

**Creamy Pasta and Vegetable Rotini**

**Nutrition Facts**  
 Serving Size 1/4 Pouch (51g)  
 Servings Per Container 4

Amount Per Serving		Calories from Fat 35	
Calories 200			% Daily Value*
<b>Total Fat</b> 4g			<b>6%</b>
Saturated Fat 1 5g			<b>8%</b>
Trans Fat 0g			
Cholesterol 0mg			<b>0%</b>
Sodium 600mg			<b>25%</b>
<b>Total Carbohydrate</b> 35g			<b>12%</b>
Dietary Fiber 2g			<b>8%</b>
Sugars 4g			
<b>Protein</b> 6g			
<b>Vitamin A 20% • Vitamin C 2%</b>			
<b>Calcium 4% • Iron 8%</b>			

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)

**Nutrition Facts**  
 Serving Size 1/4 Pouch (58g)  
 Servings Per Container 4

Amount Per Serving		Calories from Fat 70	
Calories 240			% Daily Value*
<b>Total Fat</b> 7g			<b>11%</b>
Saturated Fat 6g			<b>30%</b>
Trans Fat 0g			
Cholesterol 0mg			<b>0%</b>
Sodium 430mg			<b>18%</b>
<b>Total Carbohydrate</b> 39g			<b>13%</b>
Dietary Fiber 1g			<b>4%</b>
Sugars 6g			
<b>Protein</b> 4g			
<b>Vitamin A 25% • Vitamin C 20%</b>			
<b>Calcium 2% • Iron 8%</b>			

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 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)

**Savory Stroganoff**

**Nutrition Facts**  
 Serving Size 1/4 Pouch (64g)  
 Servings Per Container 4

Amount Per Serving		Calories from Fat 40	
Calories 250			% Daily Value*
<b>Total Fat</b> 4 5g			<b>7%</b>
Saturated Fat 2 5g			<b>13%</b>
Trans Fat 0g			
Cholesterol 0mg			<b>0%</b>
Sodium 310mg			<b>13%</b>
<b>Total Carbohydrate</b> 45g			<b>15%</b>
Dietary Fiber 2g			<b>8%</b>
Sugars 8g			
<b>Protein</b> 7g			
<b>Vitamin A 0% • Vitamin C 2%</b>			
<b>Calcium 8% • Iron 8%</b>			

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)

**Chili Macaroni**

**Nutrition Facts**  
 Serving Size 1/4 Pouch (89g)  
 Servings Per Container 4

Amount Per Serving		Calories from Fat 10	
Calories 240			% Daily Value*
<b>Total Fat</b> 1g			<b>2%</b>
Saturated Fat 0g			<b>0%</b>
Trans Fat 0g			
Cholesterol 0mg			<b>0%</b>
Sodium 610mg			<b>25%</b>
<b>Total Carbohydrate</b> 48g			<b>16%</b>
Dietary Fiber 5g			<b>20%</b>
Sugars 9g			
<b>Protein</b> 11g			
<b>Vitamin A 30% • Vitamin C 10%</b>			
<b>Calcium 8% • Iron 15%</b>			

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 37% from 970 mg to 610 mg per serving

**Ingredients:** Pasta (Durum Semolina Flour [Wheat], Niacin, Ferrous Sulfate [Iron], Thiamine Mononitrate, Riboflavin, Folic Acid), Maltodextrin, Textured Vegetable Protein (Soy Flour), Caramel Color, Sweet Whey Powder, Pinto Beans, Bleached Wheat Flour (Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Tomato Powder, Dried Onion, Spices, Salt, Sugar, Hydrolyzed Soy Protein, Guar Gum, Natural Flavors, Garlic Powder, Caramel Color, Disodium Inosinate and Disodium Guanylate, Citric Acid, Yeast Extract, Turmeric (color), Coconut Oil

CONTAINS MILK, SOY, WHEAT

PRODUCED ON EQUIPMENT THAT ALSO PROCESSES MILK, SOY, WHEAT, EGG, SHELLFISH, FISH, TREE NUTS AND PEANUTS

100% VEGETARIAN

NET WT 275g (9 7 OZ)

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

**Nutrition Facts**  
 Serving Size 1/4 Pouch (66g)  
 Servings Per Container 4

Amount Per Serving		Calories from Fat 35	
Calories 260			% Daily Value*
<b>Total Fat</b> 4g			<b>6%</b>
Saturated Fat 1g			<b>5%</b>
Trans Fat 1g			
Cholesterol 0mg			<b>0%</b>
Sodium 120mg			<b>5%</b>
<b>Total Carbohydrate</b> 46g			<b>15%</b>
Dietary Fiber 7g			<b>28%</b>
Sugars 16g			
<b>Protein</b> 6g			
<b>Vitamin A 0% • Vitamin C 0%</b>			
<b>Calcium 2% • Iron 10%</b>			

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		Calories from Fat 35	
Calories 260			% Daily Value*
<b>Total Fat</b> 4g			<b>6%</b>
Saturated Fat 1g			<b>5%</b>
Trans Fat 1g			
Cholesterol 0mg			<b>0%</b>
Sodium 135mg			<b>6%</b>
<b>Total Carbohydrate</b> 46g			<b>15%</b>
Dietary Fiber 7g			<b>28%</b>
Sugars 16g			
<b>Protein</b> 6g			
<b>Vitamin A 0% • Vitamin C 0%</b>			
<b>Calcium 4% • Iron 10%</b>			

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)

**Pasta Alfredo**

**Nutrition Facts**  
 Serving Size 1/4 Pouch (65g)  
 Servings Per Container 4

Amount Per Serving		Calories from Fat 80	
Calories 280			% Daily Value*
<b>Total Fat</b> 9g			<b>14%</b>
Saturated Fat 4g			<b>20%</b>
Trans Fat 0g			
Cholesterol 0mg			<b>0%</b>
Sodium 770mg			<b>32%</b>
<b>Total Carbohydrate</b> 43g			<b>14%</b>
Dietary Fiber 1g			<b>4%</b>
Sugars 2g			
<b>Protein</b> 5g			
<b>Vitamin A 0% • Vitamin C 2%</b>			
<b>Calcium 2% • Iron 8%</b>			

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 28% from 1070 mg to 770 mg per serving

**Ingredients:** Pasta (Durum Semolina Flour [Wheat], Niacin, Ferrous Sulfate [Iron], Thiamine Mononitrate, Riboflavin, Folic Acid), Food Starch - Modified, Nondairy Creamer (Coconut Oil, Corn Syrup Solids, Sodium Caseinate [From Milk], Mono and Diglycerides, Dipotassium Phosphate, Silicon Dioxide), 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]), Maltodextrin, Bleached Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Enzyme, Folic Acid), Hydrolyzed Soy Protein, Parmesan Flavor (Salt, Yeast Extract, Potato Maltodextrin, Coconut Oil), Partially Hydrogenated Soybean Oil, Salt, Garlic Powder, Spices, Dried Onion, Disodium Inosinate and Disodium Guanylate, Disodium Phosphate, Natural Flavor

CONTAINS MILK, SOY, WHEAT

PRODUCED ON EQUIPMENT THAT ALSO PROCESSES MILK, SOY, WHEAT, EGG, SHELLFISH, FISH, TREE NUTS AND PEANUTS

100% VEGETARIAN

NET WT 260g (9 2 OZ)

**Chicken Flavored Noodle Soup**

**Nutrition Facts**  
 Serving Size 1/4 Pouch (50g)  
 Servings Per Container 4

Amount Per Serving		Calories from Fat 15	
Calories 180			% Daily Value*
<b>Total Fat</b> 1 5g			<b>2%</b>
Saturated Fat 0g			<b>0%</b>
Trans Fat 0g			
Cholesterol 0mg			<b>0%</b>
Sodium 530mg			<b>22%</b>
<b>Total Carbohydrate</b> 34g			<b>11%</b>
Dietary Fiber 3g			<b>12%</b>
Sugars 3g			
<b>Protein</b> 8g			
<b>Vitamin A 4% • Vitamin C 4%</b>			
<b>Calcium 4% • Iron 8%</b>			

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:** Pasta (Semolina Flour [Wheat], Niacin, Ferrous Sulfate [Iron], Thiamine Mononitrate, Riboflavin, Folic Acid), Maltodextrin, Textured Vegetable Protein (Soy Flour), Yeast Extract, Dried Carrots and Celery, Dried Onion, Salt, Partially Hydrogenated Soybean Oil, Chicken Broth Powder, Garlic Powder, Disodium Inosinate and Disodium Guanylate, Natural Flavors, Spices, Whey Powder, Turmeric (color)

CONTAINS MILK, SOY, WHEAT

PRODUCED ON EQUIPMENT THAT ALSO PROCESSES MILK, SOY, WHEAT, EGG, SHELLFISH, FISH, TREE NUTS AND PEANUTS

NET WT 198g (7 OZ)

**Hearty Tortilla Soup**

**Nutrition Facts**  
 Serving Size 1/4 Pouch (45g)  
 Servings Per Container 4

Amount Per Serving		Calones from Fat 10	
Calories 150			% Daily Value*
<b>Total Fat</b> 1g			<b>2%</b>
Saturated Fat 0g			<b>0%</b>
Trans Fat 0g			
Cholesterol 0mg			<b>0%</b>
Sodium 960mg			<b>40%</b>
<b>Total Carbohydrate</b> 33g			<b>11%</b>
Dietary Fiber 4g			<b>16%</b>
Sugars 1g			
<b>Protein</b> 4g			
<b>Vitamin A 20% • Vitamin C 6%</b>			
<b>Calcium 2% • Iron 4%</b>			

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, Maltodextrin, Dried Black Beans, White Corn Masa (Ground White Corn Masa Flour, Sorbic Acid, Carboxymethyl Cellulose, Calcium Propionate, Fumaric Acid, Guar Gum, Enzymes, Trace of Lime), Bleached Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Enzyme, Folic Acid), Black Bean Flour, Spices, Freeze-Dried Corn, Guar Gum, Paprika (color), Caramel Color, Natural Mesquite Smoke Flavoring, Citric Acid, Natural Flavors

CONTAINS MILK, SOY, WHEAT

PRODUCED ON EQUIPMENT THAT ALSO PROCESSES MILK, SOY, WHEAT, EGG, SHELLFISH, FISH, TREE NUTS AND PEANUTS

100% VEGETARIAN

NET WT 181g (6 4 OZ)

**Granola Strawberry Crunch**

**Nutrition Facts**  
 Serving Size 1/4 Pouch (62g)  
 Servings Per Container 4

Amount Per Serving		Calones from Fat 70	
Calories 270			% Daily Value*
<b>Total Fat</b> 7g			<b>11%</b>
Saturated Fat 1.5g			<b>8%</b>
Trans Fat 0g			
Cholesterol 0mg			

**Loaded Baked Potato Casserole**

**Nutrition Facts**

Serving Size 1/4 Pouch (57g)  
Servings Per Container 4

Amount Per Serving	
Calories 210	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 730mg	30%
Total Carbohydrate 41g	14%
Dietary Fiber 3g	12%
Sugars 15g	
Protein 7g	
Vitamin A 2% • Vitamin C 10%	
Calcium 15% • 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

**Ingredients:** Sweet Whey Powder, Dried Potatoes (Mono and Diglycerides, Sodium Acid Pyrophosphate and Citric Acid [to preserve freshness]), Food Starch - Modified, Maltodextrin, Bleached Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Enzyme, Folic Acid), Nondairy Creamer (Coconut Oil, Corn Syrup Solids, Sodium Caseinate, Mono and Diglycerides, Dipotassium Phosphate), Yeast Extract, Textured Vegetable Protein ([Soy Flour, Caramel Color, Red 3], Soybean Oil, Salt, Natural Flavors), Dried Onion, Salt, Garlic Powder, Guar Gum, Chives, Natural Swiss Cheese Flavor (Lactose, Autolyzed Yeast Extract, Coconut Oil, Dried Torula Yeast, Natural Flavor, Maltodextrin [Potato], Food Starch - Modified), Natural Sharp Cheddar Cheese Flavor (Cheddar Cheese [Pasteurized Milk, Cultures, Salt and Enzymes], Maltodextrin, Cream, Nonfat Milk Solids, Salt, Natural Flavors, Sodium Phosphate, Yeast Extract, Xanthan Gum, Potassium Sorbate), Natural Smoke Flavor (Yeast Extract, Dried Soy Sauce [Hydrolyzed Soy Protein, Corn Syrup Solids, Salt], Natural Smoke Flavor, Partially Hydrogenated Soybean Oil), Disodium Inosinate and Disodium Guanylate, Natural Butter Flavor, Spice, Disodium Phosphate, 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 227g (8 OZ)

**Cheesy Macaroni**

**Nutrition Facts**

Serving Size 1/4 Pouch (65g)  
Servings Per Container 4

Amount Per Serving	
Calories 270	Calories from Fat 70
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 820mg	34%
Total Carbohydrate 44g	15%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 6g	
Vitamin A 0% • Vitamin C 0%	
Calcium 6% • 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 23% from 1070 mg to 820 mg per serving

**Ingredients:** Pasta (Durum Semolina Flour [Wheat], Niacin, Ferrous Sulfate [Iron], Thiamine Mononitrate, Riboflavin, Folic Acid), Food Starch - Modified, Maltodextrin, Nondairy Creamer (Coconut Oil, Corn Syrup Solids, Sodium Caseinate [From Milk], Mono and Diglycerides, Dipotassium Phosphate), Cheese Powder (Whey, Cheeses [Granular and Cheddar [Pasteurized Milk, Cheese Culture, Salt, Enzymes]], Buttermilk Solids, Whey Protein Concentrate, Salt, Contains Less Than 2% of Sodium Phosphate, Citric Acid, Lactic 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]), Textured Vegetable Protein ([Soy Flour, Red 3], Soybean Oil, Water, Salt, Hydrolyzed Protein [Corn, Soy, Wheat], Brown Sugar, Yeast Extract, Smoke Flavoring, Artificial Flavoring, Thiamine Hydrochloride, Dextrose, Partially Hydrogenated Cottonseed Oil, Disodium Inosinate, Disodium Guanylate, Spice Extract), Salt, Partially Hydrogenated Soybean Oil, Yeast Extract, Disodium Inosinate and Disodium Guanylate, Lactic Acid Powder, Spice, Natural Flavor, Disodium Phosphate, 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 260g (9.2 OZ)

**Crunchy Granola**

**Nutrition Facts**

Serving Size 1/4 Pouch (55g)  
Servings Per Container 4

Amount Per Serving	
Calories 240	Calories from Fat 60
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 40g	13%
Dietary Fiber 4g	16%
Sugars 13g	
Protein 6g	
Vitamin A 0% • Vitamin C 0%	
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

**Ingredients:** Whole Grain Rolled Oats, Brown Sugar, Canola Oil, Whole Grain Rolled Wheat, Corn Syrup, Oat Flour, Whey (Milk), Salt, Cinnamon, Soy Lecithin, Mixed Tocopherols (to preserve freshness)  
CONTAINS MILK, SOY, WHEAT  
PRODUCED ON EQUIPMENT THAT ALSO PROCESSES MILK, SOY, WHEAT, EGG, SHELLFISH, FISH, TREE NUTS AND PEANUTS.  
100% VEGETARIAN  
NET WT 220g (7.7 OZ)

**Cheesy Lasagna**

**Nutrition Facts**

Serving Size 1/4 Pouch (69g)  
Servings Per Container 4

Amount Per Serving	
Calories 260	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 410mg	17%
Total Carbohydrate 45g	15%
Dietary Fiber 4g	16%
Sugars 13g	
Protein 11g	
Vitamin A 35% • Vitamin C 35%	
Calcium 10% • 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

Sodium lowered 65% from 1180 mg to 410 mg per serving

**Ingredients:** Pasta (Durum Semolina Flour [Wheat], Niacin, Ferrous Sulfate [Iron], Thiamine Mononitrate, Riboflavin, Folic Acid), Dried Tomato, Whey Powder, Textured Vegetable Protein ([Soy Flour, Caramel Color], Soybean Oil, Salt, Natural Flavors) [Autolyzed Yeast Extract, Maltodextrin, Natural Smoke Flavoring], Dextrose, Spices, Garlic Powder), Food Starch - Modified, Potato Flour, Sugar, Nondairy Creamer (Coconut Oil, Corn Syrup Solids, Sodium Caseinate [From Milk], Mono and Diglycerides, Dipotassium Phosphate, Silicon Dioxide), Parmesan and Romano Cheese (Pasteurized Part-Skim Milk, Salt, Cheese Culture, Enzymes), Salt, Garlic Powder, Dried Onion, Natural Flavor, Paprika (color), Guar Gum, Partially Hydrogenated Soybean Oil, Dried Beef Stock (Concentrated Beef Extract, Hydrolyzed Corn, Soy, and Wheat Protein, Autolyzed Yeast, Dextrose), Spice, Caramel Color, Turmeric (color)  
CONTAINS MILK, SOY, WHEAT  
PRODUCED ON EQUIPMENT THAT ALSO PROCESSES MILK, SOY, WHEAT, EGG, SHELLFISH, FISH, TREE NUTS AND PEANUTS  
NET WT 275g (9.7 OZ)

**Potatoes and Chicken Flavored Pot Pie**

**Nutrition Facts**

Serving Size 1/4 Pouch (50g)  
Servings Per Container 4

Amount Per Serving	
Calories 180	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 400mg	17%
Total Carbohydrate 36g	12%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 7g	
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:** Dried Potato Dices, Textured Vegetable Protein (Soy Flour), Food Starch - Modified, Nondairy Creamer (Coconut Oil, Corn Syrup Solids, Sodium Caseinate, Mono and Diglycerides, Dipotassium Phosphate, Silicon Dioxide), Maltodextrin, Bleached Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Enzyme, Folic Acid), Dried Carrots and Celery, Salt, Dried Onion, Yeast Extract, Freeze-Dried Peas, Chicken Broth Powder, Disodium Inosinate and Disodium Guanylate, Garlic Powder, Natural Flavor, Spice, 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  
NET WT 200g (7 OZ)

**Southwest Rice & Beans**

**Nutrition Facts**

Serving Size 1/4 Pouch (50g)  
Servings Per Container 4

Amount Per Serving	
Calories 180	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 400mg	17%
Total Carbohydrate 36g	12%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 7g	
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)

**Teniyaki and Rice**

**Nutrition Facts**

Serving Size 1/4 Pouch (75g)  
Servings Per Container 4

Amount Per Serving	
Calories 270	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 340mg	14%
Total Carbohydrate 62g	21%
Dietary Fiber 2g	8%
Sugars 16g	
Protein 6g	
Vitamin A 20% • Vitamin C 0%	
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, Sugar, Maltodextrin, Brown Sugar, Food Starch - Modified, Textured Vegetable Protein (Soy Flour), Dried Red and Green Bell Peppers and Carrots, Dried Soy Sauce (Soybeans, Wheat, Salt, Vinegar, Lactic Acid), Salt, Onion Powder, Xanthan Gum, Yeast Extract, Vinegar Powder, Natural and Artificial Flavors, Miso Powder (Soybeans, Salt, Food Starch - Modified), Spices, Disodium Inosinate and Disodium Guanylate, Citric Acid, 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 300g (10.6 OZ)