

BEEF STROGANOFF WITH NOODLES

NET WT 4.80 OZ (136g)

INGREDIENTS: Beef Stroganoff: Cooked Beef (beef, flavoring, salt) • Sour Cream (cultured cream, milk, whey, modified corn starch, sodium phosphate, guar gum, carrageenan, carob bean gum) • Mushrooms • Modified Corn Starch • Corn Oil with Spice Extract • Nonfat Dry Milk • Dehydrated Onions Less than 2% of Hydrolyzed Vegetable Protein (corn, yeast, wheat gluten, soy protein, soybean oil) • Lemon Juice Concentrate & Lemon Oil • Sea Salt • Beef Flavor (beef stock, maltodextrin, salt) • Molasses • Spices • Garlic Powder

Precooked Noodles: Durum (wheat) Semolina • Whole Eggs • Salt

Contains: Milk, Soy, Wheat, Egg

LASAGNA WITH MEAT SAUCE

NET WT 4.80 OZ (136g)

INGREDIENTS: Lasagna: Tomatoes (tomato, tomato juice, salt, citric acid, calcium chloride) • Tomato Paste • Enriched Macaroni Product (semolina [wheat], niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid) • Cooked Beef (beef, flavoring, salt) Less than 2% of Dehydrated Onion • Modified Corn Starch • Spice • Sugar • Garlic Powder

Cheese Blend: Dehydrated Parmesan & Romano (made from cow's milk) Cheeses (part-skim milk, cheese cultures, salt, enzymes) • Dehydrated Mozzarella Cheese Flavor (mozzarella cheese [part-skim milk, cheese culture, salt, enzymes], whey, salt, sodium phosphate, lactic acid)

Contains: Milk, Wheat

CHICKEN TERIYAKI WITH RICE

NET WT 5.01 OZ (142g)

INGREDIENTS: Chicken Teriyaki: Cooked Chicken (chicken meat, salt) • Soy Sauce (wheat, soybean, salt, alcohol, vinegar, lactic acid) • Brown Sugar (sucrose, invert sugar, cane molasses) • Bamboo Shoot • Mushroom • Sherry • Green Peas (peas, salt) • Modified Corn Starch • Spicy Wine (wine, salt, sulfites) • Onion • Green Pepper • Garlic Powder • Spice

Rice: Precooked Enriched Rice (rice, niacinamide, ferric orthophosphate, thiamine mononitrate, folic acid)

Contains: Soy, Wheat

Nutrition Facts

Serving Size 1 cup (57g) dry mix
(Makes 1 cup prepared)
Servings Per Container About 2.5

Amount Per Serving		Calories from Fat 100	
		% Daily Value*	
Calories 260			
Total Fat 11g	17%		
Saturated Fat 4g	20%		
Trans Fat 0g			
Cholesterol 45mg	15%		
Sodium 800mg	33%		
Total Carbohydrate 29g	10%		
Dietary Fiber 1g	4%		
Sugars 3g			
Protein 11g	22%		
Vitamin A 4%	Vitamin C 2%		
Calcium 8%	Iron 6%		

*Percent Daily Values (DV) 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	60g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carb.		300g	370g
Dietary Fiber		25g	30g
Protein		50g	65g

NOODLES & CHICKEN

NET WT 4.73 OZ (134g)

INGREDIENTS: Precooked Noodles: Durum [wheat] Semolina • Whole Egg • Salt

Noodles & Chicken Sauce: Cooked Chicken (chicken meat, salt) • Red Pepper • Modified Corn Starch • Chicken Fat Less than 2% of Chicken Base (chicken meat, salt, maltodextrin, sugar, chicken fat, yeast extract, onion powder, garlic powder, turmeric, spice extract) • Sugar • Hydrolyzed Vegetable Protein (corn, soy, wheat gluten protein, soybean oil) • Flavoring (yeast extract, safflower oil, natural flavoring) • Onion Powder • Spice • Turmeric

Contains: Milk, Soy, Wheat, Egg

Nutrition Facts

Serving Size 1 cup (54g) dry mix
(Makes 1 cup prepared)
Servings Per Container About 2.5

Amount Per Serving		Calories from Fat 45	
		% Daily Value*	
Calories 220			
Total Fat 5g	8%		
Saturated Fat 1.5g	8%		
Trans Fat 0g			
Cholesterol 45mg	15%		
Sodium 590mg	25%		
Total Carbohydrate 33g	11%		
Dietary Fiber 1g	4%		
Sugars 1g			
Protein 10g	20%		
Vitamin A 4%	Vitamin C 8%		
Calcium 2%	Iron 6%		

*Percent Daily Values (DV) 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	60g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carb.		300g	370g
Dietary Fiber		25g	30g
Protein		50g	65g

Nutrition Facts

Serving Size 1 1/4 cup (54g) dry mix
(Makes 1 cup prepared)
Servings Per Container About 2.5

Amount Per Serving		Calories from Fat 70	
		% Daily Value*	
Calories 240			
Total Fat 8g	12%		
Saturated Fat 3.5g	18%		
Trans Fat 0g			
Cholesterol 30mg	10%		
Sodium 390mg	16%		
Total Carbohydrate 29g	10%		
Dietary Fiber 3g	12%		
Sugars 6g			
Protein 14g	28%		
Vitamin A 15%	Vitamin C 25%		
Calcium 20%	Iron 10%		

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	Calories:	2,000	2,500
Total Fat	Less than	60g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carb.		300g	370g
Dietary Fiber		25g	30g
Protein		50g	65g

BEEF STEW

NET WT 4.30 OZ (122g)

INGREDIENTS: Potatoes (potato, sodium acid pyrophosphate [color retention]) • Cooked Beef (beef, salt) • Carrots • Green Peas (peas, salt) • Corn Oil with Spice Extract

Less than 2% of: Modified Corn Starch • Hydrolyzed Vegetable Protein (corn, yeast, wheat gluten, soy protein, soybean oil) • Dehydrated Onion • Sugar • Spice • Garlic Powder

Contains: Soy, Wheat

Nutrition Facts

Serving Size 1 cup (49g) dry mix
(Makes 1 cup prepared)
Servings Per Container About 2.5

Amount Per Serving		Calories from Fat 60	
		% Daily Value*	
Calories 190			
Total Fat 6g	9%		
Saturated Fat 1g	5%		
Trans Fat 0g			
Cholesterol 20mg	7%		
Sodium 860mg	36%		
Total Carbohydrate 22g	7%		
Dietary Fiber 3g	12%		
Sugars 2g			
Protein 13g	26%		
Vitamin A 15%	Vitamin C 15%		
Calcium 2%	Iron 8%		

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	Calories:	2,000	2,500
Total Fat	Less than	60g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carb.		300g	370g
Dietary Fiber		25g	30g
Protein		50g	65g

Nutrition Facts

Serving Size 1 cup (57g) dry mix
(Makes 1 cup prepared)
Servings Per Container About 2.5

Amount Per Serving		Calories from Fat 20	
		% Daily Value*	
Calories 220			
Total Fat 2g	3%		
Saturated Fat 0.5g	3%		
Trans Fat 0g			
Cholesterol 25mg	8%		
Sodium 660mg	28%		
Total Carbohydrate 40g	13%		
Dietary Fiber 1g	4%		
Sugars 12g			
Protein 10g	20%		
Vitamin A 4%	Vitamin C 8%		
Calcium 2%	Iron 15%		

*Percent Daily Values (DV) 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	60g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carb.		300g	370g
Dietary Fiber		25g	30g
Protein		50g	65g

GRANOLA WITH MILK & BLUEBERRIES

NET WT 4.00 OZ (113g)

INGREDIENTS: Granola (oats, brown sugar, coconut, soybean oil, wheat germ, sesame seed, natural vanilla flavoring) • Nonfat Dry Milk • Freeze Dried Blueberries • Dry Cream (cream, lecithin, tocopherols and ascorbyl palmitate [to protect flavor]) • Vanilla Flavor (cane sugar, cornstarch, natural and artificial flavor, dextrose, tricalcium phosphate)

CONTAINS: Milk, Soy, Wheat, Coconut

Nutrition Facts

Serving Size 1/2 cup (57g) dry mix
(Makes 1/2 cup prepared)
Servings Per Container About 2

Amount Per Serving		Calories from Fat 80	
		% Daily Value*	
Calories 250			
Total Fat 9g	14%		
Saturated Fat 4.5g	23%		
Trans Fat 0g			
Cholesterol 10mg	3%		
Sodium 65mg	3%		
Total Carbohydrate 37g	12%		
Dietary Fiber 4g	16%		
Sugars 16g			
Protein 8g	16%		
Vitamin A 6%	Vitamin C 2%		
Calcium 15%	Iron 8%		

*Percent Daily Values (DV) 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	60g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carb.		300g	370g
Dietary Fiber		25g	30g
Protein		50g	65g