# 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 Total Fat 0g Saturated Fat 0g Trans Fat 0g Cholesterol 0mg Sodium 290ma 12% Total Carbohydrate 27g Dietary Fiber 2g Sugars 1g Protein 2g

# **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**

Amount Per Se	rving		
Calories 24	0 Calo	ories fron	n Fat 45
		% Da	ily Value
Total Fat 4.5	5g		7%
Saturated	Fat 2g		9%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium 135	img		6%
Total Carbo	hydrate 4	14g	15%
Dietary Fi	ber 4g		17%
Sugars 14	lg .		
Protein 6g			
Vitamin A 0%	6 . 1	Vitamin (	0%
Calcium 2%	•	ron 10%	
*Percent Daily Vidiet. Your daily videpending on your	alues may be	e higher or I	000 calorie ower 2,500
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber	Less than Less than Less than Less than ate	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

#### **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 Se	rving		
Calories 27	0 Cal	ories fron	n Fat 25
		% Da	aily Value
Total Fat 3g			5%
Saturated	Fat 1.5g		7%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium 760	)mg		32%
Total Carbo	hydrate	32g	11%
Dietary Fi	ber 2g		7%
Sugars 2g	1		
Protein 3g			
Vitamin A 0%	6 •	Vitamin (	C 10%
Calcium 2%	•	Iron 4%	
*Percent Daily V diet. Your daily v depending on yo	alues may b	e higher or l	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per grai		65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

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

Nutrit Serving Size 1 Servings Per C	/3 cup (	(57g)	cts
Amount Per Servi	ng		
Calories 190	Ca	lories fro	m Fat 6
		% Da	aily Value
Total Fat 1g			1%
Saturated F	at 0g		0%
Trans Fat 0	3		
Cholesterol 0	mg		0%
Sodium 1070r	ng		45%
Total Carbohy	drate 3	39g	13%
Dietary Fibe	r 3g		13%
Sugars 5g			
Protein 7g			
Vitamin A 1109	6 • 1	Vitamin (	C 10%
Calcium 4%	•	Iron 35%	
*Percent Daily Valu diet. Your daily valu depending on your	es may be	e higher or l	
Saturated Fat Li Cholesterol Li	ess than ess than ess than ess than	65g 20g 300mg	80g 25g 300mg 2,400mg 375g 30g

#### 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.

		(44g)	
Servings Per	Containe	er 4	
Amount Per Ser	ving		
Calories 270	) Calo	ories fron	n Fat 25
		% Da	aily Value
Total Fat 3g			5%
Saturated	Fat 1.5g		7%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium 760	mg		32%
Total Carbo	hydrate 3	32g	11%
Dietary Fil	per 2g		7%
Sugars 2g			
Protein 3g			
Vitamin A 0%	· · ·	Vitamin (	10%
Calcium 2%	•	ron 4%	
*Percent Daily Va diet. Your daily va depending on you	alues may be	higher or I	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per gran	Less than Less than Less than Less than te	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

## **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 Serving Size 1/2 cup Servings Per Contai	(85g)	cts
Amount Per Serving		
Calories 320 Ca	lories fron	n Fat 40
	% Da	ily Value*
Total Fat 4g		6%
Saturated Fat 1.5	g	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 0	0%
Calcium 15% •	Iron 60%	
*Percent Daily Values are to diet. Your daily values may depending on your calories: Calories:	be higher or I	
Total Fat Less than Saturated Fat Less than Cholesterol Less than Total Carbohydrate Dietary Fiber  Calories per gram: Fat 9 • Carbohydra	20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

#### **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 Serving Size 1/3 cup Servings Per Contai	(34g)	cts
Amount Per Serving		
Calories 200	alories fro	m Fat 5
	% Da	aily Value*
Total Fat 0g		1%
Saturated Fat 0g		1%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 290mg		12%
Total Carbohydrate	27a	9%
Dietary Fiber 2g		7%
Sugars 1g		
Protein 2g		
r Totelli 29		
Vitamin A 0% •	Vitamin (	2 4%
Calcium 2% •	Iron 2%	
"Percent Daily Values are b diet. Your daily values may depending on your calories Calories:	be higher or I	
Total Fat Less that Saturated Fat Less that Cholesterol Less that Sodium Less that Total Carbohydrate Dietary Fiber Calories per gram:	65g 20g 300mg	80g 25g 300mg 2,400mg 375g 30g

#### **Honey Coated Banana Chips**

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

Allergens: Coconut.



#### **Instant White Rice**

**INGREDIENTS:** Long grain white rice.

Nutri Serving Size	1/4 cup	dry (47g)	CLS
Servings Per	Contain	er 10	
Amount Per Ser	-de-e		
		lories fro	F-4
Calories 170	) Ca		
T-4-1 F-4 O-		% Da	aily Value
Total Fat 0g			
Saturated			0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium 0mg	3		09
Total Carbo	hydrate 3	37g	129
Dietary Fil	per 0g		0%
Sugars 0g			
Protein 3g			
Vitamin A 0%		Vitamin (	0 70
Calcium 0%	•	Iron 45%	
*Percent Daily Va diet. Your daily va depending on you	alues may be	e higher or l	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per gran	Less than Less than Less than Less than te		80g 25g 300mg 2,400mg 375g 30g

## **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.

Nutriti	on	Fa	cts
Serving Size 1/4			
Servings Per Co			
Amount Per Servino	1		
Calories 190	Cald	ories fron	n Fat 60
		% Da	aily Value*
Total Fat 7g			11%
Saturated Far	t 6g		30%
Trans Fat 0g			
Cholesterol 5m	ng		1%
Sodium 560mg			23%
Total Carbohyo	Irate 2	29g	10%
Dietary Fiber	1g		4%
Sugars 4g			
Protein 3g			
Vitamin A 2%		Vitamin (	20%
Calcium 6%		Iron 2%	7070
*Percent Daily Values diet. Your daily values depending on your ca	are ba	sed on a 2,0 e higher or l	
Saturated Fat Les Cholesterol Les	is than is than is than is than ohydrate	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

# **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.

	er 8	
Amount Per Serving		
Calories 240 Cal	ories fron	n Fat 4
	% Da	aily Value
Total Fat 4.5g		7%
Saturated Fat 2g		9%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 135mg		6%
Total Carbohydrate	44a	15%
Dietary Fiber 4g		179
Sugars 14g		
Protein 6g		
Vitamin A 0% •	Vitamin (	0%
Calcium 2% •	Iron 10%	
*Percent Daily Values are ba diet. Your daily values may b depending on your calorie ne Calories:	e higher or l	
Total Fat Less than Saturated Fat Less than Cholesterol Less than Sodium Less than Total Carbohydrate	65g 20g 300mg 2,400mg 300g	80g 25g 300mg 2,400mg 375g

# **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

Serving Size			
Servings Per	Contain	er 8	
Amount Per Ser	ving		
Calories 150	) Ca	alories fro	m Fat
		% Da	ily Value
Total Fat 0g			0%
Saturated	Fat 0g		0%
Trans Fat	0a		
Cholesterol			0%
Sodium 55m			29
Total Carbol	hydrate	40g	13%
Dietary Fil			0%
Sugars 38	a		
Protein 0g	-		
Vitamin A 10	% •	Vitamin (	160%
Calcium 30%	•	Iron 0%	
Vitamin D 35	%		
*Percent Daily Va diet. Your daily va depending on you	lues may b	e higher or I	000 calori ower 2,500
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber	Less than Less than Less than Less than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

## **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.

		er 16	
Amount Per Se	rving		
Calories 70	Cald	ories fron	n Fat 20
		% Da	aily Value*
Total Fat 2.5	5g		4%
Saturated	Fat 2g		11%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium 110	mg		5%
Total Carbo	hydrate 8	Вд	3%
Dietary Fi	ber 0g		0%
Sugars 1g	3		
Protein 3g			
Vitamin A 8%	6 • '	Vitamin (	0%
Calcium 109	6 •	Iron 0%	
Vitamin D 25	5% • '	Vitamin E	€ 0%
Riboflavin 49	%		
*Percent Daily V diet. Your daily v depending on yo	alues may b	e higher or I	000 calorie ower 2,500
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra	Less than Less than Less than Less than	65g 20g 300mg 2,400mg 300g	80g 25g 300mg 2,400mg 375g

# **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.

Nutri			CIS
Serving Size Servings Per			
Amount Per Sen	ving		
Calories 180	Cald	ories fron	n Fat 20
		% Da	aily Value
Total Fat 2.5	g		4%
Saturated	Fat 2g		11%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium 100mg		4%	
Total Carbol	ydrate 3	36g	12%
Dietary Fib	er 1g		2%
Sugars 10	g		
Protein 4g	-		
Vitamin A 0%		Vitamin (	C 0%
Calcium 0%	•	Iron 2%	
*Percent Daily Va diet. Your daily va depending on you	lues may be	e higher or l	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydral Dietary Fiber Calories per gram	Less than Less than Less than Less than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

#### **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

Calories from Fat  % Daily Valu  11  00  01  45  9 399 133
% Daily Valu 1' 0' 0' 45' e 39g 13'
% Daily Valu 1' 0' 0' 45' e 39g 13'
1 <sup>1</sup> 0 <sup>1</sup> 0 <sup>1</sup> 45 <sup>1</sup> e 39g 13 <sup>1</sup>
0° 45° e 39g 13°
0° 45° e 39g 13°
45° e 39g 13°
45° e 39g 13°
e 39g 13°
139
Vitamin C 10%
Iron 35%
based on a 2,000 calor be higher or lower needs: 2,000 2,500
n 65g 80g n 20g 25g n 300mg 300mg n 2,400mg 2,400m 300g 375g 25a 30a
3 3 3 3 3

#### 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.

	er 4	
Amount Per Serving		
Calories 270 Calo	ories fron	n Fat 25
	% Da	aily Value
Total Fat 3g		5%
Saturated Fat 1.5g		7%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 760mg		32%
Total Carbohydrate 3	32g	11%
Dietary Fiber 2g		7%
Sugars 2g		
Protein 3g		
	Vitamin (	2 10%
Calcium 2% • I	ron 4%	
"Percent Daily Values are bas diet. Your daily values may be depending on your calorie ne Calories.	higher or I	
Total Fat Less than Saturated Fat Less than Cholesterol Less than Sodium Less than Total Carbohydrate	65g 20g 300mg 2,400mg 300g	80g 25g 300mg 2,400mg 375g

#### 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 Ser	ving			
Calories 250	) Cal	ories fron	n Fat 40	
		% Da	aily Value	
Total Fat 4.5	g		7%	
Saturated	Fat 2.5g		12%	
Trans Fat	0g			
Cholesterol	10mg		3%	
Sodium 700	mg		29%	
Total Carbol	nydrate	51g	17%	
Dietary Fit	er 0g		1%	
Sugars 9g				
Protein 7g				
15: 1.00			1501	
Vitamin A 2%		Vitamin (	5 15%	
Calcium 15%		Iron 8%		
*Percent Daily Va diet. Your daily va depending on you	lues may b	e higher or l		
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber	Less than Less than Less than Less than te	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g	

#### **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.

		er 5	
Amount Per Sen	ring		
Calories 220	Calc	ries fron	n Fat 35
		% Da	ily Value
Total Fat 4g			6%
Saturated	Fat 3.5g		18%
Trans Fat (	0g		
Cholesterol	0mg		1%
Sodium 105r	ng		4%
Total Carbol	ydrate 4	12g	14%
Dietary Fib	er 1g		4%
Sugars 27	g		
Protein 4g			
Vitamin A 0%		/itamin 0	0%
Calcium 10%	• 1	ron 0%	
*Percent Daily Va diet. Your daily va depending on you	lues may be	higher or I	
Cholesterol	Less than Less than Less than Less than le	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

## **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	ı Fa	cts
Serving Size 1/2 cup	(85g)	
Servings Per Contain	er 4	
Amount Per Serving		
Calories 320 Calo	ories fron	n Fat 40
	% Da	aily 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% • 1	Vitamin (	2.00/
***************************************	*	
Carolani 1070	Iron 60%	
*Percent Daily Values are ba diet. Your daily values may be depending on your calorie ne Calories:	e higher or l	000 calorie lower 2.500
Total Fat Less than	65g	80g
Saturated Fat Less than	20g	25g
Cholesterol Less than Sodium Less than	300mg 2,400mg	300mg 2,400mg
Total Carbohydrate	300g	375a
Dietary Fiber	25g	30g
Calories per gram: Fat 9 • Carbohydrate	e 4 • Prot	ein 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.

# **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.

	r Contain	el 4	
Amount Per Se	rving		
Calories 31	0 Cal	ories fron	n Fat 90
		% Da	aily Value
Total Fat 10	g		16%
Saturated	Fat 9a		43%
Trans Fat	0a		
Cholesterol	- 0		11%
Sodium 830			34%
		10	•
Total Carbo	hydrate	48g	16%
Dietary Fi	ber 1g		5%
Sugars 3g	3		
Protein 7g			
Vitamin A 09	6 •	Vitamin (	2.00/
* ittoir iii i i i i i i i i i i i i i i i i	•	* 11001111111	J U%
Calcium 2%	•	Iron 8%	
*Percent Daily V diet. Your daily v depending on yo	alues may b	e higher or l	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber	Less than Less than Less than Less than		80g 25g 300mg 2,400mg 375g 30g

#### **Nutrition Facts** Serving Size 1/3 cup (44g) Servings Per Container 4 Calories 270 Calories from Fat 25 Total Fat 3g Saturated Fat 1.5g 7% Trans Fat 0g 0% Cholesterol 0ma 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%

Calories: 2,000

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

2,500

#### **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.

Amount Per Serving	
Calories 200	Calories from Fat
	% Daily Value
Total Fat 0g	19
Saturated Fat 0g	19
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 290mg	129
Total Carbohydra	te 27g 99
Dietary Fiber 2g	79
Sugars 1g	
Protein 2g	
Vitamin A 0%	<ul> <li>Vitamin C 4%</li> </ul>
Calcium 2%	<ul> <li>Iron 2%</li> </ul>
"Percent Daily Values are diet. Your daily values ma depending on your calorie Calorie	ay be higher or lower e needs:
Total Fat Less th Saturated Fat Less th Cholesterol Less th Sodium Less th Total Carbohydrate Dietary Fiber	ian 65g 80g ian 20g 25g ian 300mg 300mg

# **Honey Coated Banana Chips**

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

Allergens: Coconut.

Nutri Serving Size Servings Per	1/2 cup (	(44g)	cts
Amount Per Sei		51 4	
Calories 24		ies from	Fat 140
- Caronico III	0 00.01		aily Value*
Total Fat 16	g	,,,,,	24%
Saturated	Fat 14g		71%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium 0mg	g		0%
Total Carbo	hydrate 1	19g	6%
Dietary Fil	ber 2g		6%
Sugars 13	3g		
Protein 0g			
Vitamin A 0%	6 • 1	Vitamin (	0%
Calcium 10%	6 • 1	Iron 0%	
*Percent Daily Vi diet. Your daily vi depending on yo	alues may be	higher or l	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per gran Fat 9 • 0	Less than Less than Less than Less than ate	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

# **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.

Serving Size			
Oct villigs i ci	Containe		
Amount Per Sei	ving		
Calories 190	) Calo	ories fron	n Fat 15
		% Da	ily Value
Total Fat 1.5	ig .		2%
Saturated	Fat 0.5g		3%
Trans Fat	0g		
Cholesterol	20mg		7%
Sodium 119	0mg		50%
Total Carbo	hydrate 3	39g	13%
Dietary Fil	ber 1g		6%
Sugars 5g	1		
Protein 5g			
	.,		
Vitamin A 50		Vitamin (	28%
Calcium 2%	•	ron 6%	
*Percent Daily Va diet. Your daily va depending on yo	alues may be	e higher or I	000 calorie ower 2.500
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 30g

## **Instant White Rice**

**INGREDIENTS:** Long grain white rice.

Nutrition Serving Size 1/4 cup of Servings Per Contained	dry (47g)	cts
Amount Per Serving		
Calories 170 Ca	lories fro	m Fat 0
	% Da	aily 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% • 1	Vitamin (	2.00/
	* 1001111111	0 70
Galletanii G76	Iron 45%	
*Percent Daily Values are ba- diet. Your daily values may be depending on your calorie ne Calories:	e higher or l	
Total Fat Less than Saturated Fat Less than Cholesterol Less than Sodium Less than Total Carbohydrate Dietary Fiber Calories per gram:	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

#### **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.

Amount Per Ser	ving		
Calories 190	Calc	ories fron	n Fat 6
		% Da	aily Value
Total Fat 7g			11%
Saturated	Fat 6g		30%
Trans Fat	0g		
Cholesterol	5mg		19
Sodium 560	mg		23%
Total Carbol	nvdrate 2	29a	10%
Dietary Fib			49
Sugars 4g			
Protein 3q			
Vitamin A 2%	• '	Vitamin (	8%
Calcium 6%	• 1	ron 2%	
*Percent Daily Va diet. Your daily va depending on you	lues may be	higher or I	
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 2,400m 375g 30g

# 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.

Serving Size Servings Per	1/2 cup		cts
Amount Per Ser	ving		
Calories 240	) Cal	ories fror	m Fat 4
		% D	aily Value
Total Fat 4.5	ig		7%
Saturated	Fat 2g		9%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium 135	mg		6%
Total Carbo	hvdrate	44a	15%
Dietary Fil	per 4g		17%
Sugars 14	a		
Protein 6a			
Vitamin A 0%		Vitamin	0 0 70
Calcium 2%	•	Iron 10%	
*Percent Daily Va diet. Your daily va depending on you	alues may b	e higher or	
Total Fat Saturated Fat Cholesterol	Less than Less than Less than Less than		80g 25g 300mg

# **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

Nutri Serving Size Servings Per	3 Tbl (4	1g)	cts
Amount Per Ser	ving		
Calories 150	) Ca	lories fro	m Fat 0
		% Da	ily Value*
Total Fat 0g			0%
Saturated	Fat 0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium 55n	ng		2%
Total Carbo	hydrate 4	40g	13%
Dietary Fil	per 0g		0%
Sugars 38	g		
Protein 0g			
Vitamin A 10	% •	Vitamin (	160%
Calcium 30%		Iron 0%	
Vitamin D 35	%		
*Percent Daily Va diet. Your daily va depending on you	alues may b	e higher or l	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per gran Fat 9 • C	n:	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

# **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.

Nutri	tior	ı Fa	cts
Serving Size	2 Tbsp (	17g)	
Servings Per	Contain	er 16	
Amount Per Ser	ving		
Calories 70	Cal	ories from	m Fat 20
		% D	aily Value
Total Fat 2.5	g		4%
Saturated	Fat 2g		11%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium 110	mg		5%
Total Carbo	nydrate	8g	3%
Dietary Fil	er 0g		0%
Sugars 1g			
Protein 3g			
Vitamin A 8%		Vitamin	C 00/
Calcium 10%		Iron 0%	C 0 76
Vitamin D 25		Vitamin	E 00/
Riboflavin 49		vitaiiiii	L U /0
*Percent Daily Va	*	and on a 2	nnn anlaris
diet. Your daily vo depending on you	lues may b	e higher or leds:	
Total Fat	Less than	2,000 65a	80a
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydra Dietary Fiber	te	300g 25g	375g 30g

#### **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.

Serving Size 1/4 of Servings Per Con			
Amount Per Serving			
Calories 180	Calc	ries fron	n Fat 20
		% Da	aily Value
Total Fat 2.5g			4%
Saturated Fat 2	g		11%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 100mg			4%
Total Carbohydra	ate 3	6g	12%
Dietary Fiber 1	9		2%
Sugars 10g			
Protein 4g			
Vitamin A 0%	٠ ١	/itamin (	0%
Calcium 0%	• 1	ron 2%	
*Percent Daily Values a diet. Your daily values m depending on your calor Calori	ay be	higher or I	000 calorie lower 2,500
Total Fat Less t Saturated Fat Less t Cholesterol Less t Sodium Less t Total Carbohydrate Dietary Fiber Calories per gram:	han han han	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

#### 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 sov

Nutrition Serving Size 1/3 cup ( Servings Per Containe	44g)	cts
Amount Per Serving		
Calories 180 Calo	ories fron	n Fat 60
	% D:	aily Value*
Total Fat 6g		10%
Saturated Fat 3.5g		17%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 860ma		36%
Total Carbohydrate	30a	10%
Dietary Fiber 1g	- 3	4%
Sugars 3g		
Protein 2g		
Protein 29		
Vitamin A 0% • Y	Vitamin (	2%
Calcium 2% • I	ron 30%	
*Percent Daily Values are bas diet. Your daily values may be depending on your calorie ne Calories:	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 • Carbohydrate	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

#### **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.

Amount Per Serving		
	ies from	F-4 404
Calories 300 Calor		
T	% Da	aily Value
Total Fat 12g		
Saturated Fat 10g		48%
Trans Fat 0g		
Cholesterol 35mg		129
Sodium 920mg		38%
Total Carbohydrate 3	39g	139
Dietary Fiber 1g		5%
Sugars 4g		
Protein 8g		
Vitamin A 4% • \	Vitamin 0	2 4%
Calcium 10% • I	ron 10%	
*Percent Daily Values are bas diet. Your daily values may be depending on your calorie ne Calories:	higher or I	
Total Fat Less than Saturated Fat Less than Cholesterol Less than Sodium Less than Total Carbohydrate	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

Allergens: Egg, wheat, milk, soy.

#### 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

Nutri Serving Size Servings Per	1/3 cup (	57g)	cts
Amount Per Se	rving		
Calories 19	0 Ca	lories fro	m Fat 5
		% Da	aily Value
Total Fat 1g			1%
Saturated	Fat 0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium 107	'0mg		45%
Total Carbo	hydrate 3	39g	13%
Dietary Fi	ber 3g		13%
Sugars 5g	1		
Protein 7g			
Vitamin A 11	0% • \	/itamin (	10%
Calcium 4%	0.70	ron 35%	
*Percent Daily Vidiet. Your daily videpending on your	alues are bas alues may be	sed on a 2,0 higher or l	000 calorie
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per gran Fat 9 • 0	Less than Less than ate	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

## 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.

	Contain	er 4	
Amount Per Serv			
Calories 230	Cald	ories fron	n Fat 15
		% Da	aily Value
Total Fat 2g			3%
Saturated F	at 0.5g		4%
Trans Fat 0	g		
Cholesterol (	mg		19
Sodium 840n	ng		35%
Total Carboh	vdrate 4	47a	16%
Dietary Fibe	er 3a		13%
Sugars 4g	-		
Protein 8g			
Vitamin A 4%		Vitamin (	5 170
Calcium 6%	•	Iron 60%	
*Percent Daily Valu diet. Your daily valu depending on your	ues may be calorie ne	e higher or l eds:	lower
	Calories:	2,000	2,500
Saturated Fat I Cholesterol I	ess than ess than ess than ess than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g