

Creamy Pasta With Chicken

INGREDIENTS: Rotini Pasta (Durum Semolina Flour [Wheat], Niacin, Ferrous Sulfate [Iron], Thiamine Mononitrate, Riboflavin, Folic Acid), Freeze Dried Chicken, Sweet Whey, Food Starch - Modified, Coconut Oil, Corn Syrup Solids, Dried Carrots, Dried Peas, Salt, Hydrolyzed Corn Protein, Textured Vegetable Protein (Soy Flour), Guar Gum, Yeast Extract, Partially Hydrogenated Soybean and/or Cottonseed Oil, Sodium Caseinate (a Milk Derivative), Mono and Diglycerides, Dipotassium Phosphate, Xanthan Gum, Natural Flavors, Disodium Inosinate and Disodium Guanylate, Spices, Oleoresin Turmeric (for Color).

CONTAINS: MILK, SOY, WHEAT.

Nutrition Facts

Serving Size: 1/2 Package (61g)

Servings Per container: 2

Amount Per Serving

Calories 240

Calories from Fat 35

% Daily Value*

Total Fat 4g 6%

Saturated Fat 2.5g 13%

Trans Fat 0g

Cholesterol 20mg 7%

Sodium 690mg 29%

Total Carbohydrate 34g 11%

Dietary Fiber 2g 8%

Sugars 5g

Protein 15g

Vitamin A 25% • 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 calor 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

Pasta Alfredo With Chicken

INGREDIENTS: Tagliatelle Pasta (Durum Flour [Wheat], Niacin, Ferrous Sulfate [Iron], Thiamine Mononitrate, Riboflavin, Folic Acid), Freeze Dried Chicken, Food Starch-Modified, Maltodextrin, Coconut Oil, Corn Syrup Solids, Bleached Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Enzyme, Folic Acid), Salt, Hydrolyzed Soy Protein, Partially Hydrogenated Soybean and/or Cottonseed Oil, Yeast Extract, Guar Gum, Garlic Powder, Natural Flavors, Spices, Onion Powder, Sodium Caseinate (from Milk), Mono and Diglycerides, Dipotassium Phosphate, Xanthan Gum, Disodium Inosinate and Disodium Guanylate, Disodium Phosphate, Autolyzed Yeast Extract.

CONTAINS: MILK, SOY, WHEAT.

Nutrition Facts

Serving Size: 1/2 Package (75g)

Servings Per Container: 2

Amount Per Serving

Calories 310 **Calories from Fat 60**

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 4.5g **23%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 1110mg **46%**

Total Carbohydrate 44g **15%**

Dietary Fiber 2g **8%**

Sugars 2g

Protein 15g

Vitamin A 0% • Vitamin C 2%

Calcium 2% • Iron 8%

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	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

Teriyaki Chicken

INGREDIENTS: Rice, Freeze Dried Chicken, Sugar, Maltodextrin, Brown Sugar, Food Starch - Modified, Textured Vegetable Protein (Soy Flour), Soy Sauce ([Soybeans, Salt, Vinegar], Maltodextrin, Salt), Dried Red & Green Bell Peppers, Dried Carrots, Salt, Onion Powder, Xanthan Gum, Yeast Extract, Vinegar, Miso Powder (Soybeans, Salt, Modified Food Starch), Natural Flavors, Spices, Disodium Inosinate and Disodium Guanylate, Citric Acid, Caramel Color.

CONTAINS: MILK, SOY.
GLUTEN FREE.

Nutrition Facts

Serving Size: 1/2 Package (85g)

Servings Per Container: 2

Amount Per Serving

Calories 310 Calories from Fat 10

% Daily Value*

Total Fat 1g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 20mg 7%

Sodium 440mg 18%

Total Carbohydrate 61g 20%

Dietary Fiber 3g 12%

Sugars 17g

Protein 15g

Vitamin A 20% • Vitamin C 35%

Calcium 4% • Iron 6%

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	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

Cheesy Lasagna

INGREDIENTS: Tagliatelle Pasta (Semolina Flour [Wheat], Niacin, Ferrous Sulfate [Iron], Thiamine Mononitrate, Riboflavin, Folic Acid), Sausage (Freeze-Dried Pork, Salt, Spices, Sugar, Sodium Phosphate), Textured Vegetable Protein ([Soy Flour, Caramel Color], Soybean Oil, Salt, Natural Flavoring [Autolyzed Yeast Extract, Maltodextrin, Natural Smoke Flavoring], Dextrose, Spices, Garlic Powder), Dried Tomatoes, Sweet Whey Powder, Food Starch - Modified, Potato Flour, Salt, Parmesan and Romano Cheese (Pasteurized Part-Skim Milk, Salt, Cheese Culture, Enzymes), Coconut Oil, Corn Syrup Solids, Natural Flavors, Sugar, Garlic Powder, Spices, Onion Powder, Guar Gum, Partially Hydrogenated Soybean and/or Cottonseed Oil, Oleoresin Paprika and Turmeric (Color), Sodium Caseinate, Mono and Diglycerides, Dipotassium Phosphate, Caramel Color.

CONTAINS: MILK, SOY, WHEAT.

Nutrition Facts

Serving Size: 1/2 Package (85g)

Servings Per container: 2

Amount Per Serving

Calories 370 **Calories from Fat 150**

% Daily Value*

Total Fat 17g **26%**

Saturated Fat 6g **30%**

Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 1320mg **55%**

Total Carbohydrate 44g **15%**

Dietary Fiber 4g **16%**

Sugars 8g

Protein 16g

Vitamin A 40% • Vitamin C 25%

Calcium 10% • Iron 15%

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	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

Chili Mac With Beef

INGREDIENTS: Pasta (Durum Semolina Flour [Wheat], Niacin, Ferrous Sulfate [Iron], Thiamine Mononitrate, Riboflavin, Folic Acid), Freeze-Dried Beef, Textured Vegetable Protein (Soy Flour, Caramel Color), Pinto Beans, Sweet Whey, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Enzyme, Folic Acid), Dried Onion, Tomato Powder, Salt, Natural Flavor, Maltodextrin, Coconut Oil, Spices, Corn Syrup Solids, Guar Gum, Sugar, Garlic Powder, Extractives of Paprika and Turmeric (Color), Xanthan Gum, Disodium Inosinate and Disodium Guanylate, Citric Acid.

CONTAINS: MILK, SOY, WHEAT.

Nutrition Facts

Serving Size: 1/2 Package (83g)

Servings Per Container: 2

Amount Per Serving

Calories 330 Calories from Fat 70

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 1220mg **51%**

Total Carbohydrate 45g **15%**

Dietary Fiber 7g **28%**

Sugars 8g

Protein 18g

Vitamin A 30% • **Vitamin C 15%**

Calcium 10% • **Iron 25%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values maybe higher or lower depending on your calor 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

Apple Cinnamon Cereal

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 (a Milk Derivative), Mono and Diglycerides, Sodium Citrate, Dipotassium Phosphate, Carrageenan.

CONTAINS: MILK, SOY, WHEAT.
100% VEGETARIAN.

Nutrition Facts

Serving Size: 1/2 Package (66g)

Servings Per Container: 2

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 52g **17%**

Dietary Fiber 7g **28%**

Sugars 17g

Protein 6g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 10%

Thiamin 8% • Niacin 6%

Vitamin B6 2% • Folate 2%

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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 Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Strawberry Granola Crunch

INGREDIENTS: Granola (Whole Grain Rolled Oats, Brown Sugar, Canola Oil, Whole Grain Rolled Wheat, Corn Syrup, Oat Flour, Salt, Cinnamon, Soy Lecithin, Mixed Tocopherols to Preserve Freshness), Sweet Whey Powder, Freeze-dried Strawberries, Dipotassium Phosphate, 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, SOY, WHEAT.
100% VEGETARIAN.

Nutrition Facts

Serving Size: 1/2 Package (62g)

Servings Per Container: 2

Amount Per Serving

Calories 270

Calories from Fat 70

% Daily Value*

Total Fat 7g 11%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 150mg 6%

Total Carbohydrate 45g 15%

Dietary Fiber 4g 16%

Sugars 16g

Protein 6g

Vitamin A 0% • Vitamin C 2%

Calcium 8% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calor 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

Noodles In Mushroom Sauce

INGREDIENTS: Pasta (Durum Semolina Flour [Wheat], Niacin, Ferrous Sulfate [Iron], Thiamine Mononitrate, Riboflavin, Folic Acid), Freeze-Dried Beef (Beef, Salt, Spices, Flavorings, Hydrolyzed Corn Protein, Grill Flavor [Maltodextrin, Flavor {from Corn Oil}, Modified Corn Starch, Corn Syrup Solids]). Maltodextrin, Potato Flour, Food Starch - Modified, Sweet Whey, Coconut Oil, Corn Syrup Solids, Textured Vegetable Protein (Soy Flour, Caramel Color), Natural Flavors, Autolyzed Yeast Extract, Salt, Guar Gum, Sour Cream Powder (Cultured Cream [Cream, Nonfat Milk, Culture, Enzymes], Salt, Lactic Acid), Dried Onions, Dried Mushrooms, Partially Hydrogenated Soybean and/or Cottonseed Oil, Sodium Caseinate (a Milk derivative), Mono and Diglycerides, Dipotassium Phosphate, Titanium Dioxide, Annatto and Turmeric (for Color), Garlic Powder, Lactic Acid Powder, Xanthan Gum, Parsley, Disodium Inosinate and Disodium Guanylate.

Nutrition Facts

Serving Size: 1/2 Package (80g)

Servings Per Container: 2

Amount Per Serving

Calories 370 **Calories from Fat 130**

% Daily Value*

Total Fat 14g **22%**

Saturated Fat 7g **35%**

Trans Fat 0.5g

Cholesterol 25mg **8%**

Sodium 820mg **34%**

Total Carbohydrate 40g **13%**

Dietary Fiber 2g **8%**

Sugars 3g

Protein 17g

Vitamin A 0%V

itamin C 2%

Calcium 4%

ron 30%

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		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

CONTAINS: MILK, SOY, WHEAT.

PRODUCED ON EQUIPMENT THAT ALSO PROCESSES MILK, SOY, WHEAT, EGG, SHELLFISH,