#### MAPLE BROWN SUGAR OATMEAL

(3 pouches)

### **Nutrition Facts**

Serving Size: 1/4 Cup (30g) Dry Servings Per Container: 10

Servings Fer Container.	10
Amount Per Serving	
Calories 120 Calories	from Fat 20
	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 1g	5%
Trans Fat Og	
Cholesterol Omg	0%
Sodium 35mg	1%
Total Carbohydrate 20	g <b>7</b> %
Dietary Fiber 3g	12%
Sugars 3g	

Protein 4g	9				
Vitamin A	0%		Vitamin C	0%	
Calcium	2%	•	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.					
	Calc	ries	2,000	2,500	
T-4-1 E-4	1		CF	00-	

lower depending on your calorie needs.					
	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	300g	375g			
Dietary Fiber	25g	30g			
Calories per gra	m· Eat Q •	Carbs 1 .	Protein 4		

#### **INGREDIENTS:**

gluten free quick oats, brown sugar, Creamer Coconut oil, Corn syrup solids, sodium caseinate (a milk derivative), dipotassium phosphate, sugar, mono & diglycerides, silicon dioxide, polysorbate 80, tetrasodium pyrophosphate, soy lecithin, natural and artificial maple flavor (dextrose, maltodextrin, less than 2.0% silicon dioxide added to prevent caking), non-iodized salt.

Contains allergens: Milk and sov.

#### **STRAWBERRY CREAM OF WHEAT**

(1 pouch)

# **Nutrition Facts**

Serving Size: 1/4 Cup (46g) Dry Servings Per Container: 8

Amount Per Serving	
Calories 180 Calories fro	m Fat 25
%	Daily Value*
Total Fat 2.5g	4%
Saturated Fat 2g	10%
Trans Fat Og	
Cholesterol Omg	0%
Sodium 100mg	4%
Total Carbohydrate 35g	12%
Dietary Fiber 1g	4%
Sugars 11g	
Protein 4g	

Vitamin A	0%	•	Vitamin (	0%
Calcium	0%	•	Iron	2%
*Percent Daily calorie diet. Yo lower dependir	ur daily	/ valu	ues may be	higher or
	Calo	ries	2,000	2,500
Total Fat	Less t	han	65g	80g
Saturated Fat	Less t	han	20g	25g
Cholesterol	Less t	han	300mg	300mg
Sodium	Less t	han	2,400mg	2,400mg

300g

25g

375g

30g

### **INGREDIENTS:**

Sodium Total Carbohydrate

Dietary Fiber

Farina (wheat), sugar, coconut creamer (partially hydrogenated coconut oil, corn syrup solids. sodium caseinate [a milk derivative], dipotassium phosphate, mono and diglycerides, silicon dioxide and sov lecithin), natural and artificial strawberry flavor (maltodextrin, sugar, natural and artificial flavor, modified corn starch, potassium benzoate), non-iodized salt, natural red coloring (carmine, caramel color, and maltodextrin).

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

Contains allergens: Milk, soy, wheat.

#### BUTTERMILK **PANCAKE MIX**

(3 pouches)

#### **Nutrition Facts** Serving Size: 1/3 Cup (46g) Dry

Servings Per Container: 6

Amount Per Serving	
Calories 160 Calories	from Fat 5
	% Daily Value*
Total Fat Og	0%
Saturated Fat Og	0%
Trans Fat Og	
Cholesterol Omg	0%
Sodium 560mg	23%
Total Carbohydrate 34g	11%
Dietary Fiber 1g	4%
Sugars 5g	
Protein 4a	

Vitamin A	0%	•	Vitamin	C 0%
Calcium	10%	•	Iron	15%
*Percent Dail calorie diet. \ lower depen	our daily	/ va	lues may b	e higher or
	Calo	ries	2,000	2,500
Total Fat	Less t	har	65g	80g

	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 • Carbs 4 • Protein 4				

#### **INGREDIENTS:**

Cake flour (bleached wheat flour, niacin, iron (reduced iron), thiamine mononitrate, riboflavin, folic acid), sugar, soybean flour, dextrose, buttermilk powder, baking soda, corn starch, leavening agent (sodium acid pyrophosphate), non-iodized salt, leavening agent (monocalcium phosphate monohydrate), egg substitute (soy flour, wheat gluten, corn syrup solids, sodium

Contains allergens: Milk, soy and wheat

### **FETTUCCINE ALFREDO**

(1 pouch)

#### **Nutrition Facts**

Serving Size: 1/2 Cup (69g) Dry Servings Per Container: 4

Amount i ci sci ving	
Calories 300 Calories fro	om Fat 100
	% Daily Value*
Total Fat 11g	17%
Saturated Fat 9g	45%
Trans Fat Og	
Cholesterol 35mg	12%
Sodium 890mg	37%
Total Carbohydrate 41g	14%
Dietary Fiber 2g	8%
Sugars 5g	

Protein 10g					
Vitamin A	0%	•	Vitamin C	2%	
Calcium	10%	•	Iron	8%	
*Percent Daily calorie diet. Y lower depend	our dai	ly val	ues may be h	igher o	

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 • Carbs 4 • Protein 4					

**INGREDIENTS:** 

Egg noodles (durum flour [wheat], eggs, glyceryl monostea-rate, niacin, iron [ferrous sulfate], thiamin mononitrate, ribo-flavin, folic acid), coconut creamer (partially hydrogenated coconut oil, corn syrup solids, sodium caseinate [a milk cocontut oil, corn syrup soilas, solium casieniate ja milik derivativej, lojotassium phosphate, mono and diglycerides, silicon dioxide and soy lecithin), white cheese (cheddar cheese, [pasteurized milk, salt, cheese culture, enzymes], buttermilk, whey, salt and natural flavors [contains less than 2% silicon dioxide]), modified food starch, non-iodized salt, whey, sautéed mushroom stock (shiitake mushroom powder, maltodextrin, tapioca dextrin, salt, sunflower oil, powder, matrodextrin, tapioca dextrin, sait, sunniower oli, natural buttermilik flavor, autolyzed yeast extract, soybean oil, yeast extract, soy sauce powder, onion, modified corn starch), sautéed onions (onion, soy sauce [soy, maltodextrin, salt], maltodextrin, yeast extract, buttermilik, natural flavor, sunflower oil, salt, chili pepper, less than 2% silicon dioxide), sufficiency of safe powder, natural flavoring, parsley flakes, xanthan gum, vegetarian chicken base (maltodextrin, hydrolyzed com protein, salt, corn starch, sugar, onion and garlic powder, spices [including parsley], extractives of turmeric, silicon dioxide added to prevent caking).

Contains allergens: Egg, milk, soy and wheat.

#### CHEESY **BROCCOLI RICE**

(3 pouches)

## **Nutrition Facts**

Serving Size: 1/3 Cup (65g) Dry

Servings Pe				Біу
Amount Per Ser	ving			
Calories 25	0 C	alor	ies from	Fat 40
			% D	aily Value
Total Fat 4	.5g			7%
Saturated	Fat	2.5	9	13%
Trans Fat	0g			
Cholesterol	10m	ng		3%
Sodium 690	Oma			29%
Total Carbo	hvdi	ate	45a	15%
Dietary Fi				0%
Sugars 90				
Protein 6g				
Vitamin A	4%	•	Vitamin (	C 15%
Calcium	10%	•	Iron	6%
Percent Daily calorie diet. Yo lower dependi	ur dai ng on	ly val	ues may be	e higher o
Total Fat	Less	than	65g	809
Saturated Fat	Less	than	20g	259
Cholesterol	Less	than	300mg	300mg
Sodium	Less	than	2,400mg	2,400mg
Total Carbohyd	rate		300g	375g
Dietary Fiber			25g	309

# INGREDIENTS:

Rice (parboiled long grain rice, enriched with ferric orthophosphate [iron], niacin, thiamin mononitrate [thiamin], and folic acid [folate]), cheese powder (whey, buttermilk solids, cheeses [pasteurized milk, cheese culture, salt, enzymes], whey protein concentrate, salt, sodium phosphate, citric acid, vellow 5, vellow 6, lactic acid, enzyme), creamer (maltodextrin, palm oil, contains 2% or less of the following: sodium caseinate [a milk derivative], dipotassium phosphate, mono and diglycerides, sodium aluminosilicate, natural flavor, annatto extract, sodium hexmetaphosphate), corn starch, chicken soup base (corn syrup solids, salt, corn starch, hydrolyzed corn and soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate and disodium guanylate, spices, turmeric, parsley, silicon dioxide), dehydrated broccoli (broccoli, sucrose), onions, onion powder, parsley

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

Contains allergens: Milk and soy.

#### **CREAMY CHICKEN FLAVORED RICE** (3 pouches)

Serving Size: 1/3 Cup (52g) Dry

Servings Per Container: 8

**Nutrition Facts** 

ving			
0 Ca	lorie	es from I	Fat 100
		% Da	aily Value*
2g			18%
Fat	6g		30%
0g			
0m	g		0%
Dmg			14%
hyd	rate	30g	10%
ber	0g		0%
0%	٠	Vitamin 0	2%
0%	•	Iron	6%
ur dai	ly val	ues may be	higher or
Cal	ories	2,000	2,500
		65g	80g
Less	than	20g	25g
Less	than	300mg	300mg
1 000	4.1	2 400	2.400ma
Less	tnan	2,400mg	2,4001119
rate	tnan	300g	
	tnan		375g
	Omomy of the control	O Calorie  Eg Fat 6g Og Omg Omg hydrate oer Og  O% • O% • values are ur daily val ng on your Calories Less than Less than	O Calories from I % Da g Fat 6g Og Omg Omg hydrate 3Og Oer Og  O% • Vitamin O % • Iron values are based or ur daily values may be ng on your calorie nee Calories 2,000 Less than 65g Less than 20g

# **INGREDIENTS:**

Rice (parboiled long grain rice, enriched with ferric orthophosphate [iron], niacin, thiamin mononitrate [thiamin], and folic acid [folate]), creamer (palm oil maltodextrin sodium caseinate [a milk derivative], dipotassium phosphate, mono and diglycerides, sodium hexametaphosphate, and silicon dioxide) corn starch natural chicken flavor (autolyzed yeast extract, maltodextrin, salt, chicken flavor, chicken stock, natural flavor, chicken fat, silicon dioxide), onions, low sodium chicken base (corn syrup solids, corn starch, hydrolyzed soy and corn protein, salt, rendered chicken fat, sugar, onion powder, disodium inosinate and disodium guanylate, spices, turmeric, dehydrated parsley, and silicon dioxide added to prevent caking), onion powder, natural flavoring, parsley flakes, turmeric.

Contains allergens: Milk and soy.

# (3 pouches) **Nutrition Facts**

Serving Size: 1/4 Cup (57g) Dry Servings Per Container: 8

**SPANISH** 

RICE

Amount Per Ser	ving			
Calories 20	0 (	Calc	ries fro	m Fat 5
			% D	aily Value*
Total Fat 0.	.5g			1%
Saturated	Fat	0g		0%
Trans Fat	0g			
Cholesterol	Om	9		0%
Sodium 730	mg			30%
Total Carbo	hydr	ate	43g	14%
Dietary Fil	ber 1	lg		4%
Sugars 1g				
Protein 5g				
Vitamin A	8%		Vitamin	C 60%
Calcium	2%	•	Iron	10%
*Percent Daily calorie diet. Yo lower dependir	ur dail	y val	ues may b	e higher or
	Cal	ories	2,000	2,500
Total Fat	Less	than	65g	80g
Saturated Fat	Less	than	20g	25g

# INGREDIENTS:

Dietary Fiber

Rice (parboiled long grain rice, enriched with ferric orthophosphate [iron], niacin, thiamin mononitrate [thiamin], and folic acid [folate]), chicken stock (corn syrup solids, salt, corn starch, hydrolyzed corn and soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate and disodium quanylate spices turmeric parsley silicon dioxide), red and green diced bell peppers, onion powder, tomato powder, cumin, non-iodized salt.

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

25g

Contains allergen: Soy.

### **BANANA CHIPS**

(1 pouch)

# **Nutrition Facts**

Serving Size: 1/2 Cup (33g) Dry

servings Per Container:	0
Amount Per Serving	
Calories 170 Calories fr	om Fat 100
	% Daily Value*
Total Fat 11g	17%
Saturated Fat 10g	50%
Trans Fat Og	
Cholesterol Omg	0%
Sodium Omg	0%
Potassium 180mg	5%
Total Carbohydrate 19g	6%
Dietary Fiber 3g	12%
Sugars 12g	
Protein 1g	

Vitamin A	0%	•	Vitamin (	2 4%				
Calcium	0%	•	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.								
	Calc	ries	2,000	2,500				
Total Fat	Less t	han	65g	80g				
Saturated Fat	Less t	han	20g	25g				
Cholesterol	Less t	han	300mg	300mg				
Sodium	Less t	han	2,400mg	2,400mg				
T			700	775				

	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 Carbohyd	rate	300g	375g
Dietary Fiber		25g	30g
Calories per gra	m: Fat 9 •	Carbs 4 •	Protein 4

# **INGREDIENTS:**

Dehydrated banana slices (bananas, refined coconut oil, sugar, banana flavoring).

#### **MORNING MOO'S®** LOW FAT MILK ALTERNATIVE SOUP MIX

(1 pouch)

### **Nutrition Facts** Serving Size: 2 Tbsp (17g) Dry

Servings Per Container: 20

Amount Per Se	rving					
Calories 70	)	Calo	ries f	rom I	Fat	0
				% Daily	Valu	ıe*
Total Fat C	g				0	%
Saturated	Fat	2g			10	%
Trans Fat	0g					
Cholestero	0m	g			0	%
Sodium 115	mg				5	%
Total Carbo	hyd	rate	10g		3	%
Dietary F	ber	0g			0	%
Sugars 8	9					
Protein 3g						
Vitamin A	10%	•	Vitan	nin C	(	)%
Vitamin D	25%	•	Ribof	lavin	2	2%
Calcium	10%	•	Iron		C	)%
*Percent Daily	value	s are	based	d on a	2,0	00

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 gra	m: Fat 9 •	Carbs 4 •	Protein 4			

#### **INGREDIENTS:** Whey, creamer (coconut oil, corn syrup solids, sodium caseinate [a milk derivative], dipotassium

phosphate, sugar, mono & diglycerides, silicon dioxide, polysorbate 80, tetrasodium pyrophosphate, soy lecithin), nonfat dry milk sugar, vitamin mix (nonfat dry milk, vitamin A palmitate, silicon dioxide, cholecalciferol), guar Contains allergens: Milk and sov.

# **CREAMY POTATO** (3 pouches)

**Nutrition Facts** Serving Size: 1/3 Cup (50g) Dry Servings Per Container: 8

oci viiigo i	C. OO	iica		
Amount Per S	erving			
Calories 2	20 C	alo	ries from F	at 70
			% Dail	y Value*
Total Fat	8g			12%
Saturate	d Fat	4g		20%
Trans Fa	t Og			
Cholester	ol Om	g		0%
Sodium 3	50mg			15%
Total Carb	ohydi	ate	33g	11%
Dietary F	iber :	2g		8%
Sugars 3	g			
Protein 4g	9		•	
Vitamin A	0%		Vitamin C	15%
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 2,50							
Total Fat	Less than	65g	80g				
Saturated Fat	Less than	20g	25g				
Cholesterol	Less than	300mg	300mg				
0 10 0 100 0 100							

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 Carbohydi	Total Carbohydrate					
Dietary Fiber		25g	30g			
Calories per gra	m: Fat 9 •	Carbs 4 •	Protein 4			
INGPEDIENTS:						

Diced dehydrated potatoes creamer (palm oil

maltodextrin, sodium caseinate [a milk derivative], dipotassium phosphate, mono and diglycerides, sodium hexametaphosphate and silicon dioxide) bleached enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid, enzyme), dehydrated potato flakes (potato, monoglycerides, sodium acid pyrophosphate, citric acid, sodium bisulfite and BHA to preserve freshness), corn starch, onions, chicken stock (corn syrup solids, salt, corn starch, hydrolyzed corn and soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate and disodium guanylate, spices, turmeric, parsley, silicon dioxide), sugar, natural flavoring, onion powder, whey, parsley flakes, turmeric, garlic powder, caramel color, dehydrated onion.

Contains allergens: Milk, soy and wheat.

# CHICKEN FLAVORED **SOUP MIX** (2 pouches)

**HEARTY VEGETABLE** 

### **Nutrition Facts** Serving Size: 1/3 Cup (57g) Dry

Servings Per Container: 8

Amount Per Serving	
Calories 180 Calo	ries from Fat 5
	% Daily Value*
Total Fat Og	0%
Saturated Fat Og	0%
Trans Fat Og	
Cholesterol Omg	0%
Sodium 590mg	25%
Total Carbohydrate	40g <b>13</b> %
Dietary Fiber 6g	24%
Sugars 3g	
Protein 7g	

_						
Vitamin A	70%		Vitamin C	6%		
Calcium	4%	•	Iron	15%		
*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher o lower depending on your calorie needs.						
	Cal	ories	2,000	2,500		
Total Fat	Less	than	65g	809		
Saturated Fat	Less	than	20g	259		
Cholesterol	Less	than	300ma	300mc		

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 • Carbs 4 • Protein 4			

### INGREDIENTS: White rice (long grain rice, ferric orthophophate [iron], niacin, thiamin mononitrate [thiamin], and folic acid [folate]), lentils, elbow macaroni

(wheat flour, niacin, ferrous sulfate (iron), thiamin mononitrate, riboflavin and folic acid), carrot dices, celery slices, chicken stock (corn syrup solids, salt, corn starch, hydrolyzed corn and soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate and disodium guanylate, spices, turmeric, parsley, silicon dioxide), non-iodized salt, onions, sugar, natural flavoring, whey, turmeric, garlic powder, caramel color, dehydrated onion. Contains allergens: Milk, soy and wheat.