vitamin C	0%
Calcium	10%	•	Iron	0%
*Percent Dai calorie diet.	ly values Your dail	y va	e based on a lues may be h r calorie needs	a 2,000 ligher or

# FREEZE DRIED SLICED POTATO GEMS **STRAWBERRIES**

Nutrition Facts

Calories from Fat 5

% Daily Value\*

0%

0%

0%

0%

2%

8%

110%

2,500

80g

25g

4%

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

Servings Per Container: 5

(1 ED can)

Amount Per Serving

Calories 35

Total Fat Og

Sodium Omg

Sugars 5g

Protein 1g Vitamin A

Calcium

Total Fat

Saturated Fat Og

Total Carbohydrate 5g

Dietary Fiber 2g

Saturated Fat Less than

Trans Fat Og

Cholesterol Omg

PUIAIU	GEL
(2 ED cans)	

Nutr	itio	n Fac	ts
Serving Siz Servings P		up (30g) D ainer: 11	ry
Amount Per S	erving		
Calories 11	IO Cal	ories from	Fat 15
		% Dail	y Value*
Total Fat	1.5g		2%
Saturate	d Fat Og	1	0%
Trans Fa	t Og		
Cholester	ol Omg		0%
Sodium 52	20mg		22%
Total Carb	ohydrat	e 22g	7%
Dietary F	iber 2g		8%
Sugars 1	g		
Protein 2g	]		
Vitamin A	0% •	Vitamin C	15%
Calcium	2% •	Iron	2%
calorie diet. \	, our daily v	re based on a alues may be h ır calorie need:	igher or
	Calorie	s 2,000	2,500
Total Fat Saturated Fa	Less that Less that		80g 25g

#### DEHYDRATED **CHOPPED ONIONS** (1

ED can)	
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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 Carbohydr	300g	375g	
Dietary Fiber		25g	30g
Calories per gra	m: Fat 9 •	Carbs 4 •	Protein 4

#### **INGREDIENTS:** Bananas, coconut/vegetable oil, sugar/honey,

natural flavoring.

Chole	esterol	Less the	an	300	ng	300mg	1
Sodiu	ım	Less the	an	2,400	ng	2,400mg	1
Total Carbohydrate				30	0g	375g	1
Diet	ary Fiber			2	5g	30g	l
Calor	Calories per gram: Fat 9 • Carbs 4 • Protein 4					ŀ	
-							

0% • Vitamin C

2,000

65g

20g

2% • Iron

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

calorie diet. Your daily values may be higher or

Calories

Less than

lower depending on your calorie needs

Cholesterol	Less than		300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohyd	rate	300g	375g	
Dietary Fiber		25g	30g	
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.

		. 5	. 5		
Cholesterol	Less than	300mg	300mg		
Sodium	Less than	2,400mg	2,400mg		
Total Carbohyd	300g	375g			
Dietary Fiber		25g	30g		
Calories per gram: Fat 9 • Carbs 4 • Protein 4					

**INGREDIENTS:** 

Dehydrated onions

# **INGREDIENTS:** Sliced freeze-dried strawberries

# **FREEZE DRIED** SWEET CORN

(2 ED cans)

# **Nutrition Facts**

Serving Size			C	Diy			
Servings Pe	r Co	ntai	ner: 6				
Amount Per Ser	ving						
Calories 70		Calo	ories fro	m Fat 5			
			% D	aily Value*			
Total Fat 1g	ļ			2%			
Saturated	0%						
Trans Fat Og							
Cholesterol	0m	g		0%			
Sodium Om	0%						
Total Carbo	4%						
Dietary Fil	ber	2g		8%			
Sugars Og	Sugars Og						
Protein 2g							
Vitamin A	2%			<b>2</b> 0%			
	∠ 70	•	Vitamin (	- 8%			
Calcium	0%	•	lron				
	0% value ur da	es are ily val	Iron based or ues may be	<b>2%</b> n a 2,000 e higher or			
Calcium *Percent Daily calorie diet. Yo	0% value ur da ng on	es are ily val	Iron based or ues may be	<b>2%</b> n a 2,000 e higher or			
Calcium *Percent Daily calorie diet. Yo	0% value ur da ng on Ca Less	es are ily val your lories than	Iron based or ues may be calorie nee	2% n a 2,000 e higher or eds. 2,500 80g			
Calcium *Percent Daily calorie diet. Yo lower dependir Total Fat	0% value ur da ng on Ca Less Less	es are ily val your lories than than	Iron based or ues may be calorie nee 2,000 65g	2% n a 2,000 e higher or eds. 2,500 80g 25g			
Calcium *Percent Daily calorie diet. Yo lower dependir Total Fat Saturated Fat Cholesterol Sodium	0% value ur da ng on Ca Less Less Less	es are ily val your lories than than than	Iron based or ues may be calorie nee 2,000 65g 20g 300mg 2,400mg	2% n a 2,000 e higher or eds. 2,500 80g 25g 300mg 2,400mg			
Calcium *Percent Daily calorie diet. Yo lower dependir Total Fat Saturated Fat Cholesterol Sodium Total Carbohyd	0% value ur da ng on Ca Less Less Less	es are ily val your lories than than than	Iron based or ues may be calorie nee 2,000 65g 20g 300mg 2,400mg 300g	2% a 2,000 e higher or eds. 2,500 80g 25g 300mg 2,400mg 375g			
Calcium *Percent Daily calorie diet. Yo lower dependir Total Fat Saturated Fat Cholesterol Sodium	0% value ur da ng on Ca Less Less Less rate	es are ily val your lories than than than	Iron based or ues may be calorie nee 2,000 65g 20g 300mg 2,400mg 300g 25g	2% n a 2,000 e higher or eds. 2,500 80g 25g 300mg 2,400mg 375g 30g			

### **INGREDIENTS:**

Freeze-dried corn