Food4Patriots Ingredients

72-Hour Food Supply

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.

Nutrit Serving Size 1 Servings Per 0	/3 cup	(44g)	cts
Amount Per Servi	ng		
Calories 270	Cal	ories fron	n Fat 25
		% Da	aily Value*
Total Fat 3g			5%
Saturated F	at 1.5g		7%
Trans Fat 0	9		
Cholesterol 0	mg		0%
Sodium 760m	g		32%
Total Carbohy	drate	32g	11%
Dietary Fibe	r 2g		7%
Sugars 2g			
Protein 3g			
Vitamin A 0%	•	Vitamin (10%
Calcium 2%	•	Iron 4%	
*Percent Daily Valu diet. Your daily valu depending on your	es may b	e higher or I	
Total Fat L Saturated Fat L Cholesterol L	ess than ess than ess than ess than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

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.

Nutri	tion	ı Fa	cts
Serving Size	1/3 cup ((44g)	
Servings Per	r Containe	er 4	
Amount Per Ser	rving		
Calories 270	0 Calo	ories fron	n Fat 25
		% Da	aily Value*
Total Fat 3g			5%
Saturated	Fat 1.5g		7%
Trans Fat	0q		
Cholesterol	0ma		0%
Sodium 760			32%
Total Carbo		32a	11%
Dietary Fil		229	7%
Sugars 20			1 70
	3		
Protein 3g			
Vitamin A 0%	6 • 1	Vitamin (10%
Calcium 2%	•	Iron 4%	
*Percent Daily Va diet. Your daily va depending on yo	alues may be ur calorie ne	e higher or l eds:	ower
	Calories	2,000	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

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.

Servings Per			
Property of the second	Containe	31 4	
Amount Per Serv	ing		
Calories 190	Calc	ries fron	n Fat 60
		% Da	ily Value
Total Fat 7g			11%
Saturated F	at 6g		30%
Trans Fat 0	g		
Cholesterol 5	img		1%
Sodium 560n	ng		23%
Total Carboh	vdrate 2	29g	10%
Dietary Fibe	er 1g		4%
Sugars 4g			
Protein 3a			
Vitamin A 2%	• 1	Vitamin €	8%
Calcium 6%	•	ron 2%	
*Percent Daily Valu diet. Your daily valu depending on your	ues may be	higher or I	
Total Fat L Saturated Fat L Cholesterol L	ess than ess than ess than ess 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

Nutritio Serving Size 1/3 cr Servings Per Control	up (57g)	cts
Amount Per Serving		
Calories 190	Calories fro	m Fat
	% Da	aily Value
Total Fat 1g		1%
Saturated Fat 0g	9	0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 1070mg		45%
Total Carbohydra	te 39g	13%
Dietary Fiber 3g		13%
Sugars 5g		
Protein 7g		
Vitamin A 110%	 Vitamin (10%
***************************************	 Iron 35% 	
*Percent Daily Values are diet. Your daily values ma depending on your calori Calorie	e based on a 2,0 ay be higher or l e needs:	000 calori
Total Fat Less th Saturated Fat Less th Cholesterol Less th Sodium Less th Total Carbohydrate Dietary Fiber Calories per gram: Fat 9 • Carbohy	an 20g an 300mg an 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

4-Week Food Supply

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	r Containe	er 4	
Amount Per Ser	rving		
Calories 27) 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	ber 2g		7%
Sugars 2g	1		
Protein 3g			
Vitamin A 0%	· · ·	Vitamin (100/
* italiiiii / i o /	•		J 10%
Calcium 2%		ron 4%	
*Percent Daily Va diet. Your daily va depending on yo	alues may be	higher or I	
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

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.

Nutri Serving Size Servings Pe	1/3 cup	(65g)	Cis
Amount Per Se	rving		
Calories 25	0 Cal	ories fron	n Fat 40
		% Da	aily Value
Total Fat 4.5	5g		7%
Saturated	Fat 2.5g		12%
Trans Fat	0g		
Cholesterol	10mg		3%
Sodium 700)mg		29%
Total Carbo	hydrate	51g	17%
Dietary Fi	ber 0g		1%
Sugars 9	1		
Protein 7g			
Vitamin A 29		Vitamin (2 15%
Calcium 15%	6 •	Iron 8%	
*Percent Daily V diet. Your daily v depending on yo	alues may b	e higher or I	
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

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.

Amount Per Se	rving		
Calories 22	0 Cald	ories fron	n Fat 35
		% Da	aily Value
Total Fat 4g			6%
Saturated	Fat 3.5g		18%
Trans Fat	0g		
Cholesterol	0mg		1%
Sodium 105	img		4%
Total Carbo	hydrate 4	42g	14%
Dietary Fi	ber 1g		4%
Sugars 27	'g		
Protein 4g			
Vitamin A 0%	6 · '	Vitamin (00/
Calcium 109	-	Iron 0%	5 0 70
	-	11011070	
*Percent Daily Vi diet. Your daily vi depending on yo	alues may be	e higher or l	
	Calories:	2,000	2,500
Total Fat Saturated Fat	Less than Less than	65g	80g
Cholesterol	Less than	20g 300mg	25g 300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydra Dietary Fiber	ate	300g 25g	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.

Nutri Serving Size Servings Per	1/2 cup (r Containe	(85g)	cts
Amount Per Ser	-		
Calories 32) 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 930	mg		39%
Total Carbo	hydrate 5	58g	19%
Dietary Fil	ber 2g		9%
Sugars 5g	1		
Protein 11g			
Vitamin A 2%	6 • 1	Vitamin (0%
Calcium 15%	6 · I	ron 60%	
*Percent Daily Voidet. Your daily voidepending on your	alues may be	higher or l	000 calorie lower 2,500
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per gran Fat 9 • (Less than Less than Less than Less than ate	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

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.

	(34g)	
Servings Per Contain	er 4	
Amount Per Serving		
Calories 200 Ca	lories 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	27g	9%
Dietary Fiber 2g		7%
Sugars 1g		
Protein 2g		
Vitamin A 0% •	Vitamin (10%
	Iron 2%	J 470
*Percent Daily Values are ba		000 calorie
diet. Your daily values may b	e higher or l	
depending on your calorie ne Calories:	eds: 2,000	2,500
Total Fat Less than Saturated Fat Less than Cholesterol Less than Sodium Less than Total Carbohydrate Dietary Fiber	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

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 Ser	rving		
Calories 24	Calor	ies from	Fat 140
		% Da	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	l9g	6%
Dietary Fil	ber 2g		6%
Sugars 13	lg .		
Protein 0g			
Vitamin A 0%	í • \	/itamin (2.0%
Calcium 10%	6 • 1	ron 0%	
*Percent Daily Volidet. Your daily volepending 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 ate	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

Instant White Rice

INGREDIENTS: Long grain white rice.

Amount Per Serving		
Calories 170	Calories fro	om Fat
	% D	aily Value
Total Fat 0g		09
Saturated Fat 0)g	09
Trans Fat 0g		
Cholesterol 0mg		09
Sodium 0mg		09
Total Carbohydra	ate 37g	129
Dietary Fiber 0	g	09
Sugars 0g		
Protein 3g		
Vitamin A 0%	Vitamin (0.00/
*11011111111111111111111111111111111111	*100111111	0 0 70
Calcium 0%	 Iron 45% 	
*Percent Daily Values a diet. Your daily values n depending on your calo Calon	nay be higher or rie needs:	000 calori lower 2,500
Total Fat Less: Saturated Fat Less: Cholesterol Less: Sodium Less: Total Carbohydrate Dietary Fiber Calories per gram:	than 65g than 20g than 300mg	80g 25g 300mg 2,400m 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.

Nutrit Serving Size 1 Servings Per 0	/4 cup	(45g)	cts
Amount Per Servi	ng		
Calories 190	Ca	lories fror	n Fat 60
		% D	aily Value*
Total Fat 7g			11%
Saturated F	at 6g		30%
Trans Fat 0	a		
Cholesterol 5			1%
Sodium 560m	-		23%
Total Carbohy		29a	10%
		209	4%
Dietary Fibe	er ig		470
Sugars 4g			
Protein 3g			
Vitamin A 2%		Vitamin (C 8%
Calcium 6%	•	Iron 2%	
*Percent Daily Valu diet. Your daily valu depending on your	ies may l	be higher or	
Saturated Fat L Cholesterol L		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.

Nutrition Serving Size 1/2 cup (Servings Per Contains	(59g)	cts
Amount Per Serving		
Calories 240 Calo	ories fron	n Fat 45
	% Da	aily Value*
Total Fat 4.5g		7%
Saturated Fat 2g		9%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 135mg		6%
Total Carbohydrate	14g	15%
Dietary Fiber 4g		17%
Sugars 14g		
Protein 6g		
Vitamin A 0% • 1	Vitamin (0%
Calcium 2% •	Iron 10%	
*Percent Daily Values are badiet. Your daily values may be depending on your calorie ne Calories:	e higher or l	000 calorie lower 2,500
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

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

Amount Per Sei	a da a		
		Landa e for	=
Calories 15	u Ca	lories fro	
T-1-1 F-1 O-		% Da	aily Value
Total Fat 0g			
Saturated			09
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium 55n	ng		2%
Total Carbo	hydrate 4	40g	139
Dietary Fil	ber 0g		0%
Sugars 38	3g		
Protein 0g			
Vitamin A 10	,,,	Vitamin (3 160%
Calcium 30%		Iron 0%	
Vitamin D 35	5%		
*Percent Daily Va diet. Your daily va depending on yo	alues may be	e higher or l	
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 2,400m 375g

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.

Amount Per Se	rving		
Calories 70	Cald	ories fron	n Fat 20
		% Da	ily Value
Total Fat 2.	5g		4%
Saturated	Fat 2g		11%
Trans Fat	0g		
Cholestero	0mg		0%
Sodium 110	mg		5%
Total Carbo	hvdrate 8	Ва	3%
Dietary Fi		- 0	0%
Sugars 1	-		-
Protein 3a	,		
Totelli og			
Vitamin A 89	6 • '	Vitamin (0%
Calcium 109	6 •	Iron 0%	
Vitamin D 25	5% • '	Vitamin E	E 0%
Riboflavin 4	%		
Percent Daily V diet. Your daily v depending on yo	alues may b	e higher or I	
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol Sodium	Less than	300mg	300mg
Sodium Total Carbohydr		2,400mg 300g	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.

Nutrition Fa	CLS
Serving Size 1/4 cup (46g) Servings Per Container 8	
Servings Per Container 8	
Amount Per Serving	
Calories 180 Calories from	m Fat 20
% D	aily 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, diet. Your daily values may be higher or depending on your calorie needs:	lower
Calories: 2,000	2,500
Total Fat Less than 65g Saturated Fat Less than 20g	80g 25g
Cholesterol Less than 300mg	300mg
Sodium Less than 2,400mg	2,400mg
Total Carbohydrate 300g	375g
Dietary Fiber 25g	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

	ontaine	er 4	
_			
Amount Per Serving	3		
Calories 190	Ca	lories fro	m Fat 5
		% Da	aily Value
Total Fat 1g			1%
Saturated Far	t 0g		0%
Trans Fat 0g			
Cholesterol 0m	ng		0%
Sodium 1070m	g		45%
Total Carbohyo	rate 3	39g	13%
Dietary Fiber	3g		13%
Sugars 5g			
Protein 7g			
Vitamin A 110%	. ,	Vitamin 0	2 10%
Calcium 4%	•	Iron 35%	
*Percent Daily Values diet. Your daily values depending on your ca Cal	s may be	e higher or l	
Total Fat Les Saturated Fat Les Cholesterol Les	ss than ss than ss than ss than ss than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

3-Month Food Supply

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 Serv	ing		
Calories 270	Calo	ories fron	n Fat 25
		% Da	aily Value
Total Fat 3g			5%
Saturated F	at 1.5g		7%
Trans Fat 0)g		
Cholesterol (Omg		0%
Sodium 760n	ng		32%
Total Carboh	ydrate 3	32g	11%
Dietary Fib	er 2g		7%
Sugars 2g			
Protein 3g			
100			100/
Vitamin A 0%		Vitamin (10%
Calcium 2%	•	ron 4%	
*Percent Daily Val diet. Your daily val depending on you	ues may be	higher or I	000 calorie ower 2.500
Total Fat Saturated Fat Cholesterol	Less than Less than Less than Less than	65g 20g 300mg	80g 25g 300mg

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 Saturated Fat 2.5g 12% Trans Fat 0g 3% Cholesterol 10mg Sodium 700mg 29% Total Carbohydrate 51g 17% Dietary Fiber 0g 1% Sugars 9g Protein 7g Calcium 15% • Iron 8%

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.

	r Contain	er 5	
Amount Per Se	rving		
Calories 22	0 Calo	ories fron	n Fat 35
		% Da	ily Value*
Total Fat 4g			6%
Saturated	Fat 3.5g		18%
Trans Fat	0g		
Cholesterol	0mg		1%
Sodium 105	img		4%
Total Carbo	hydrate 4	42g	14%
Dietary Fi	ber 1g		4%
Sugars 27	'g		
Protein 4g			
Vitamin A 0%	6 • '	Vitamin (0%
Calcium 10%	6 •	Iron 0%	
*Percent Daily Vidiet. Your daily videpending on your	alues may be	e higher or I	
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

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.

Nutri Serving Size Servings Per	1/2 cup (r Containe	(85g)	cts
Amount Per Ser	-		
Calories 32) 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 930	mg		39%
Total Carbo	hydrate 5	58g	19%
Dietary Fil	ber 2g		9%
Sugars 5g	1		
Protein 11g			
Vitamin A 2%	6 • 1	Vitamin (0%
Calcium 15%	6 · I	ron 60%	
*Percent Daily Voidet. Your daily voidepending on your	alues may be	higher or l	000 calorie lower 2,500
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per gran Fat 9 • (Less than Less than Less than Less than ate	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

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.

			er 4	
Amount Per Se	rving			
Calories 31	0 C	alc	ries fror	n Fat 90
			% D	aily Value
Total Fat 10	g			16%
Saturated	Fat 9g	3		43%
Trans Fat	0g			
Cholesterol	30mg			119
Sodium 830)mg			34%
Total Carbo	hydrai	te 4	18g	16%
Dietary Fi			- 0	5%
Sugars 3	-			
Protein 7g	,	_		
Trottem 7g				
Vitamin A 09	6	٠ ١	√itamin (C 0%
Calcium 2%		• 1	ron 8%	
*Percent Daily V diet. Your daily v depending on yo	alues ma	y be	higher or	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber	Less th Less th Less th Less th	an an an	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

Saturated Fat 1.5g 7' Trans Fat 0g 0' 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 may be higher or lower depending on your cuclorie needs Calcium 2% 0 0 0 0 Saturated Fat Less than 65g 00g Sodium Calcium 20 0 0 0 Calcium 20 0 0 0 Calcium 20 0 0 0 Calcium 20				cts
Amount Per Serving Calories 270 Calories from Fat 2 **Daily Value 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 may be higher or lower depending on your calciva needs* **Percent Daily Values may be higher or lower depending on your calciva needs* **Percent Daily Values may be higher or lower depending on your calciva needs* **Total Carbohy Values may be higher or lower depending on your calciva needs* **Total Fat Sets than 65g 80g 80g 80d 90d 90d 90d 90d 90d 90d 90d 90d 90d 9				
Calories 270 Calories from Fat 2	Ů		EI 4	
% Daily Value Total Fat 3g	Amount Per Sen	ving		
Total Fat 3g	Calories 270	Cal	ories fron	n Fat 25
Saturated Fat 1.5g 7' Trans Fat 0g			% Da	aily Value*
Trans Fat 0g	Total Fat 3g			5%
Cholesterol Omg	Saturated	Fat 1.5g		7%
Sodium 760mg 32'	Trans Fat (0g		
Total Carbohydrate 32g	Cholesterol	0mg		0%
Dietary Fiber 2g 71	Sodium 760r	mg		32%
Sugars 2g	Total Carbol	nydrate	32g	11%
Protein 3	Dietary Fib	er 2g		7%
Vitamin A 0% Vitamin C 10%	Sugars 2g			
Calcium 2% Iron 4% Percent Daily Values are based on a 2.000 calcot did to Your daily values may be higher or lower depending on your calorie needs:	Protein 3g			
Calcium 2% Iron 4% Percent Daily Values are based on a 2.000 calcot did to Your daily values may be higher or lower depending on your calorie needs:				100/
Percent Daily Values are based on a 2,000 calor diet. Your daily values may be higher or lower depending on your calorie needs depending on your calorie needs depending on your calorie needs. Calories 2,000 2,500	*11011111111111111111111111111111111111			3 10%
diet. Your daily values may be higher or lower depending on your calorie needs: 2,000 2,500 Total Fat Less than 20g 25g Cholesterol Less than 300mg 300mg 50dium Less than 2,400mg 2,400m 2,400m	Odiolaili E70		11011 170	
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 Less than 2,400mg 2,400mg 2,400mg	*Percent Daily Va diet. Your daily va	lues are ba lues may b	sed on a 2,0 e higher or l	000 calorie lower
Total Fat Saturated Fat Cholesterol Less than Less than 65g 20g 25g 300mg 80g 25g 300mg Less than Sodium Less than Less than 300mg 2,400mg 300mg 2,400mg	depending on you	ır calorie ne	eds:	
Saturated Fat Cholesterol Less than Less than 20g 25g 25g 300mg Sodium Less than Less than 2,400mg 2,400mg 2,400mg				
Cholesterol Less than 300mg 300mg Sodium Less than 2,400mg 2,400m				
Sodium Less than 2,400mg 2,400m				
				2,400mg
	Total Carbohydrat	te	300g	375g
Dietary Fiber 25g 30g	Dietary Fiber		25g	30g

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.

	er 4	
Amount Per Serving		
Calories 200 Ca	lories 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 2	27g	9%
Dietary Fiber 2g		7%
Sugars 1g		
Protein 2g		
15: 1.00/		10/
	Vitamin (3 4%
	ron 2%	
*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		80g 25g 300mg 2,400mg 375g

Honey Coated Banana Chips

 $\textbf{INGREDIENTS:} \ \textbf{Bananas, coconut/vegetable oil,}$

sugar/honey, natural flavoring.

Allergens: Coconut.

Nutri Serving Size Servings Pe	1/2 cup	(44g)	Cis
Amount Per Se	rving		
Calories 24	0 Calor	ries from	Fat 140
		% Da	aily Value
Total Fat 16	g		24%
Saturated	Fat 14g		71%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium 0m	g		0%
Total Carbo	hydrate	19g	6%
Dietary Fi	ber 2g		6%
Sugars 13	3g		
Protein 0g			
Vitamin A 0%	6 •	Vitamin (0%
Calcium 109	6 •	Iron 0%	
*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	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g
Calories per gran	m: Carbohydrate	4 · Prot	oin 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.

Nutri Serving Size Servings Per	1/2 cup (54g)	cts
Amount Per Ser	ving		
Calories 190) Calo	ries fron	n Fat 15
		% Da	aily Value*
Total Fat 1.5	ig		2%
Saturated	Fat 0.5g		3%
Trans Fat	0g		
Cholesterol			7%
Sodium 119			50%
Total Carbo		39a	13%
Dietary Fit		9	6%
Sugars 5g			0 70
Protein 5q			
Protein by			
Vitamin A 50	% • '	√itamin (8%
Calcium 2%		ron 6%	
*Percent Daily Va diet. Your daily va depending on you	alues may be	higher or I	000 calorie ower 2,500
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per gran		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 Servings Per Contain	dry (47g)	
Amount Per Serving		
Calories 170	alories fro	m Fat 0
	% D	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% •	Vitamin (2 0%
Calcium 0% •	Iron 45%	0 0 70
*Percent Daily Values are b diet. Your daily values may depending on your calorie r Calories:	ased on a 2,	000 calorie
Total Fat Less thar Saturated Fat Less thar Cholesterol Less thar Sodium Less thar Total Carbohydrate Dietary Fiber Calories per gram:	65g 20g 300mg	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.

Servings Per C	ontain		
	Ontaini	er 4	
Amount Per Servin	g		
Calories 190	Cald	ories fron	n Fat 60
		% Da	ily Value*
Total Fat 7g			11%
Saturated Fa	at 6g		30%
Trans Fat 0g			
Cholesterol 5r	ng		1%
Sodium 560mg	3		23%
Total Carbohy	drate 2	29g	10%
Dietary Fiber	1g		4%
Sugars 4g			
Protein 3g			
V(1		√itamin (2.00/
Vitamin A 2%		* 1001111111	, 8%
Calcium 6%	•	ron 2%	
*Percent Daily Value diet. Your daily value depending on your of Ca	s may be	higher or I	
Total Fat Le Saturated Fat Le Cholesterol Le	ss than ss than ss than ss than ss than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30a

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.

Nutrit Serving Size 1 Servings Per C	/2 cup ((59g)	cts
Amount Per Servi	ng		
Calories 240	Cald	ories fron	n Fat 4
		% Da	ily Value
Total Fat 4.5g			7%
Saturated F	at 2g		9%
Trans Fat 0	g		
Cholesterol 0	mg		0%
Sodium 135m	g		6%
Total Carbohy	drate 4	14g	15%
Dietary Fibe	r 4g		17%
Sugars 14g			
Protein 6a			
Vitamin A 0%		Vitamin (0%
Calcium 2%	•	Iron 10%	
*Percent Daily Valu diet. Your daily valu depending on your	es may be	e higher or l	
Saturated Fat L Cholesterol L	ess than ess than ess than ess than	65g 20g 300mg 2,400mg 300g	80g 25g 300mg 2,400mg 375g 30g

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

Nutrit Serving Size 3			Cis
Servings Per C	Contain	er 8	
Amount Per Servi	ng		
Calories 150	Ca	lories fro	m Fat 0
		% Da	ily Value
Total Fat 0g			0%
Saturated F	at 0g		0%
Trans Fat 0	3		
Cholesterol 0			0%
Sodium 55mg			2%
Total Carbohy		10a	13%
Dietary Fibe			0%
Sugars 38g	ii og		0 /
Protein 0g			
Vitamin A 10%	• '	Vitamin (160%
Calcium 30%	•	Iron 0%	
Vitamin D 35%	5		
*Percent Daily Valu diet. Your daily valu depending on your	es may be	e higher or l	
Saturated Fat L Cholesterol L	ess than ess than ess than ess 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.

Nutri			CLS
Serving Size Servings Per			
Servings Fer	Containe	51 10	
Amount Per Ser	ving		
Calories 70	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 110	mg		5%
Total Carbol	nydrate 8	3g	3%
Dietary Fil	er 0g		0%
Sugars 1g			
Protein 3g			
			2.00/
Vitamin A 8%		Vitamin (: 0%
Calcium 10%		ron 0%	
Vitamin D 25		Vitamin E	∃ 0%
Riboflavin 4%	6		
*Percent Daily Va diet. Your daily va			
depending on you			2.500
Total Fat	Less than	65a	2,500 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.

Amount Per Serving		
Calories 180 Calo	ories fron	n Fat 20
	% Da	aily 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% • 1	Vitamin (0%
Calcium 0% •	Iron 2%	
*Percent Daily Values are bar 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	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 sov 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

Nutri Serving Size Servings Per	1/3 cup	(44g)	cts
Amount Per Ser	ving		
Calories 180	Cald	ories fron	n Fat 6
		% Da	aily Value
Total Fat 6g			10%
Saturated	Fat 3.5g		17%
Trans Fat	0g		
Cholesterol	0mg		09
Sodium 860	mg		369
Total Carbol	nydrate	30g	109
Dietary Fib	er 1g		49
Sugars 3g			
Protein 2g			
1.00		Vitamin (2.00/
Vitamin A 0%			
Calcium 2%		Iron 30%	
*Percent Daily Va diet. Your daily va depending on you	lues may be	e higher or I	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per gram		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.

Allergens:	Egg,	wheat,	milk,	soy.
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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

Serving Size	1/2 c (69	(g)	
Servings Per	r Containe	er 4	
Amount Per Ser	rving		
Calories 30	Calor	ies from	Fat 10
		% Da	aily Value
Total Fat 12	g		18%
Saturated	Fat 10g		48%
Trans Fat	0g		
Cholesterol	35mg		129
Sodium 920	lmg		38%
Total Carbo	hydrate 3	39g	139
Dietary Fil	ber 1g		5%
Sugars 40	1		
Protein 8g			
151 1 1 10	, .		2.40/
Vitamin A 4%		Vitamin (
Calcium 10%	6 • 1	ron 10%	
*Percent Daily Vi diet. Your daily vi depending on yo	alues may be	higher or I	
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

up (57g) tainer 4	acts
Calories	from Fat 6
%	Daily Value
	1%
g	0%
	0%
	45%
ite 39g	13%
9	13%
 Vitami 	n C 10%
 Iron 35 	5%
re based on a lay be higher ie needs: es: 2,000	2,000 calorie or lower 2,500
han 65g han 20g han 300mg han 2,400m 300g 25g	80g 25g 300mg
	Vitamii Iron 35 te based on a ay be higher is needs: ss: 2,000 haan 20g haan 20g haan 300mghan 2,400m han 300mg 300g 300g 300g

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.

	tion		CLS
Serving Size Servings Per			
		CI 4	
Amount Per Ser	rving		
Calories 230	Calc	ories fron	n Fat 15
		% Da	aily Value
Total Fat 2g			3%
Saturated	Fat 0.5g		4%
Trans Fat	0g		
Cholesterol	0mg		1%
Sodium 840	mg		35%
Total Carbo	hydrate 4	47g	16%
Dietary Fil			13%
Sugars 40	-		
Protein 8a	,		
Totelli og			
Vitamin A 4%	· '	Vitamin (2 4%
Calcium 6%	•	Iron 60%	
*Percent Daily Vi diet. Your daily vi depending on yo	alues may be	e higher or l	
	Calories:	2,000	2,500
Total Eat	Less than Less than Less than	65g 20g 300mg	80g 25g 300mg