

# PRODUCT INFO SHEET



# **QUALITY PREPARED MEALS**

#### CREAMY TOMATO BASIL SOUP

# **Nutrition Facts** Serving Size 1 Cup as prepared (44g) Servings Per Container 4 Calories 190 Calories from Fat 70 Total Fat 7g 11% Saturated Fat 2a 10% Trans Fat 3g Cholesterol 0mg 0% Sodium 980mg 41% Total Carbohydrate 29g 10% Dietary Fiber 1g 4% Sugars 4g Vitamin A 25% • Vitamin C 20% "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

**INGREDIENTS:** Non Dairy Creamer (Partially Hydrogenated Soybean Oil, Corn Syrup Solids, Sodium Caseinate (a milk derivative), Mono and Diglycerides, Sodium Citrate, Salt, Dipotassium Phosphate, Carrageenan, Natural Flavor), **Enriched Wheat Flour (Wheat** Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Enzyme, Folic Acid), Maltodextrin, Tomato Powder, Salt, Sugar, Onion Powder, Soybean Oil, Garlic Powder, Extracts of Turmeric and Paprika, Disodium Inosinate and Disodium Guanylate, Parmesan Flavor (Salt, Yeast Extract), Citric Acid, Spices. CONTAINS: MILK, SOY, WHEAT,

#### **CHEESY LASAGNA**

Serving Size 1 Cup as Servings Per Contain		ed (69g)
Amount Per Serving		
Calories 260 Calo	ories fron	n Fat 4
	% Da	ily Value
Total Fat 5g		8%
Saturated Fat 1.5g		8%
Trans Fat 0g		
Cholesterol 5mg		2%
Sodium 1170mg		49%
Total Carbohydrate	42g	149
Dietary Fiber 3g		12%
Sugars 7g		
Protein 12g		
Vitamin A 25% • 1	Vitamin (	10%
	Iron 15%	
*Percent Daily Values are ba diet. Your daily values may b depending on your calorie ne Calories:	sed on a 2,0	000 calori
Total Fat Less than Saturated Fat Less than Cholesterol Less than Total Carbohydrate Dietary Fiber	65g 20g 300mg 2,400mg 300g 25g	2,500 80g 25g 300mg 2,400mg 375g 30g

INGREDIENTS: Pasta (Durum Semolina Flour (wheat), Niacin, Ferrous Sulfate (iron), Thiamine Mononitrate, Riboflavin, Folic Acid), Textured Vegetable Protein ([Soy Flour, Caramel Color], Soybean Oil, Salt, Natural Flavoring [Yeast Extract, Maltodextrin, Natural Smoke Flavoring], Dextrose, Spices, Garlic powder), Whey Powder, Parmesan & Romano Cheese (Pasteurized Part-Skim Milk, Salt, Cheese Culture, Enzymes), Food Starch-Modified, Tomatoes Potato Flour, Salt, Tomato Powder, Non Dairy Creamer (Partially Hydrogenated Soybean Oil, Corn Syrup Solids, Sodium Caseinate (a milk derivative). Mono and Diglycerides, Sodium Citrate, Salt, Dipotassium Phosphate, Carrageenan Natural Flavor) Natural Romano and Parmesan Flavors (Salt, Yeast Extract), Sugar, Paprika, Onion Powder, Garlic Powder, Guar Gum, Hydrolyzed Soy Protein, Soybean Oil, Spices, Extractives of Paprika and Turmeric, Citric Acid, Caramel Color. CONTAINS: MILK, SOY WHEAT

#### SAVORY STROGANOFF

# **Nutrition Facts** Serving Size 1 Cup as prepared (64g) Servings Per Container 4 Calories 250 Calories from Fat 50 Total Fat 6g 9% Saturated Fat 1g 5% Trans Fat 0g nº// Cholesterol 0mg Sodium 960ma 40% Total Carbohydrate 44g 15% Dietary Fiber 2g 8% Sugars 8g Calcium 10% Iron 8% \*Percent Daily Values are based on a 2,000 caloridiet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 2,500

INGREDIENTS: Pasta (Durum Semolina Flour (wheat), Niacin, Ferrous Sulfate (iron), Thiamine Mononitrate, Riboflavin, Folic Acid), Maltodextrin, Whey Powder, Potato Flour, Sunflower Oil (Sunflower Oil, Food Starch-Modified, Maltodextrin, Natural Tocopherols), Textured Vegetable Protein (Soy Flour, Caramel Color), Food Starch-Modified, Non Dairy Creamer (Partially Hydrogenated Soybean Oil, Corn Syrup Solids, Sodium Caseinate (a milk derivative), Mono and Diglycerides, Sodium Citrate, Salt, Dipotassium Phosphate Carrageenan, Natural Flavor), Salt, Sour Cream (Cultured Cream [Cream, Nonfat Milk, Culture, Enzymes], Salt, Lactic Acid, Tocopherols), Hydrolyzed Soy Protein, Guar Gum, Mushrooms, Soybean Oil, Onion, Mushroom Flavor (Yeast Extract, Salt, Maltodextrin, Mushroom Extract), Natural Flavor, Lactic Acid, Garlic Powder, Titanium Dioxide, Spice, Disodium Inosinate and Disodium Guanylate, Caramel Color CONTAINS: MILK, SOY, WHEAT.

# CREAMY PASTA AND VEGETABLE ROTINI

#### **Nutrition Facts** Serving Size 1 Cup as prepared (51g) Servings Per Container 4 Calories 210 Calories from Fat 45 Total Fat 5q 8% Saturated Fat 0.5g 3% Trans Fat 0g 0% Cholesterol 0mg Sodium 800mg 33% Total Carbohydrate 34g 11% Dietary Fiber 2g 8% Sugars 4g Protein 5g Vitamin A 25% • Vitamin C 2% Calcium 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 ed Fat

INGREDIENTS: Pasta (Durum Semolina Flour (wheat), Niacin, Ferrous Sulfate (iron), Thiamine Mononitrate, Riboflavin, Folic Acid), Food Starch-Modified, Sunflower Oil (Sunflower Oil Food Starch-Modified, Maltodextrin, Natural Tocopherols), Whey, Maltodextrin, Non Dairy Creamer (Partially Hydrogenated Soybean Oil, Corn Syrup Solids, Sodium Caseinate (a milk derivative), Mono and Diglycerides, Sodium Citrate, Salt, Dipotassium Phosphate, Carrageenan, Natural Flavor), Carrots, Salt, Peas, Hydrolyzed Corn Protein, Textured Vegetable Protein (Soy Flour), Guar Gum, Soybean Oil, Natural Flavors, Disodium Inosinate and Disodium Guanylate, Spices, Lactic Acid, Turmeric Extract. CONTAINS: MILK. SOY, WHEAT.

## **CHEESY MACARONI**

Amount Per Serving		
Calories 280 Cal	ories fron	n Fat 80
	% Da	aily Value
Total Fat 9g		14%
Saturated Fat 2g		10%
Trans Fat 1.5g		
Cholesterol 5mg		2%
Sodium 1070mg		45%
Total Carbohydrate	42g	149
Dietary Fiber 1g		4%
Sugars 4g		
Protein 6g		
Vitamin A 0% •	Vitamin (	0%
Calcium 6% •	Iron 8%	
*Percent Daily Values are ba diet. Your daily values may be depending on your calorie no Calories:	e higher or	
Total Fat Less than Saturated Fat Less than Cholesterol Less than Sodium Less than Total Carbohydrate	65g 20g	80g 25g 300mg 2,400mg 375g

INGREDIENTS: Pasta (Durum Semolina Flour (wheat), Niacin, Ferrous Sulfate (iron), Thiamine Mononitrate, Riboflavin, Folic Acid), Food Starch-Modified, Non Dairy Creamer (Partially Hydrogenated Soybean Oil, Corn Syrup Solids, Sodium Caseinate (a milk derivative), Mono and Diglycerides, Sodium Citrate, Salt, Dipotassium Phosphate, Carrageenan, Natural Flavor) Cheese Powder (Whey, Buttermilk Solids, Granular and Cheddai Cheeses [Pasteurized Milk, Culture, Salt, Enzymes], Whey Protein Concentrate, Salt, Sodium Phosphate, Citric Acid, Yellow #5, Yellow #6, Lactic Acid, Enzyme), Maltodextrin, Sunflower Oil (Sunflower Oil, Food Starch-Modified, Maltodextrin, Natural Tocopherols) Textured Vegetable Protein ([Soy Flour, Red # 3], Soybean Oil, Water, Salt Hydrolyzed Corn, Soy, Wheat Protein, Brown Sugar, Yeast Extract, Smoke Flavoring, Artificial Flavoring, Thiamine Hydrochloride, Dextrose, Partially Hydrogenated Cottonseed Oil, Disodium Inosinate and Disodium Guanylate, Spice Extract), Salt, Soybean Oil, Natural Flavor, Disodium Inosinate and Disodium Guanylate, Lactic Acid, Spices Disodium Phosphate. CONTAINS: MILK, SOY, WHEAT.

#### COOKING DIRECTIONS

Bring 4 cups water to a boil, add contents of this package into boiling water and stir. Turn off heat, cover and let stand for 12 to 15 minutes stirring occasionally. Uncover and let cool 2 to 3 minutes.

# 100% VEGETARIAN

Produced on equipment that also processes milk, soy, wheat, egg, shellfish, fish, tree nuts and peanuts.

Bring 4 cups water to a boil, add contents of this package into boiling water and stir. Turn off heat, cover and let stand for 12 to 15 minutes stirring occasionally. Uncover and let cool 2 to 3 minutes.

#### 100% VEGETARIAN

Produced on equipment that also processes milk, soy, wheat, egg, shellfish, fish, tree nuts and peanuts.

#### **TERIYAKI AND RICE**

# **Nutrition Facts** Serving Size 1 Cup as prepared (75g) Servings Per Container 4 ount Per Servina Calories 280 Calories from Fat 40 Total Fat 4.5g Saturated Fat 1g 5% Trans Fat 1.5g Cholesterol 0mg Sodium 990mg 41% Total Carbohydrate 54g 18% Dietary Fiber 3g 12% Sugars 15g Protein 8g Vitamin A 35% • Vitamin C 50% • Iron 10% lories per gram: Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS: Rice Non Dairy** Creamer (Partially Hydrogenated Soybean Oil, Corn Syrup Solids, Sodium Caseinate (a milk derivative), Mono and Diglycerides, Sodium Citrate, Salt, Dipotassium Phosphate, Carrageenan, Natural Flavor) Sugar, Whey, Textured Vegetable Protein (Soy Flour), Brown Sugar, Sugar, Teriyaki Sauce Powder ([Soy Sauce{Wheat, Soybeans, Salt}, Wine, Vinegar, Salt, Onion Spice Extractives, Succinic Acid, Garlic Powder], Maltodextrin, Sugar, Salt), Carrots, Hydrolyzed Soy Protein, Bell Pepper, Soy Sauce Powder ([Wheat, Soybeans, Salt], Maltodextrin, Salt), Guar Gum, Salt, Spices, Yeast Extract, Natural and Artificial Flavor, Caramel Color, Disodium Inosinate and Disodium Guanylate. CONTAINS: MILK, SOY, WHFAT

#### PASTA ALFREDO

		er 4	
Amount Per Sei	rving		
Calories 30	) Calor	ies from	Fat 10
		% Da	aily Value
Total Fat 11	g		179
Saturated	Fat 1.5g		8%
Trans Fat	0.5g		
Cholesterol	0mg		0%
Sodium 920	lmg		38%
Total Carbo	hydrate 4	40g	13%
Dietary Fi	ber 1g		4%
Sugars 1g	1		
Protein 5g			
100	, .		
Vitamin A 09	-	Vitamin (	
Calcium 2%	•	ron 10%	
*Percent Daily V diet. Your daily v depending on yo	alues may b	e higher or	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber	Less than Less than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg

INGREDIENTS: Pasta (Durum Semolina Flour (wheat), Niacin. Ferrous Sulfate (iron), Thiamine Mononitrate, Riboflavin, Folic Acid), Sunflower Shortening (Sunflower Oil, Food Starch-Modified, Maltodextrin, Natural Tocopherols), Food Starch-Modified, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Enzyme, Folic Acid), Partially Hydrogenated Soybean Oil, Salt, Maltodextrin, Parmesan Flavor (Salt, Yeast Extract), Hydrolyzed Soy Protein. Garlic Powder, Onion Powder, Disodium Inosinate and Disodium Guanylate, Disodium Phosphate Natural Flavor, Spices. CONTAINS: MILK, SOY, WHEAT.

#### **HEARTY TORTILLA**

Nutri Serving Size Servings Per	1 Cup as	prepare	
Amount Per Ser	ving		
Calories 150	) Calo	ories fron	n Fat 10
		% Da	ily Value*
Total Fat 1g			2%
Saturated	Fat 0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium 950	mg		40%
Total Carbo	hydrate 3	33g	11%
Dietary Fil	per 5a		20%
Sugars 2g			
Protein 5g			
Vitamin A 15	% • ١	Vitamin (	2 8%
Calcium 2%	• 1	ron 6%	
*Percent Daily Va diet. Your daily v depending on you	alues may be	e higher or	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per gran Fat 9 • 0		65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

INGREDIENTS: Black Beans, Maltodextrin, Rice, Masa Flour (White Corn, Sorbic Acid, Trace of Lime), Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Enzyme, Folic Acid), Salt, Tomato, Food Starch-Modified, Spices, Guar Gum, Spice, Paprika Extract, Natural Flavor, Artificial Flavor. CONTAINS: MILK, SOY, WHEAT.

## CREAMY À LA KING AND RICE

# **Nutrition Facts** Serving Size 1 Cup as prepared (51g) Servings Per Container 4 Calories 180 Calories from Fat 15 % Daily Value Total Fat 2g Saturated Fat 0g 0% Trans Fat 0g 0% Cholesterol 0mg Sodium 800mg 33% Total Carbohydrate 38g 13% Dietary Fiber 2g 8% Sugars 3g Protein 4g Vitamin A 25% • Vitamin C 2% Calcium 4% • Iron 6% alories per gram: Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Rice, Food Starch-Modified, Whey, Maltodextrin, Non Dairy Creamer (Partially Hydrogenated Soybean Oil, Corn Syrup Solids, Sodium Caseinate (a milk derivative), Mono and Diglycerides, Sodium Citrate, Salt, Dipotassium Phosphate, Carrageenan, Natural Flavor), Carrots, Salt, Peas, Hydrolyzed Corn Protein, Textured Vegetable Protein (Soy Flour), Guar Gum, Soybean Oil, Disodium Inosinate and Disodium Guanylate, Natural Flavors, Lactic Acid, Spices, Turmeric Extract. CONTAINS: MILK, SOY, WHEAT.

# **CHILI MACARONI**

	r Containe	31 4	
Amount Per Sei	rving		
Calories 250	) Calo	ories fron	n Fat 25
		% Da	ily Value
Total Fat 3g			5%
Saturated	Fat 0.5g		3%
Trans Fat	0.5g		
Cholesterol	0mg		0%
Sodium 960	mg		40%
Total Carbo	hydrate 4	16g	15%
Dietary Fil	ber 5g		20%
Sugars 8g	1		
Protein 11g			
Vitamin A 15	i% • \	Vitamin (	C 15%
Calcium 8%	• 1	ron 10%	
*Percent Daily Vi diet. Your daily v depending on yo	alues may be	e higher or	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra	Less than Less than Less than Less than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g

INGREDIENTS: Pasta (Durum Semolina Flour (wheat), Niacin, Ferrous Sulfate (iron), Thiamine Mononitrate, Riboflavin, Folic Acid), Textured Vegetable Protein (Soy Flour, Caramel Color), Maltodextrin, Pinto Beans, Whey, **Enriched Wheat Flour (Wheat** Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Enzyme, Folic Acid), Tomato, Non Dairy Creamer (Partially Hydrogenated Soybean Oil, Corn Syrup Solids, Sodium Caseinate (a milk derivative), Mono and Diglycerides, Sodium Citrate, Salt, Dipotassium Phosphate Carrageenan, Natural Flavor). Salt, Onion, Guar Gum, Sugar, Hydrolyzed Soy Protein, Garlic Powder, Spices, Extractives of Paprika and Turmeric, Disodium Inosinate and Disodium Guanylate, Parmesan Flavor (Salt, Yeast Extract), Citric Acid. CONTAINS: MILK, SOY, WHEAT.

## **CRUNCHY GRANOLA**

Nutrit Serving Size Servings Per	55g dry	nix	cts
Amount Per Serv	/ing		
Calories 240	Cald	ries fron	n Fat 60
		% Da	ily Value*
Total Fat 6g			9%
Saturated I	Fat 0.5g		3%
Trans Fat (	Og		
Cholesterol	0mg		0%
Sodium 120r	ng		5%
Total Carbol	ydrate 4	10g	13%
Dietary Fib	er 4g		16%
Sugars 13g	g		
Protein 6g			
Vitamin A 0%	,	/itamin (	0%
Calcium 4%	•	ron 8%	
*Percent Daily Val diet. Your daily va depending on you	lues may b	e higher or	
Saturated Fat Cholesterol	0	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

## **100% VEGETARIAN**

Produced on equipment that also processes milk, soy, wheat, egg, shellfish, fish, tree nuts and peanuts. 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.

# **DIRECTIONS**

Serve by adding milk or soy milk. Can also be enjoyed plain.

# BROWN SUGAR AND MAPLE MULTI-GRAIN

**Nutrition Facts** 

# Serving Size 1 Cup as prepared (66g) Servings Per Container 4 Calories 260 Calories from Fat 35 Total Fat 4g 6% Saturated Fat 1g 5% Trans Fat 1g 0% Cholesterol 0mg Sodium 120mg 5% Total Carbohydrate 46g 15% Dietary Fiber 7g 28% Sugars 16g Calcium 2% • Iron 10% \*Percent Daily Values are based on a 2,000 calorie det. Your daily values may be higher or lower depending on your calorie needs. Calories\* 2,000 2,500 Challer Less than 250 300 Saturated Fat Less than 200 2,000 Sodium Less than 200 2,000 Sodium Less than 200 2,000 Total Carbohydrate 2,000 Distary Fiber 259 30g 375g Distary Fiber 25g 30g 30g Calcium 2% ries per gram: Fat 9 • Carbohydrate 4 • Protein 4

# 100% VEGETARIAN

Produced on equipment that also processes milk, soy, wheat, egg, shellfish, fish, tree nuts and peanuts. INGREDIENTS: Six Grain Mix (Wheat Flakes, White Wheat Flakes, Barley Flakes, Rye Flakes, Rolled Oats, and Sunflower Seeds), Brown Sugar, Sugar, Non Dairy Creamer (Partially Hydrogenated Soybean Oil, Corn Syrup Solids, Sodium Caseinate (a milk derivative), Mono and Diglycerides, Sodium Citrate, Salt, Dipotassium Phosphate, Carrageenan, Natural Flavor), Natural and Artificial Flavors, Cellulose Gum, Salt. CONTAINS: MILK, SOY, WHEAT.

# COOKING DIRECTIONS

Add contents of bag to 3.5 cups water. Bring to a boil and simmer for 10 minutes with lid on, stirring occasionally. Uncover and let cool 2 to 3 minutes.

#### APPLE CINNAMON CEREAL

at 1g	lories fr %	Daily V
ng	%	Daily V
ng		
ng		
ng		
9		
,		
drate		
uidle	46g	1
· 7g		- 2
•	Vitamii	n C 0%
	Iron 10	)%
es may	be higher eeds:	2,000 cr or lower 2.50
	s are b is may alorie n lories: ss than	Vitamii Iron 10 s are based on a s may be higher alorie needs: loories: 2,000 ss than 65g ss than 20g ss than 300mgs than 300

## 100% VEGETARIAN

Produced on equipment that also processes milk, soy, wheat, egg, shellfish, fish, tree nuts and peanuts.

ries per gram: Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Six Grain Mix (Wheat Flakes, White Wheat Flakes, Barley Flakes, Rye Flakes, Rolled Oats, and Sunflower Seeds), Brown Sugar, Sugar, Non Dairy Creamer (Partially Hydrogenated Soybean Oil, Corn Syrup Solids, Sodium Caseinate (a milk derivative), Mono and Diglycerides, Sodium Citrate, Salt, Dipotassium Phosphate, Carrageenan, Natural Flavor), Natural Cinnamon Flavor, Natural and Artificial Flavors, Dried Apples Cellulose Gum Salt. CONTAINS: MILK, SOY, WHEAT.

# COOKING DIRECTIONS

Add contents of bag to 3.5 cups water. Bring to a boil and simmer for 10 minutes with lid on, stirring occasionally. Uncover and let cool 2 to 3 minutes.



QUALITY PREPARED MEALS

# OUTDOOR PRODUCT INFO SHEET



#### **PASTA ALFREDO**

Nutrition Serving Size 1 Cup as Servings Per Containe	prepare	
Amount Per Serving		
Calories 300 Calori	es from	Fat 100
	% Da	aily Value*
Total Fat 11g		17%
Saturated Fat 1.5g		8%
Trans Fat 0.5g		
Cholesterol 0mg		0%
Sodium 920mg		38%
Total Carbohydrate 4	-0g	13%
Dietary Fiber 1g		4%
Sugars 1g		
Protein 5g		
Vitamin A 0% • \	/itamin (	2.0%
	ron 10%	
*Percent Daily Values are bas diet. Your daily values may be depending on your calorie nee Calories:	higher or	
Total Fat Less than Saturated Fat Less than Cholesterol Sodium Less than Total Carbohydrate Dietary Fiber Calories per gram: Fat 9 • Carbohydrate	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

INGREDIENTS: Pasta (Durum Semolina Flour (wheat), Niacin, Ferrous Sulfate (iron), Thiamine Mononitrate, Riboflavin, Folic Acid), Sunflower Shortening (Sunflower Oil, Food Starch-Modified, Maltodextrin, Natural Tocopherols), Food Starch-Modified, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Enzyme, Folic Acid), Partially Hydrogenated Soybean Oil, Salt, Maltodextrin, Parmesan Flavor (Salt, Yeast Extract), Hydrolyzed Soy Protein, Garlic Powder, Onion Powder, Disodium Inosinate and Disodium Guanylate, Disodium Phosphate, Natural Flavor, Spices. Contains: MILK, SOY, WHEAT.

#### **CHEESY LASAGNA**

Nutri	tion	Fa	cte
Serving Size	1 Cup as	prepare	
Servings Per	r Containe	er 2	
Amount Per Ser	rving		
Calories 260	Calc	ories fron	n Fat 45
		% Da	aily Value'
Total Fat 5g			8%
Saturated	Fat 1.5g		8%
Trans Fat	0g		
Cholesterol	5mg		2%
Sodium 117	'0mg		49%
Total Carbo	hydrate 4	12g	14%
Dietary Fil	ber 3g		12%
Sugars 7g	J		
Protein 12g			
Vitamin A 25	10/.	Vitamin 0	10%
Calcium 15%		ron 15%	
*Percent Daily Va			
diet. Your daily von depending on yo	alues may be ur calorie ne	e higher or leds:	lower
Total Fat	Calories: Less than	2,000 65q	2,500 80q
Saturated Fat	Less than	20g	25g
Cholesterol Sodium	Less than	300mg 2.400mg	300mg 2.400mg
Total Carbohydra		300a	2,400mg
Dietary Fiber		25g	30g
Calories per gran Fat 9 • 0	n: Carbohydrate	4 · Prot	ein 4

INGREDIENTS: Pasta (Durum Semolina Flour (wheat), Niacin, Ferrous Sulfate (iron), Thiamine Mononitrate, Riboflavin, Folic Acid), Textured Vegetable Protein ([Soy Flour, Caramel Color], Soybean Oil, Salt, Natural Flavoring [Yeast Extract, Maltodextrin, Natural Smoke Flavoring], Dextrose, Spices, Garlic powder), Whey Powder, Parmesan & Romano Cheese (Pasteurized Part-Skim Milk, Salt, Cheese Culture, Enzymes), Food Starch-Modified, Tomatoes, Potato Flour, Salt, Tomato Powder, Non Dairy Creamer (Partially Hydrogenated Soybean Oil, Corn Syrup Solids, Sodium Caseinate (a milk derivative), Mono and Diglycerides, Sodium Citrate, Salt, Dipotassium Phosphate, Carrageenan, Natural Flavor), Natural Romano and Parmesan Flavors (Salt, Yeast Extract), Sugar, Paprika, Onion Powder, Garlic Powder, Guar Gum, Hydrolyzed Soy Protein, Soybean Oil, Spices, Extractives of Paprika and Turmeric, Citric Acid, Caramel Color. Contains: MILK, SOY, WHEAT.

#### **SAVORY STROGANOFF**

Amount Per Ser	rvina		
Calories 250		lories fro	m Fat 50
Calories 250	o Ca	Cincolnic	Daily Value
Total Fat 6q		76 1	9%
Saturated			5%
			3/0
Trans Fat			
Cholesterol	0mg		0%
Sodium 960	lmg		40%
Total Carbo	hydrate	44g	15%
Dietary Fil	ber 2g		8%
Sugars 80	1		
Protein 6a	,		
Vitamin A 0%	6 •	Vitamin	C 2%
Calcium 10%	6 •	Iron 8%	i
*Percent Daily Va diet. Your daily v depending on yo	alues may	be higher o	
Total Fat	Less than	65g	80g 25g

INGREDIENTS: Pasta (Durum Semolina Flour (wheat), Niacin, Ferrous Sulfate (iron), Thiamine Mononitrate, Riboflavin, Folic Acid), Maltodextrin, Whey Powder, Potato Flour, Sunflower Oil (Sunflower Oil, Food Starch-Modified, Maltodextrin, Natural Tocopherols), Textured Vegetable Protein (Soy Flour, Caramel Color), Food Starch-Modified, Non Dairy Creamer (Partially Hydrogenated Soybean Oil, Corn Syrup Solids, Sodium Caseinate (a milk derivative), Mono and Diglycerides, Sodium Citrate, Salt, Dipotassium Phosphate, Carrageenan, Natural Flavor), Salt, Sour Cream (Cultured Cream [Cream, Nonfat Milk, Culture, Enzymes], Salt, Lactic Acid, Tocopherols), Hydrolyzed Soy Protein, Guar Gum, Mushrooms, Soybean Oil, Onion, Mushroom Flavor (Yeast Extract, Salt, Maltodextrin, Mushroom Extract), Natural Flavor, Lactic Acid, Garlic Powder, Titanium Dioxide, Spice, Disodium Inosinate and Disodium Guanylate, Caramel Color. Contains: MILK, SOY, WHEAT.

# **COOKING DIRECTIONS**

- 1. Open package at tear notch and remove oxygen absorber from the pouch.
- 2. Add 2 cups (16 oz.) of boiling water to pouch and place on a flat surface.
- 3. Stir thoroughly with a long spoon and close zipper.
- 4. Let stand for 12 to 15 minutes. Hot steam inside: use caution when opening pouch.
- 5. Open pouch—stir and eat.

#### 100% VEGETARIAN

Produced on equipment that also processes milk, soy, wheat, egg, shellfish, fish, tree nuts and peanuts.

# CREAMY PASTA AND VEGETABLE ROTINI

	n Facts as prepared (51g) ainer 2
Amount Per Serving	
Calories 210	Calories from Fat 45
	% Daily Value*
Total Fat 5g	8%
Saturated Fat 0	5g <b>3</b> %
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 800mg	33%
Total Carbohydr	te 34g 11%
Dietary Fiber 2	8%
Sugars 4g	
Protein 5g	
Vitamin A 25%	Vitamin C 2%
Calcium 4%	• Iron 8%
diet. Your daily values r depending on your calo	needs:
Calor Total Fat Less Saturated Fat Less Cholesterol Less Sodium Less Total Carbohydrate Dietary Fiber Calories per gram: Fat 9 • Carboh	an 65g 80g an 20g 25g an 300mg 300mg an 2,400mg 2,400mg 300g 375g 25g 30g

INGREDIENTS: Pasta (Durum Semolina Flour (wheat), Niacin, Ferrous Sulfate (iron), Thiamine Mononitrate, Riboflavin, Folic Acid), Food Starch-Modified, Sunflower Oil (Sunflower Oil, Food Starch-Modified, Maltodextrin, Natural Tocopherols), Whey, Maltodextrin, Non Dairy Creamer (Partially Hydrogenated Soybean Oil, Corn Syrup Solids, Sodium Caseinate (a milk derivative), Mono and Diglycerides, Sodium Citrate, Salt, Dipotassium Phosphate, Carrageenan, Natural Flavor), Carrots, Salt, Peas, Hydrolyzed Corn Protein, Textured Vegetable Protein (Soy Flour), Guar Gum, Soybean Oil, Natural Flavors, Disodium Inosinate and Disodium Guanylate, Spices, Lactic Acid, Turmeric Extract. Contains: MILK, SOY, WHEAT.

# **CHILI MACARONI**

Nutritic Serving Size 1 C Servings Per Co	up as	prepare	
Amount Per Serving			
Calories 250	Calc	ories fror	m Fat 25
		% D	aily Value*
Total Fat 3g			5%
Saturated Fat	0.5g		3%
Trans Fat 0.5g	]		
Cholesterol 0mg	9		0%
Sodium 960mg			40%
Total Carbohyd	rate 4	16g	15%
Dietary Fiber 5	5g		20%
Sugars 8g			
Protein 11g			
Vitamin A 15%	• \	Vitamin (	C 15%
Calcium 8%	•	ron 10%	5
*Percent Daily Values diet. Your daily values depending on your cal Calo	may be orie ne	e higher or	
Total Fat Less Saturated Fat Less Cholesterol Less	than than than than than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

INGREDIENTS: Pasta (Durum Semolina Flour (wheat), Niacin, Ferrous Sulfate (iron), Thiamine Mononitrate, Riboflavin, Folic Acid), Textured Vegetable Protein (Soy Flour, Caramel Color), Maltodextrin, Pinto Beans, Whey, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Enzyme, Folic Acid), Tomato, Non Dairy Creamer (Partially Hydrogenated Soybean Oil, Corn Syrup Solids, Sodium Caseinate (a milk derivative), Mono and Diglycerides, Sodium Citrate, Salt, Dipotassium Phosphate, Carrageenan, Natural Flavor), Salt, Onion, Guar Gum, Sugar, Hydrolyzed Soy Protein, Garlic Powder, Spices, Extractives of Paprika and Turmeric, Disodium Inosinate and Disodium Guanylate, Parmesan Flavor (Salt, Yeast Extract), Citric Acid. Contains: MILK, SOY, WHEAT.

# **TERIYAKI AND RICE**

Servings Per Contai	ner 2	ed (75g)
Amount Per Serving		
Calories 280 Ca	lories fron	n Fat 40
	% Da	ily Value*
Total Fat 4.5g		7%
Saturated Fat 1g		5%
Trans Fat 1.5g		
Cholesterol 0mg		0%
Sodium 990mg		41%
Total Carbohydrate	54a	18%
Dietary Fiber 3g		12%
Sugars 15g		1270
Protein 8g		
Vitamin A 35% •	Vitamin (	50%
Calcium 8% •	Iron 10%	
*Percent Daily Values are be diet. Your daily values may depending on your calorie r Calories:	be higher or	
Total Fat Less than Saturated Fat Less than Cholesterol Less than Sodium Less than Total Carbohydrate Dietary Fiber  Calories per gram: Fat 9 • Carbohydra	1 20g 1 300mg 1 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

INGREDIENTS: Rice, Non Dairy Creamer (Partially Hydrogenated Soybean Oil, Corn Syrup Solids, Sodium Caseinate (a milk derivative), Mono and Diglycerides, Sodium Citrate, Salt, Dipotassium Phosphate, Carrageenan, Natural Flavor), Sugar, Whey, Textured Vegetable Protein (Soy Flour), Brown Sugar, Sugar, Teriyaki Sauce Powder ([Soy Sauce{Wheat, Soybeans, Salt}, Wine, Vinegar, Salt, Onion, Spice Extractives, Succinic Acid, Garlic Powder], Maltodextrin, Sugar, Salt), Carrots, Hydrolyzed Soy Protein, Bell Pepper, Soy Sauce Powder ([Wheat, Soybeans, Salt], Maltodextrin, Salt), Guar Gum, Salt, Spices, Yeast Extract, Natural and Artificial Flavor, Caramel Color, Disodium Inosinate and Disodium Guanylate. Contains: MILK, SOY, WHEAT.

# **COOKING DIRECTIONS**

- 1. Open package at tear notch and remove oxygen absorber from the pouch.
- 2. Add 2 cups (16 oz.) of boiling water to pouch and place on a flat surface.
- 3. Stir thoroughly with a long spoon and close zipper.
- 4. Let stand for 12 to 15 minutes. Hot steam inside: use caution when opening pouch.
- 5. Open pouch—stir and eat.

# 100% VEGETARIAN

Produced on equipment that also processes milk, soy, wheat, egg, shellfish, fish, tree nuts and peanuts.