

N-622656 579363

Apple Cinnamon Cereal

Nutrition Facts	
Serving Size 1/4 Pouch (66g) Servings Per Container 4	
Amount Per Serving	
Calories 260	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 1g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 46g	15%
Dietary Fiber 7g	28%
Sugars 16g	
Protein 6g	
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)

Brown Sugar And Maple Multi-Grain Cereal

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

Hearty Tortilla Soup

Nutrition Facts	
Serving Size 1/4 Pouch (45g) Servings Per Container 4	
Amount Per Serving	
Calories 150	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 960mg	40%
Total Carbohydrate 33g	11%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 4g	
Vitamin A 20% • Vitamin C 6%	
Calcium 2% • 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: 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), Salt, Tomato Powder, Food Starch - Modified, 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)

6018 v4 Whey Milk Alternative

08/30/2012

Nutrition Facts	
Serving Size 2 Tbs (17g) Servings Per Container 12	
Amount Per Serving	
Calories 80	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 90mg	4%
Total Carbohydrate 10g	3%
Dietary Fiber 0g	0%
Sugars 8g	
Protein 2g	
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

Net Weight 204g (7.2 OZ)

Creamy Pasta and Vegetable Rotini

Nutrition Facts	
Serving Size 1/4 Pouch (51g) Servings Per Container 4	
Amount Per Serving	
Calories 200	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 600mg	25%
Total Carbohydrate 35g	12%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 6g	
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, Nonfat 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)

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 (7.0 Z)