Food4Patriots Ingredients

1-week kit

Heartland's Best Mashed Potatoes

INGREDIENTS: Potato flakes, cornstarch, chicken soup base (corn syrup solids, salt, cornstarch, hydrolyzed corn, soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate, disodium guanylate, spices, turmeric, dehydrated parsley, silicon dioxide), chopped onion, chicken flavor (autolyzed yeast extract, maltodextrin, salt, chicken flavor, chicken stock, natural flavor, chicken fat, silicon dioxide [anticaking agent]), parsley flakes.

Allergens: Soy.

Nutrition Facts
Serving Size 1/3 cup (34g)
Servings Per Container 4

Amount Per Serving	
Calories 200	Calories from Fat 5
	% Daily Value*
Total Fat 0g	**1%**
Saturated Fat 0g	**1%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 290mg	**12%**
Total Carbohydrate 27g	**9%**
Dietary Fiber 2g	**7%**
Sugars 1g	
Protein 2g	

Vitamin A 0% • Vitamin C 4%
Calcium 2% • 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:

	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

Maple Grove Oatmeal

INGREDIENTS: 100% natural rolled oats, sugar,creamer (partially hydrogenated coconut oil, corn syrup solids, sodium caseinate, dipotassium phosphate, mono and diglycerides, silicon dioxide, soy lecithin), maple flavor (natural & artificial), brown sugar, salt.

Allergens: Milk and soy.

Nutrition Facts
Serving Size 1/2 cup (59g)
Servings Per Container 8

Amount Per Serving	
Calories 240	Calories from Fat 45
	% Daily Value*
Total Fat 4.5g	**7%**
Saturated Fat 2g	**9%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 135mg	**6%**
Total Carbohydrate 44g	**15%**
Dietary Fiber 4g	**17%**
Sugars 14g	
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

Revised: December 1, 2015

Granny's Home Style Potato Soup

INGREDIENTS: Potato dices, creamer (maltodextrin, palm oil), enriched bleached flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), chicken bouillon (chicken soup base [corn syrup solids, salt, corn starch, hydrolyzed corn, soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate, disodium guanylate, spices, turmeric, dehydrated parsley, silicon dioxide {anticaking agent}], salt, sugar, yeast extract, sweet whey, turmeric, garlic powder, caramel color, dehydrated onion), potato flakes, cornstarch, onion chopped, onion powder, parsley flakes.

Allergens: Wheat, soy, and dairy.

Nutrition Facts
Serving Size 1/3 cup (44g)
Servings Per Container 4

Amount Per Serving	
Calories 270	Calories from Fat 25
	% Daily Value*
Total Fat 3g	**5%**
Saturated Fat 1.5g	**7%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 760mg	**32%**
Total Carbohydrate 32g	**11%**
Dietary Fiber 2g	**7%**
Sugars 2g	
Protein 3g	

Vitamin A 0% • Vitamin C 10%
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

Traveler's Stew

INGREDIENTS: Long grain white rice, lentils, elbow macaroni (semolina, niacin, ferrous sulfate [iron], thiamine mononitrate, riboflavin, folic acid), chicken bouillon (chicken soup base [corn syrup solids, salt, corn starch, hydrolyzed corn, soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate, disodium guanylate, spices, turmeric, dehydrated parsley, silicon dioxide], salt, sugar, yeast extract, sweet whey, turmeric, garlic powder, caramel color, dehydrated onion), carrot dices, celery slices, chopped onion.

Allergens: Wheat, soy and dairy

Nutrition Facts
Serving Size 1/3 cup (57g)
Servings Per Container 4

Amount Per Serving	
Calories 190	Calories from Fat 5
	% Daily Value*
Total Fat 1g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 1070mg	**45%**
Total Carbohydrate 39g	**13%**
Dietary Fiber 3g	**13%**
Sugars 5g	
Protein 7g	

Vitamin A 110% • Vitamin C 10%
Calcium 4% • Iron 35%

*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

4-week kit

Blue Ribbon Creamy Chicken Rice

INGREDIENTS: Long grain parboiled white rice, creamer (partially hydrogenated coconut oil, corn syrup solids, sodium caseinate, dipotassium phosphate, mono and diglycerides, silicon dioxide, soy lecithin), modified food starch, vegetarian chicken base (maltodextrin, hydrolyzed corn protein, salt, corn starch, sugar, onion and garlic powder, spices (including parsley), extractives of turmeric, silicon dioxide), chopped onion, chicken flavor (autolyzed yeast extract, maltodextrin, salt, chicken flavor, chicken stock, natural flavor, chicken fat, silicon dioxide [anti-caking agent]), celery slices, onion powder, parsley flakes.

Allergens: Milk and soy.

Nutrition Facts
Serving Size 1/3 cup (44g)
Servings Per Container 4

Amount Per Serving	
Calories 270	Calories from Fat 25
	% Daily Value*
Total Fat 3g	**5%**
Saturated Fat 1.5g	**7%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 760mg	**32%**
Total Carbohydrate 32g	**11%**
Dietary Fiber 2g	**7%**
Sugars 2g	
Protein 3g	

Vitamin A 0% • Vitamin C 10%
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

Country Cottage Mac & Cheese

INGREDIENTS: Elbow macaroni (semolina, niacin, ferrous sulfate [iron], thiamine mononitrate, riboflavin, folic acid), sweet dairy whey, cheddar cheese (pasteurized milk, salt, culture, enzymes), whey, buttermilk, salt, natural flavor, cheddar cheese (pasteurized milk, salt, culture, annatto, enzymes), whey, partially hydrogenated soybean oil, maltodextrin, salt, blue cheese (pasteurized milk, salt, culture, enzymes), natural flavor, lactic acid, natural wine flavor, citric acid, disodium inosinate and disodium guanylate, yellow 5, yellow 6), modified food starch, sea salt, yeast extract, onion powder, lactic acid, pepper.

Allergens: Wheat, milk.

Nutrition Facts
Serving Size 1/2 cup (85g)
Servings Per Container 4

Amount Per Serving	
Calories 320	Calories from Fat 40
	% Daily Value*
Total Fat 4g	**6%**
Saturated Fat 1.5g	**9%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 930mg	**39%**
Total Carbohydrate 58g	**19%**
Dietary Fiber 2g	**9%**
Sugars 5g	
Protein 11g	

Vitamin A 2% • Vitamin C 0%
Calcium 15% • Iron 60%

*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

Creamy Stroganoff

INGREDIENTS: Egg noodles (durum flour, eggs, glyceryl monosterate, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), creamer (partially hydrogenated coconut oil, corn syrup solids, sodium caseinate, dipotassium phosphate, mono and diglycerides, silicon dioxide, soy lecithin), modified food starch, vegetarian beef base (salt, hydrolyzed soy protein, maltodextrin, sugar, corn starch, caramel color, onion powder, natural flavors, citric acid, silicon dioxide), garlic powder, mushrooms, dehydrated onion, sea salt, tomato powder, sour cream powder (cultured cream [cream, nonfat milk, culture, enzymes], salt, lactic acid, tocopherols, BHT), yeast extract, csauteed mushroom flavor (maltodextrin, natural flavor (contains milk, wheat and soybeans), mushroom powder, tapioca, maltodextrin, autolyzed yeast extract, partially hydrogenated soybean oil, salt, onion powder, modified food starch), sauteed onion flavor (natural flavors [contains wheat, milk, soybeans], onion powder, tapioca maltodextrin, autolyzed yeast extract, enzyme modified butter and buttermilk powder [butter {cream, salt}, dry buttermilk, mono and diglycerides], roast meat flavor (yeast extract, salt), black pepper.

Allergens: Egg, soy, wheat, milk.

Nutrition Facts
Serving Size 1/3 cup (34g)
Servings Per Container 4

Amount Per Serving

Calories 200 Calories from Fat 5

	% Daily Value*
Total Fat 0g	**1%**
Saturated Fat 0g	**1%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 290mg	**12%**
Total Carbohydrate 27g	**9%**
Dietary Fiber 2g	**7%**
Sugars 1g	
Protein 2g	

Vitamin A 0% • Vitamin C 4%
Calcium 2% • 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:

	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

Honey Coated Banana Chips

INGREDIENTS: Bananas, coconut/vegetable oil, sugar/honey, natural flavoring.

Allergens: Coconut.

Nutrition Facts
Serving Size 1/2 cup (44g)
Servings Per Container 4

Amount Per Serving

Calories 240 Calories from Fat 140

	% Daily Value*
Total Fat 16g	**24%**
Saturated Fat 14g	**71%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 19g	**6%**
Dietary Fiber 2g	**6%**
Sugars 13g	
Protein 0g	

Vitamin A 0% • Vitamin C 0%
Calcium 10% • 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

Instant White Rice

INGREDIENTS: Long grain white rice.

Nutrition Facts
Serving Size 1/4 cup dry (47g)
Servings Per Container 10

Amount Per Serving	
Calories 170	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 37g	**12%**
Dietary Fiber 0g	**0%**
Sugars 0g	
Protein 3g	

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 45%

*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

Liberty Bell Potato Cheddar Soup

INGREDIENTS: Creamer (partially hydrogenated coconut oil, corn syrup solids, sodium caseinate, dipotassium phosphate, mono and diglycerides, silicon dioxide, soy lecithin), modified food starch, potato dices, cheddar cheese (pasteurized milk, salt, culture, annatto, enzymes), whey, partially hydrogenated soybean oil, maltodextrin, salt, blue cheese (pasteurized milk, salt, culture, enzymes), natural flavor, lactic acid, natural wine flavor, citric acid, disodium inosinate and disodium guanylate, yellow 5, yellow 6), chopped onions, sweet dairy whey, vegetarian chicken base (maltodextrin, hydrolyzed corn protein, salt, corn starch, sugar, onion and garlic powder, spices (including parsley), extractives of turmeric, silicon dioxide), sea salt, yeast extract, sugar, onion powder, parsley, turmeric, garlic powder, caramel color.

Allergens: Milk and soy.

Nutrition Facts
Serving Size 1/4 cup (45g)
Servings Per Container 4

Amount Per Serving	
Calories 190	Calories from Fat 60
	% Daily Value*
Total Fat 7g	**11%**
Saturated Fat 6g	**30%**
Trans Fat 0g	
Cholesterol 5mg	**1%**
Sodium 560mg	**23%**
Total Carbohydrate 29g	**10%**
Dietary Fiber 1g	**4%**
Sugars 4g	
Protein 3g	

Vitamin A 2% • Vitamin C 8%
Calcium 6% • 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:

	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

Maple Grove Oatmeal

INGREDIENTS: 100% natural rolled oats, sugar,creamer (partially hydrogenated coconut oil, corn syrup solids, sodium caseinate, dipotassium phosphate, mono and diglycerides, silicon dioxide, soy lecithin), maple flavor (natural & artificial), brown sugar, salt.

Allergens: Milk and soy.

Nutrition Facts
Serving Size 1/2 cup (59g)
Servings Per Container 8

Amount Per Serving	
Calories 240	Calories from Fat 45
	% Daily Value*
Total Fat 4.5g	**7%**
Saturated Fat 2g	**9%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 135mg	**6%**
Total Carbohydrate 44g	**15%**
Dietary Fiber 4g	**17%**
Sugars 14g	
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

Orange Energy Drink Mix

INGREDIENTS: Sugar, citric acid, sweet dairy whey, natural and artificial flavors, sodium citrate, ascorbic acid, vitamin A, vitamin D, FD&C Yellow #6, FD&C Red #40.

Allergens: Milk

Nutrition Facts
Serving Size 3 Tbl (41g)
Servings Per Container 8

Amount Per Serving	
Calories 150	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 55mg	**2%**
Total Carbohydrate 40g	**13%**
Dietary Fiber 0g	**0%**
Sugars 38g	
Protein 0g	

Vitamin A 10% • Vitamin C 160%
Calcium 30% • Iron 0%
Vitamin D 35%

*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

Settler's Whey Powdered Milk

INGREDIENTS: Sweet whey, creamer (coconut oil, corn syrup solids, sodium caseinate [a milk derivative], dipotassium phosphate, sugar, mono and diglycerides, polysorbate 80, sodium silicoaluminate, tetrasodium pyrophosphate, soy lecithin), nonfat milk, sugar, guar gum, vitamin A, vitamin D.

Allergens: Dairy and soy.

Nutrition Facts
Serving Size 2 Tbsp (17g)
Servings Per Container 16

Amount Per Serving	
Calories 70	Calories from Fat 20
	% Daily Value*
Total Fat 2.5g	**4%**
Saturated Fat 2g	**11%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 110mg	**5%**
Total Carbohydrate 8g	**3%**
Dietary Fiber 0g	**0%**
Sugars 1g	
Protein 3g	

Vitamin A 8%	• Vitamin C 0%
Calcium 10%	• Iron 0%
Vitamin D 25%	• Vitamin E 0%
Riboflavin 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

Strawberry Fields Cream of Wheat

INGREDIENTS: Germade (wheat), sugar, creamer (coconut oil, corn syrup solids, sodium caseinate [a milk derivative], dipotassium phosphate, sugar, mono and diglycerides, polysorbate 80, sodium silicoaluminate, tetrasodium pyrophosphate, soy lecithin), salt, natural & artificial strawberry flavor, FD&C Red #40.

Allergens: Wheat, soy, milk.

Nutrition Facts
Serving Size 1/4 cup (46g)
Servings Per Container 8

Amount Per Serving	
Calories 180	Calories from Fat 20
	% Daily Value*
Total Fat 2.5g	**4%**
Saturated Fat 2g	**11%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 100mg	**4%**
Total Carbohydrate 36g	**12%**
Dietary Fiber 1g	**2%**
Sugars 10g	
Protein 4g	

Vitamin A 0%	• Vitamin C 0%
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:

		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

Traveler's Stew

INGREDIENTS: Long grain white rice, lentils, elbow macaroni (semolina, niacin, ferrous sulfate [iron], thiamine mononitrate, riboflavin, folic acid), chicken bouillon (chicken soup base [corn syrup solids, salt, corn starch, hydrolyzed corn, soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate, disodium guanylate, spices, turmeric, dehydrated parsley, silicon dioxide], salt, sugar, yeast extract, sweet whey, turmeric, garlic powder, caramel color, dehydrated onion), carrot dices, celery slices, chopped onion.

Allergens: Wheat, soy and dairy

Nutrition Facts

Serving Size 1/3 cup (57g)
Servings Per Container 4

Amount Per Serving	
Calories 190	Calories from Fat 5
	% Daily Value*
Total Fat 1g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 1070mg	**45%**
Total Carbohydrate 39g	**13%**
Dietary Fiber 3g	**13%**
Sugars 5g	
Protein 7g	

Vitamin A 110% • Vitamin C 10%

Calcium 4% • Iron 35%

*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

3-month kit

Blue Ribbon Creamy Chicken Rice

INGREDIENTS: Long grain parboiled white rice, creamer (partially hydrogenated coconut oil, corn syrup solids, sodium caseinate, dipotassium phosphate, mono and diglycerides, silicon dioxide, soy lecithin), modified food starch, vegetarian chicken base (maltodextrin, hydrolyzed corn protein, salt, corn starch, sugar, onion and garlic powder, spices (including parsley), extractives of turmeric, silicon dioxide), chopped onion, chicken flavor (autolyzed yeast extract, maltodextrin, salt, chicken flavor, chicken stock, natural flavor, chicken fat, silicon dioxide [anti-caking agent]), celery slices, onion powder, parsley flakes.

Allergens: Milk and soy.

Nutrition Facts
Serving Size 1/3 cup (44g)
Servings Per Container 4

Amount Per Serving	
Calories 270	Calories from Fat 25
	% Daily Value*
Total Fat 3g	**5%**
Saturated Fat 1.5g	**7%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 760mg	**32%**
Total Carbohydrate 32g	**11%**
Dietary Fiber 2g	**7%**
Sugars 2g	
Protein 3g	

Vitamin A 0% • Vitamin C 10%
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

Cheesy Broccoli & Rice Soup

INGREDIENTS: Long grain white rice, cheese powder (whey, buttermilk solids, cheeses [granular and cheddar {pasteurized milk, cheese culture, salt, enzymes}], whey protein concentrate, salt, sodium phosphate, citric acid,Yellow #5, Yellow #6, lactic acid, enzyme}, creamer {maltodextrin, palm oil), cornstarch, chicken soup base (corn syrup solids, salt, corn starch,hydrolyzed corn, soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate, disodium guanylate, spices, turmeric, dehydrated parsley, silicon dioxide [anticaking agent]}, broccoli, chopped onion, onion powder, parsley flakes.

Allergens: Milk and soy.

Nutrition Facts
Serving Size 1/3 cup (65g)
Servings Per Container 4

Amount Per Serving	
Calories 250	Calories from Fat 40
	% Daily Value*
Total Fat 4.5g	**7%**
Saturated Fat 2.5g	**12%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 700mg	**29%**
Total Carbohydrate 51g	**17%**
Dietary Fiber 0g	**1%**
Sugars 9g	
Protein 7g	

Vitamin A 2% • Vitamin C 15%
Calcium 15% • 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

Chocolate Pudding

INGREDIENTS: Sugar, modified food starch, nonfat dry milk, creamer (partially hydrogenated coconut oil, corn syrup solids, sodium caseinate [a milk derivative], dipotassium phosphate, sugar, propylene glycol esters of fatty acids, mono and diglycerides, sodium silicoaluminate, salt, soy lecithin, carrageenan, artificial flavor, artificial color), dutched cocoa (processed with alkali), cream plus (maltodextrin, natural cream flavor), xanthan gum, corn syrup solids, salt, lecithin powder (soy flour, soy lecithin, dolomite), natural and artificial flavor.

Allergens: Milk and soy.

Nutrition Facts
Serving Size 1/2 cup (57g)
Servings Per Container 5

Amount Per Serving	
Calories 220	Calories from Fat 35
	% Daily Value*
Total Fat 4g	**6%**
Saturated Fat 3.5g	**18%**
Trans Fat 0g	
Cholesterol 0mg	**1%**
Sodium 105mg	**4%**
Total Carbohydrate 42g	**14%**
Dietary Fiber 1g	**4%**
Sugars 27g	
Protein 4g	

Vitamin A 0% • Vitamin C 0%
Calcium 10% • 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

Country Cottage Mac & Cheese

INGREDIENTS: Elbow macaroni (semolina, niacin, ferrous sulfate [iron], thiamine mononitrate, riboflavin, folic acid), sweet dairy whey, cheddar cheese (pasteurized milk, salt, culture, enzymes), whey, buttermilk, salt, natural flavor, cheddar cheese (pasteurized milk, salt, culture, annatto, enzymes), whey, partially hydrogenated soybean oil, maltodextrin, salt, blue cheese (pasteurized milk, salt, culture, enzymes), natural flavor, lactic acid, natural wine flavor, citric acid, disodium inosinate and disodium guanylate, yellow 5, yellow 6), modified food starch, sea salt, yeast extract, onion powder, lactic acid, pepper.

Allergens: Wheat, milk.

Nutrition Facts
Serving Size 1/2 cup (85g)
Servings Per Container 4

Amount Per Serving	
Calories 320	Calories from Fat 40
	% Daily Value*
Total Fat 4g	**6%**
Saturated Fat 1.5g	**9%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 930mg	**39%**
Total Carbohydrate 58g	**19%**
Dietary Fiber 2g	**9%**
Sugars 5g	
Protein 11g	

Vitamin A 2% • Vitamin C 0%
Calcium 15% • Iron 60%

*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

Creamy Beef Stroganoff

INGREDIENTS: Egg noodles (durum flour, eggs, glyceryl monosterate, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), creamer (partially hydrogenated coconut oil, corn syrup solids, sodium caseinate, dipotassium phosphate, mono and diglycerides, silicon dioxide, soy lecithin), modified food starch, vegetarian beef base (salt, hydrolyzed soy protein, maltodextrin, sugar, corn starch, caramel color, onion powder, natural flavors, citric acid, silicon dioxide), garlic powder, mushrooms, dehydrated onion, sea salt, tomato powder, sour cream powder (cultured cream [cream, nonfat milk, culture, enzymes], salt, lactic acid, tocopherols, BHT), yeast extract, csauteed mushroom flavor (maltodextrin, natural flavor (contains milk, wheat and soybeans), mushroom powder, tapioca, maltodextrin, autolyzed yeast extract, partially hydrogenated soybean oil, salt, onion powder, modified food starch), sauteed onion flavor (natural flavors [contains wheat, milk, soybeans], onion powder, tapioca maltodextrin, autolyzed yeast extract, enzyme modified butter and buttermilk powder [butter {cream, salt}, dry buttermilk, mono and diglycerides], roast meat flavor (yeast extract, salt), black pepper.

Allergens: Egg, soy, wheat, milk.

Nutrition Facts
Serving Size 1/2 cup (76g)
Servings Per Container 4

Amount Per Serving	
Calories 310	Calories from Fat 90
	% Daily Value*
Total Fat 10g	**16%**
Saturated Fat 9g	**43%**
Trans Fat 0g	
Cholesterol 30mg	**11%**
Sodium 830mg	**34%**
Total Carbohydrate 48g	**16%**
Dietary Fiber 1g	**5%**
Sugars 3g	
Protein 7g	

Vitamin A 0% • Vitamin C 0%
Calcium 2% • 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

Granny's Homestyle Potato Soup

INGREDIENTS: Potato dices, creamer (maltodextrin, palm oil), enriched bleached flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), chicken bouillon (chicken soup base [corn syrup solids, salt, corn starch, hydrolyzed corn, soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate, disodium guanylate, spices, turmeric, dehydrated parsley, silicon dioxide {anticaking agent}], salt, sugar, yeast extract, sweet whey, turmeric, garlic powder, caramel color, dehydrated onion), potato flakes, cornstarch, onion chopped, onion powder, parsley flakes.

Allergens: Wheat, soy, and dairy.

Nutrition Facts
Serving Size 1/3 cup (44g)
Servings Per Container 4

Amount Per Serving	
Calories 270	Calories from Fat 25
	% Daily Value*
Total Fat 3g	**5%**
Saturated Fat 1.5g	**7%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 760mg	**32%**
Total Carbohydrate 32g	**11%**
Dietary Fiber 2g	**7%**
Sugars 2g	
Protein 3g	

Vitamin A 0% • Vitamin C 10%
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

Heartland's Best Mashed Potatoes

INGREDIENTS: Potato flakes, cornstarch, chicken soup base (corn syrup solids, salt, cornstarch, hydrolyzed corn, soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate, disodium guanylate, spices, turmeric, dehydrated parsley, silicon dioxide), chopped onion, chicken flavor (autolyzed yeast extract, maltodextrin, salt, chicken flavor, chicken stock, natural flavor, chicken fat, silicon dioxide [anticaking agent]), parsley flakes.

Allergens: Soy.

Nutrition Facts
Serving Size 1/3 cup (34g)
Servings Per Container 4

Amount Per Serving	
Calories 200	Calories from Fat 5
	% Daily Value*
Total Fat 0g	**1%**
Saturated Fat 0g	**1%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 290mg	**12%**
Total Carbohydrate 27g	**9%**
Dietary Fiber 2g	**7%**
Sugars 1g	
Protein 2g	

Vitamin A 0% • Vitamin C 4%
Calcium 2% • 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:

		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

Honey Coated Banana Chips

INGREDIENTS: Bananas, coconut/vegetable oil, sugar/honey, natural flavoring.

Allergens: Coconut.

Nutrition Facts
Serving Size 1/2 cup (44g)
Servings Per Container 4

Amount Per Serving	
Calories 240	Calories from Fat 140
	% Daily Value*
Total Fat 16g	**24%**
Saturated Fat 14g	**71%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 19g	**6%**
Dietary Fiber 2g	**6%**
Sugars 13g	
Protein 0g	

Vitamin A 0% • Vitamin C 0%
Calcium 10% • 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

Independence Hall Chicken Noodle Soup

INGREDIENTS: Egg noodles (durum flour, eggs, glycerol monostearate, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), vegetarian chicken base (maltodextrin, hydrolyzed corn protein, salt, corn starch, sugar, onion and garlic powder, spices (including parsley), extractives of turmeric, silicon dioxide), maltodextrin,carrots, modified food starch, chopped onions, celery, peas, spices, xanthan gum, parsley.

Allergens: Egg, Wheat.

Nutrition Facts
Serving Size 1/2 cup (54g)
Servings Per Container 4

Amount Per Serving	
Calories 190	Calories from Fat 15
	% Daily Value*
Total Fat 1.5g	**2%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 20mg	**7%**
Sodium 1190mg	**50%**
Total Carbohydrate 39g	**13%**
Dietary Fiber 1g	**6%**
Sugars 5g	
Protein 5g	

Vitamin A 50% • Vitamin C 8%
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:

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

Instant White Rice

INGREDIENTS: Long grain white rice.

Nutrition Facts
Serving Size 1/4 cup dry (47g)
Servings Per Container 10

Amount Per Serving	
Calories 170	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 37g	**12%**
Dietary Fiber 0g	**0%**
Sugars 0g	
Protein 3g	

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 45%

*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

Liberty Bell Potato Cheddar Soup

INGREDIENTS: Creamer (partially hydrogenated coconut oil, corn syrup solids, sodium caseinate, dipotassium phosphate, mono and diglycerides, silicon dioxide, soy lecithin), modified food starch, potato dices, cheddar cheese (pasteurized milk, salt, culture, annatto, enzymes), whey, partially hydrogenated soybean oil, maltodextrin, salt, blue cheese (pasteurized milk, salt, culture, enzymes), natural flavor, lactic acid, natural wine flavor, citric acid, disodium inosinate and disodium guanylate, yellow 5, yellow 6), chopped onions, sweet dairy whey, vegetarian chicken base (maltodextrin, hydrolyzed corn protein, salt, corn starch, sugar, onion and garlic powder, spices (including parsley), extractives of turmeric, silicon dioxide), sea salt, yeast extract, sugar, onion powder, parsley, turmeric, garlic powder, caramel color.

Allergens: Milk and soy.

Nutrition Facts
Serving Size 1/4 cup (45g)
Servings Per Container 4

Amount Per Serving	
Calories 190	Calories from Fat 60
	% Daily Value*
Total Fat 7g	**11%**
Saturated Fat 6g	**30%**
Trans Fat 0g	
Cholesterol 5mg	**1%**
Sodium 560mg	**23%**
Total Carbohydrate 29g	**10%**
Dietary Fiber 1g	**4%**
Sugars 4g	
Protein 3g	

Vitamin A 2% • Vitamin C 8%
Calcium 6% • 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:

		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

Maple Grove Oatmeal

INGREDIENTS: 100% natural rolled oats, sugar,creamer (partially hydrogenated coconut oil, corn syrup solids, sodium caseinate, dipotassium phosphate, mono and diglycerides, silicon dioxide, soy lecithin), maple flavor (natural & artificial), brown sugar, salt.

Allergens: Milk and soy.

Nutrition Facts
Serving Size 1/2 cup (59g)
Servings Per Container 8

Amount Per Serving	
Calories 240	Calories from Fat 45
	% Daily Value*
Total Fat 4.5g	**7%**
Saturated Fat 2g	**9%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 135mg	**6%**
Total Carbohydrate 44g	**15%**
Dietary Fiber 4g	**17%**
Sugars 14g	
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

Orange Energy Drink Mix

INGREDIENTS: Sugar, citric acid, sweet dairy whey, natural and artificial flavors, sodium citrate, ascorbic acid, vitamin A, vitamin D, FD&C Yellow #6, FD&C Red #40.

Allergens: Milk

Nutrition Facts
Serving Size 3 Tbl (41g)
Servings Per Container 8

Amount Per Serving	
Calories 150	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 55mg	**2%**
Total Carbohydrate 40g	**13%**
Dietary Fiber 0g	**0%**
Sugars 38g	
Protein 0g	

Vitamin A 10% • Vitamin C 160%
Calcium 30% • Iron 0%
Vitamin D 35%

*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

Settler's Whey Powdered Milk

INGREDIENTS: Sweet whey, creamer (coconut oil, corn syrup solids, sodium caseinate [a milk derivative], dipotassium phosphate, sugar, mono and diglycerides, polysorbate 80, sodium silicoaluminate, tetrasodium pyrophosphate, soy lecithin), nonfat milk, sugar, guar gum, vitamin A, vitamin D.

Allergens: Dairy and soy.

Nutrition Facts
Serving Size 2 Tbsp (17g)
Servings Per Container 16

Amount Per Serving	
Calories 70	Calories from Fat 20
	% Daily Value*
Total Fat 2.5g	**4%**
Saturated Fat 2g	**11%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 110mg	**5%**
Total Carbohydrate 8g	**3%**
Dietary Fiber 0g	**0%**
Sugars 1g	
Protein 3g	

Vitamin A 8% • Vitamin C 0%
Calcium 10% • Iron 0%
Vitamin D 25% • Vitamin E 0%
Riboflavin 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

Strawberry Fields Cream of Wheat

INGREDIENTS: Germade (wheat), sugar, creamer (coconut oil, corn syrup solids, sodium caseinate [a milk derivative], dipotassium phosphate, sugar, mono and diglycerides, polysorbate 80, sodium silicoaluminate, tetrasodium pyrophosphate, soy lecithin), salt, natural & artificial strawberry flavor, FD&C Red #40.

Allergens: Wheat, soy, milk.

Nutrition Facts
Serving Size 1/4 cup (46g)
Servings Per Container 8

Amount Per Serving	
Calories 180	Calories from Fat 20
	% Daily Value*
Total Fat 2.5g	**4%**
Saturated Fat 2g	**11%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 100mg	**4%**
Total Carbohydrate 36g	**12%**
Dietary Fiber 1g	**2%**
Sugars 10g	
Protein 4g	

Vitamin A 0% • Vitamin C 0%
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:

		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

Summer's Best Corn Chowder

INGREDIENTS: Creamer (maltodextrin, palm oil, sodium caseinate (MILK), dipotassium phosphate, mono and diglycerides, sodium aluminosilicate, natural flavor, annatto extract [color], sodium hexametaphosphate), modified food starch, potato flakes, chicken soup base (hydrolyzed corn and soy protein, corn syrup solids, salt, cornstarch, rendered chicken fat, yeast extract, sugar, onion powder, disodium inosinate and disodium guanylate, spices, turmeric, dehydrated parsley, silicon dioxide), corn, sea salt, sugar, super sweet corn flake, natural butter flavor (whey solids, enzyme modified butter, maltodextrin, salt, dehydrated butter, guar gum, annatto, turmeric), worcestershire powder (worcestershire [vinegar, molasses, corn syrup, salt, caramel (color), garlic, sucrose, spices, tamarind, natural flavor] and maltodextrin), onions, bacon flavored textured vegetable protein (textured vegetable protein [soy flour, caramel color, red 3], soybean oil, water, salt, natural flavorings, autolyzed yeast, hydrolyzed soy protein, dextrose), celery, sweet corn flavor (maltodextrin, modified food starch, sugar, natural and artificial flavor, yeast extract, silicon dioxide, sorbitol, fructose), vegetable broth flavor (yeast extract, salt, carrot powder, tomato powder, onion powder, leek powder, garlic powder, herbs and spices [bayleaf, celery, tyme]), garlic granules, yeast extract, masa harina (corn masa flour, trace of lime), bacon flavor (yeast extract, salt, natural flavor, natural smoke flavor).

Allergens: Milk and soy

Nutrition Facts
Serving Size 1/3 cup (44g)
Servings Per Container 4

Amount Per Serving	
Calories 180	Calories from Fat 60
	% Daily Value*
Total Fat 6g	**10%**
Saturated Fat 3.5g	**17%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 860mg	**36%**
Total Carbohydrate 30g	**10%**
Dietary Fiber 1g	**4%**
Sugars 3g	
Protein 2g	

Vitamin A 0% • Vitamin C 2%
Calcium 2% • Iron 30%

*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

Traditional Fettuccine Alfredo

INGREDIENTS: Egg noodles (durum flour, eggs, glyceryl monosterate, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), creamer (partially hydrogenated coconut oil, corn syrup solids, sodium caseinate, dipotassium hosphate, mono and diglycerides, silicon dioxide, soy lecithin), white cheddar cheese blend (cheddar cheese [pasteurized milk, salt, cheese culture, enzymes], buttermilk, whey, salt, natural flavors), modified food starch, salt, sweet dairy whey, natural sauteed mushroom flavor (maltodextrin, natural flavor [contains milk, wheat, soybeans], mushroom powder, tapioca maltodextrin, autolyzed yeast extract, partially hydrogenated soybean oil, salt, onion powder, modified food starch), natural roast onion flavor (autolyzed yeast extract, onion powder, natural flavor contains wheat, soybeans], defatted wheat germ, sugar, refinery syrup powder, brown sugar, molasses powder, corn syrup solids, caramel color), lactic acid, vegetarian chicken base (maltodextrin, hydrolyzed corn protein, salt, corn starch, sugar, onion and garlic powder, spices (including parsley), extractives of turmeric, silicon dioxide), parsley, garlic powder, yeast extract, xanthan gum.

Allergens: Egg, wheat, milk, soy.

Nutrition Facts
Serving Size 1/2 c (69g)
Servings Per Container 4

Amount Per Serving	
Calories 300	Calories from Fat 100
	% Daily Value*
Total Fat 12g	**18%**
Saturated Fat 10g	**48%**
Trans Fat 0g	
Cholesterol 35mg	**12%**
Sodium 920mg	**38%**
Total Carbohydrate 39g	**13%**
Dietary Fiber 1g	**5%**
Sugars 4g	
Protein 8g	

Vitamin A 4% • Vitamin C 4%
Calcium 10% • 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

Traveler's Stew

INGREDIENTS: Long grain white rice, lentils, elbow macaroni (semolina, niacin, ferrous sulfate [iron], thiamine mononitrate, riboflavin, folic acid), chicken bouillon (chicken soup base [corn syrup solids, salt, corn starch, hydrolyzed corn, soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate, disodium guanylate, spices, turmeric, dehydrated parsley, silicon dioxide], salt, sugar, yeast extract, sweet whey, turmeric, garlic powder, caramel color, dehydrated onion), carrot dices, celery slices, chopped onion.

Allergens: Wheat, soy and dairy

Nutrition Facts
Serving Size 1/3 cup (57g)
Servings Per Container 4

Amount Per Serving	
Calories 190	Calories from Fat 5
	% Daily Value*
Total Fat 1g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 1070mg	**45%**
Total Carbohydrate 39g	**13%**
Dietary Fiber 3g	**13%**
Sugars 5g	
Protein 7g	

Vitamin A 110% • Vitamin C 10%
Calcium 4% • Iron 35%

*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

Uncle Frank's Italian Lasagna

INGREDIENTS: Lasagna Noodles (semolina {wheat], niacin, iron [ferrous sulfate], thiamin mononitrate, riboflavin, folic acid), tomato powder, sea salt, chopped onions, modified food starch, cheddar cheese blend (cheddar cheese [pasteurized milk, salt, culture, annatto, enzymes], salt, lactic acid, natural flavors), sugar, garlic powder, dehydrated tomato flakes, burgundy wine powder (maltodextrin, modified corn starch, burgundy wine solids, corn syrup solids, malic acid, natural flavor, sorbic acid, sulfites, potassium sorbate (preservatives)), cheddar cheese flavor (dextrose, maltodextrin, whey solids, corn starch, salt, silicon dioxide, guar gum, annatto [color], turmeric [color]), olive oil flavor (maltodextrin, modified food starch, natural flavor), spices, parsley, yeast extract, citric acid, natural orange color, fennel seed, caramel color.

Allergens: Wheat, milk and soy.

Nutrition Facts

Serving Size 1/2 cup (70g)
Servings Per Container 4

Amount Per Serving	
Calories 230	Calories from Fat 15
	% Daily Value*
Total Fat 2g	**3%**
Saturated Fat 0.5g	**4%**
Trans Fat 0g	
Cholesterol 0mg	**1%**
Sodium 840mg	**35%**
Total Carbohydrate 47g	**16%**
Dietary Fiber 3g	**13%**
Sugars 4g	
Protein 8g	

Vitamin A 4% • Vitamin C 4%
Calcium 6% • Iron 60%

*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