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QUALITY PREPARED MEALS

# PRODUCT INFO SHEET



#### CREAMY TOMATO BASIL SOUP

#### **Nutrition Facts** Serving Size 1 Cup as prepared (44g) Servings Per Container 4 Calories 190 Total Fat 7g 11% Saturated Fat 2g 10% Trans Fat 3g Cholesterol 0mg Sodium 980mg 41% Total Carbohydrate 29g 10% Dietary Fiber 1g 4% Sugars 4g Vitamin A 25% • Vitamin C 20% Calcium 2% \*Percent Daily Values are based on a 2,000 cal diet. Your daily values may be higher or lower depending on your callorie needs.

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

#### **CHEESY LASAGNA**

Servings Pe	1 Cup as c Contains		io (oag)
Amount Per Se			
Calories 26	0 Calc	ories from	n Fat 45
		% Da	ily Value
Total Fat 5g	E	1000	8%
Saturated	Fat 1.5g		8%
Trans Fat	0g		
Cholesterol	5mg		2%
Sodium 117	'0mg		49%
Total Carbo	hydrate -	42g	14%
Dietary Fi	ber 3g		12%
Sugars 7g	1		
Protein 12g			
Vitamin A 25	5% • 1	Vitamin (	10%
Calcium 15%	6 • 1	ron 15%	
"Percent Daily V diet. Your daily v depending on yo	raiues may b	e higher or	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydr 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

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

#### SAVORY STROGANOFF

#### **Nutrition Facts** Serving Size 1 Cup as prepared (64g) Servings Per Container 4 Calories 250 Total Fat 6g Saturated Fat 1g 5% Trans Fat 0g 0% Cholesterol 0mg Sodium 960mg 40% Total Carbohydrate 44g 15% Dietary Fiber 2g 8% Sugars 8g Calcium 10% "Percent Daily Values are based on a 2,000 co diet. Your daily values may be higher or lower ed Fat

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

#### CREAMY PASTA AND VEGETABLE ROTINI

#### **Nutrition Facts** Serving Size 1 Cup as prepared (51g) Servings Per Container 4 Calories 210 Calories from Fat 45 Total Fat 5g Saturated Fat 0.5g 3% Trans Fat 0g 0% Cholesterol 0mg Sodium 800mg 33% Total Carbohydrate 34g 11% Dietary Fiber 2g 8% Sugars 4g Vitamin A 25% • Calcium 4% Percent Daily Values are based on a 2,000 ca det. Your daily values may be higher or lower

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

#### **CHEESY MACARONI**

Amount Per Serving		_
Calories 280 Cal	ories fron	_
	% Da	ily Value
Total Fat 9g		14%
Saturated Fat 2g		10%
Trans Fat 1.5g		
Cholesterol 5mg		29
Sodium 1070mg		45%
Total Carbohydrate	42g	14%
Dietary Fiber 1g		4%
Sugars 4g		
Protein 6g		
Vitamin A 0% •	Vitamin (	0%
Calcium 6% •	Iron 8%	
*Percent Daily Values are bo diet. Your daily values may be depending on your calorie in Calories:	se higher or	
Total Fat Less than Saturated Fat Less than Cholesterol Less than Sodium Less than Total Carbohydrate Dietary Fiber	65g 20g	80g 25g 300mg 2,400mg 375g 30g

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

#### COOKING DIRECTIONS

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

#### 100% VEGETARIAN

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

#### **COOKING DIRECTIONS**

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

#### 100% VEGETARIAN

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

#### **TERIYAKI AND RICE**

#### **Nutrition Facts** Serving Size 1 Cup as prepared (75g) Servings Per Container 4 Calories 280 Calories from Fat 40 Total Fat 4.5q Saturated Fat 1g 5% Trans Fat 1.5g Cholesterol 0mg Sodium 990mg 41% Total Carbohydrate 54g 18% Dietary Fiber 3g 12% Sugars 15g Protein 8g Vitamin A 35% • Vitamin C 50% Iron 10% Calcium 8% - Iron 10% Fercent Daily Values are based on a 2,000 calcio dist You faily values may be higher or lower depending on your calcine needs. Calories: 2,000 2,500 Total Fat Less than 30g 25g Saharated Fat Less than 30g 300mg Sodium Less than 30mg 300mg Sodium Less than 30mg 3,400mg Calcine 2,400mg Calcine 300g Detary Fiber 25g 30g ries per gram: Fat 9 • Carbohydrate 4 • Protein 4

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

#### **PASTA ALFREDO**

Serving Size	1 Cup as	prepare	cts d (65g
Servings Per Amount Per Ser		ST 44	
Calories 300	) Calor	ies from	Fat 10
		% Da	nily Value
Total Fat 11	g		179
Saturated	Fat 1.5g		89
Trans Fat	0.5g		
Cholesterol	0mg		09
Sodium 920	_		389
Total Carbo		10a	139
Dietary Fil		iog	49
,			47
Sugars 1g	1		
Protein 5g			
Vitamin A 09	6 • 1	Vitamin (	0%
Calcium 2%		ron 10%	
*Percent Daily V diet. Your daily v depending on yo	alues may be	e higher or	000 calori lower 2.500
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydri Dietary Fiber	Less than Less than Less than Less than	65g 20g 300mg 2,400mg 300g 25g	2,500 25g 300mg 2,400mg 375g 30g

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

#### **HEARTY TORTILLA**

Nutritio	n Facts
Serving Size 1 Cup a Servings Per Contain	
Amount Per Serving	
Calories 150 Ca	lories from Fat 10
	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 950mg	40%
Total Carbohydrate	33g 11%
Dietary Fiber 5g	20%
Sugars 2g	
Protein 5g	
Vitamin A 15% •	Vitamin C 8%
Calcium 2% •	Iron 6%
*Percent Daily Values are be diet. Your daily values may depending on your calorie of Calories:	be higher or lower
Total Fat Less than Saturated Fat Less than Cholesterol Less than Codum Less than Total Carbohydrate Dietary Fiber  Calories per gram: Fat 9 • Carbohydra	1 20g 25g 1 300mg 300mg 2,400mg 2,400mg 300g 375g 25g 30g

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

#### CREAMY À LA KING AND RICE

#### **Nutrition Facts** Serving Size 1 Cup as prepared (51g) Servings Per Container 4 Calories 180 Calories from Fat 15 % Daily Value Total Fat 2g Saturated Fat 0g 0% Trans Fat 0g Cholesterol 0mg Sodium 800mg 33% Total Carbohydrate 38g 13% Dietary Fiber 2g 8% Sugars 3g Protein 4a Vitamin A 25% • Vitamin C 2% Iron 6% Calcium 4% Iron 6% Fencent Daily Values are based on a 2,000 calori dist You faily values may be higher or lower depending no you calories: 2,000 2,500 Total Fat Less than 65, 60, 50 Saluriarde Fat Less than 20g 25, Saluriarde Fat Less than 30g 300mg Sodium Less than 30mg 300mg Sodium Less than 30mg 300mg Sodium Less than 30mg 3755 Delatry Fiber 25g 30g ries per gram: Fat 9 • Carbohydrate 4 • Protein 4

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

#### **CHILI MACARONI**

Amount Per Serving		
Calories 250 Calo	ories fron	n Fat 2
	% Da	ily Valu
Total Fat 3g		59
Saturated Fat 0.5g		39
Trans Fat 0.5g		
Cholesterol 0mg		09
Sodium 960mg		409
Total Carbohydrate	46g	159
Dietary Fiber 5g		209
Sugars 8g		
Protein 11g		
Vitamin A 15% • 1	Vitamin (	15%
Calcium 8% •	Iron 10%	
"Percent Daily Values are ba diet. Your daily values may b depending on your calorie ne Calories:	e higher or	000 calor lower 2,500
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 2,400m 375g 30g

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

#### **CRUNCHY GRANOLA**

		er 4	
Amount Per Ser	ving		
Calories 240	) Cal	ories fror	n Fat 60
		% D	aily Value
Total Fat 6g			9%
Saturated	Fat 0.5g		3%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium 120	mg		5%
Total Carbo	hydrate	40g	13%
Dietary Fib	er 4g		16%
Sugars 13	g		
Protein 6g			
Vitamin A 0%		Vitamin (	0%
Calcium 4%		Iron 8%	
*Percent Daily Va diet. Your daily va depending on you	alues may b	e higher or	000 calorid lower 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

#### **100% VEGETARIAN**

Produced on equipment that also processes milk, soy, wheat, egg, shellfish, fish, tree nuts and peanuts. INGREDIENTS: Whole Grain Rolled Oats, Brown Sugar, Canola Oil, Whole Grain Rolled Wheat, Corn Syrup, Oat Flour, Whey (Milk), Salt, Cinnamon, Soy Lecithin, Mixed Tocopherols to Preserve Freshness. CONTAINS: MILK, SOY, WHEAT.

#### **DIRECTIONS**

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

# BROWN SUGAR AND MAPLE MULTI-GRAIN

**Nutrition Facts** 

#### Serving Size 1 Cup as prepared (66g) Servings Per Container 4 Calories 260 Total Fat 4g 6% Saturated Fat 1g 5% Trans Fat 1g 0% Cholesterol 0mg Sodium 120mg 5% Total Carbohydrate 46g 15% Dietary Fiber 7g 28% Sugars 16g Vitamin A 0% • Vitamin C 0% Calcium 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

#### 100% VEGETARIAN

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

#### COOKING DIRECTIONS

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

## APPLE CINNAMON CEREAL

	tior		Cts
Serving Size Servings Per			ed (66g)
Amount Per Ser	rving		
Calories 26	) Cak	ories fron	n Fat 35
		% Da	aily Value*
Total Fat 4g			6%
Saturated	Fat 1g		5%
Trans Fat	1g		
Cholesterol	0mg		0%
Sodium 135	mg		6%
Total Carbo	hydrate	46g	15%
Dietary Fil	ber 7g		28%
Sugars 16	ig		
Protein 6g			
Vitamin A 09	6 •	Vitamin (	C 0%
Calcium 4%		Iron 10%	
*Percent Daily V diet. Your daily v depending on yo	alues may b	e higher or	000 calorie lower 2,500
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per gran Fat 9 • 0		65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

#### 100% VEGETARIAN

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

#### COOKING DIRECTIONS

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

#### Distributed by:



# OUTDOOR PRODUCT INFO SHEET



### PASTA ALFREDO

QUALITY PREPARED MEALS

Amount Per Serving	1		
Calories 300	Calo	ries from	Fat 100
		% Da	ily Value
Total Fat 11g			17%
Saturated Fat	1.5g	É	8%
Trans Fat 0.5	g		
Cholesterol 0m	g		0%
Sodium 920mg			38%
Total Carbohyo	Irate	40g	13%
Dietary Fiber	1g		4%
Sugars 1g			
Protein 5g			
Vitamin A 0%	•	Vitamin 0	
Calcium 2%		Iron 10%	
*Percent Daily Values diet. Your daily values depending on your ca	s may I	be higher or	000 calori
Saturated Fat Les Cholesterol Les	s than is than is than is than	65g 20g 300mg	80g 25g 300mg 2,400mg 375g 30g

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

#### **CHEESY LASAGNA**

Serving Size	1 Cup as	prepare	d (69g)
Servings Per	Contain	er 2	
Amount Per Ser	ving		
Calories 260	) Calo	ries fron	n Fat 45
		% Da	ily Value
Total Fat 5g			8%
Saturated	Fat 1.5g		8%
Trans Fat	0g		
Cholesterol	5mg		2%
Sodium 117	0mg		49%
Total Carbo	hydrate	12g	14%
Dietary Fit	per 3g		12%
Sugars 7g	ß		
Protein 12g			
Vitamin A 25	% • '	√itamin (	10%
Calcium 15%		ron 15%	
*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	Less than Less than Less than Less than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

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

#### SAVORY STROGANOFF

Amount Per Se	rving		
Calories 25	0 Calo	ories fron	n Fat 50
		% Da	aily Value
Total Fat 6g	(8)		9%
Saturated	Fat 1g		5%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium 960	mg		40%
Total Carbo	hydrate	44g	15%
Dietary Fi	ber 2g		8%
Sugars 8g	1		
Protein 6g			
Vitamin A 0%	6 . 1	Vitamin (	2%
Calcium 109	6 . 1	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 Carbohydri Dietary Fiber	Less than Less than Less than Less than		80g 25g 300mg 2,400mg 375g 30g

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

#### **COOKING DIRECTIONS**

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

#### 100% VEGETARIAN

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

#### CREAMY PASTA AND VEGETABLE ROTINI

Servings Pe			ed (51g)
Amount Per Se	Participation (1)		
Calories 21	0 Calo	ories from	n Fat 45
		% Da	nily Value
Total Fat 5g			8%
Saturated	Fat 0.5g		3%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium 800	mg		33%
Total Carbo	hydrate	34g	11%
Dietary Fi	-		8%
Sugars 40	1		
Protein 5g			
Vitamin A 25	5% • 1	Vitamin (	2%
Calcium 4%		Iron 8%	
*Percent Daily V diet. Your daily v depending on yo	alues may b	e higher or	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydr Dietary Fiber	Less than Less than Less than Less than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

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

#### **CHILI MACARONI**

Serving Size	1 Cup as	s prepare	d (69g)
Servings Pe	r Contain	er Z	
Amount Per Se	rving		
Calories 25	0 Cald	ories fron	n Fat 25
		% Da	ily Value
Total Fat 3g			5%
Saturated	Fat 0.5g		3%
Trans Fat	0.5g		
Cholesterol	0mg		0%
Sodium 960	)mg		40%
Total Carbo	hydrate	46g	15%
Dietary Fi	ber 5g		20%
Sugars 8g	3		
Protein 11g			
Vitamin A 15	5% • '	Vitamin (	15%
Calcium 8%		Iron 10%	
*Percent Daily V diet. Your daily v depending on yo	alues may b	e higher or	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydr Dietary Fiber	Less than Less than Less than Less than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

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

#### **TERIYAKI AND RICE**

Serving Size 1 Cup as Servings Per Contain		cts ed (75g)
Amount Per Serving		
Calories 280 Calo	ories fron	n Fat 40
	% Da	ily Value
Total Fat 4.5g		7%
Saturated Fat 1g		5%
Trans Fat 1.5g		
Cholesterol 0mg		0%
Sodium 990mg		41%
Total Carbohydrate	54g	18%
Dietary Fiber 3g		12%
Sugars 15g		
Protein 8g		
Vitamin A 35% • 1	Vitamin (	50%
Calcium 8% •	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 Dietary Fiber	65g	80g 25g 300mg 2,400mg 375g 30g

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

#### COOKING DIRECTIONS

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

#### 100% VEGETARIAN

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