



**CREAMY TOMATO SOUP**

Nutrition Facts	
Serving Size: 44g (1.6 oz)	
Servings Per Container: 4 one cup	
Amount Per Serving	
Calories 190	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 2.5g	13%
Trans Fat 3g	
Cholesterol 5mg	1%
Sodium 850mg	36%
Total Carbohydrate 26g	9%
Dietary Fiber 1g	5%
Sugars 6g	
Protein 4g	
Vitamin A 25% · Vitamin C 15%	
Calcium 10% · Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
Calories	
2,000	2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 · Protein 4

**INGREDIENTS:** Cream Soup Base (Flour (Wheat Flour, Enzyme added for improved baking, Niacin, Reduced Iron, Thiamin, Riboflavin and Folic Acid), Maltodextrin, Partially Hydrogenated Soybean Oil, Modified Food Starch, Whey, Corn Syrup Solids, Salt, Sodium Caseinate, Spices, Disodium Inosinate and Guanylate, Onion and Dipotassium Phosphate), Tomato Powder, Parmesan Cheese (Pasteurized Milk, Salt, Cheese Culture, Enzymes) and Salt, Natural Butter Flavor, Dehydrated Basil Leaves, Black Pepper

**Contains Wheat, Milk and Soy.**

**Produced on equipment that also processes Wheat, Milk, Soy, Egg and Tree Nuts.**

**COOKING DIRECTIONS**

Bring 4 cups water to a boil, add contents of this package into boiling water and stir. Turn off heat and let stand for 6-8 minutes stirring frequently.

**CHEESY LASAGNA**

Nutrition Facts	
Serving Size: 69g (2.4 oz)	
Servings Per Container: 4 one cup	
Amount Per Serving	
Calories 260	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 2g	11%
Trans Fat 0.5g	
Cholesterol 5mg	2%
Sodium 1240mg	52%
Total Carbohydrate 41g	14%
Dietary Fiber 5g	20%
Sugars 8g	
Protein 13g	
Vitamin A 40% · Vitamin C 30%	
Calcium 15% · Iron 15%	
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
Calories	
2,000	2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 · Protein 4

**INGREDIENTS:** Pasta (Duram Semolina Flour [wheat], Niacin, Ferrous Sulfate [iron], Thiamine Mononitrate, Riboflavin, Folic Acid), Textured Vegetable Protein (Soy Flour, Caramel Color, Soybean Oil, Salt, Hydrolyzed corn-soy-wheat Protein, Autolyzed Yeast), Tomato Flakes, Natural Cheese Flavor, Parmesan Cheese, Cornstarch, Non Dairy Creamer, Guar Gum, Minced Garlic

**Contains Wheat, Milk and Soy.**

**Produced on equipment that also processes Wheat, Milk, Soy, Egg and Tree Nuts.**

**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 minutes stirring occasionally..

**STROGANOFF**

Nutrition Facts	
Serving Size: 64g (2.3 oz)	
Servings Per Container: 4 one cup	
Amount Per Serving	
Calories 250	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 2g	9%
Trans Fat 2.5g	
Cholesterol 0mg	0%
Sodium 960mg	40%
Total Carbohydrate 38g	13%
Dietary Fiber 3g	14%
Sugars 4g	
Protein 9g	
Vitamin A 0% · Vitamin C 4%	
Calcium 4% · Iron 10%	
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
Calories	
2,000	2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 · Protein 4

**INGREDIENTS:** Pasta (Duram Semolina Flour (wheat), niacin, ferrous sulfate (iron), thiamine mononitrate, Riboflavin, Folic Acid), Textured Vegetable Protein (soy flour, caramel color, soybean oil, salt, hydrolyzed corn-soy-wheat protein, autolyzed yeast), Sour Cream Powder, Rice Flour, Potato Flakes, Guar Gum, Dehydrated Onions, Cornstarch, Freeze Dried Mushrooms, Dehydrated Parsley

**Contains Wheat, Milk and Soy.**

**Produced on equipment that also processes Wheat, Milk, Soy, Egg and Tree Nuts.**

**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 minutes stirring occasionally..

**CREAMY CHICKEN  
PASTA**

Nutrition Facts	
Serving Size: 51g (1.8 oz)	
Servings Per Container: 4 one cup	
Amount Per Serving	
Calories 200	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1.5g	7%
Trans Fat 2g	
Cholesterol 0mg	0%
Sodium 1040mg	43%
Total Carbohydrate 34g	11%
Dietary Fiber 3g	11%
Sugars 4g	
Protein 5g	
Vitamin A 2% · Vitamin C 8%	
Calcium 2% · Iron 8%	
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
Calories	
2,000	2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 · Protein 4

**INGREDIENTS:** Pasta (Duram Semolina Flour (wheat), niacin, ferrous sulfate (iron), thiamine mononitrate, Riboflavin, Folic Acid), Non Dairy Creamer (Partially Hydrogenated Soybean Oil, Corn Syrup Solids, Sodium Caseinate (a milk derivative), Mono and Diglycerides, Sodium Citrate, Salt, Dipotassium Phosphate, Sodium Aluminosilicate (anti-caking agent), Carrageenan, Artificial Flavor), Cornstarch, Freeze Dried Peas, Carrot Flakes, Guar Gum, Salt, Textured Vegetable Protein (textured soy flour, soybean oil, salt, autolyzed yeast extract, hydrolyzed corn protein, natural smoke flavoring, thiamine hydrochloride, dextrose, disodium inosinate, disodium guanylate), Dried Minced Garlic, Dried Onions, Dried Parsley

**Contains Wheat, Milk and Soy.**

**Produced on equipment that also processes Wheat, Milk, Soy, Egg and Tree Nuts.**

**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 minutes stirring occasionally.

**CHEESY MACARONI**

Nutrition Facts	
Serving Size: 89g (3.1 oz)	
Servings Per Container: 4 one cup	
Amount Per Serving	
Calories 360	Calories from Fat 60
% Daily Value*	
Total Fat 7g	10%
Saturated Fat 2.5g	12%
Trans Fat 1.5g	
Cholesterol 5mg	2%
Sodium 1090mg	45%
Total Carbohydrate 62g	21%
Dietary Fiber 3g	11%
Sugars 6g	
Protein 10g	
Vitamin A 0% · Vitamin C 0%	
Calcium 15% · Iron 15%	
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
Calories	
2,000	2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 · Protein 4

**INGREDIENTS:** Pasta (Duram Semolina Flour [wheat], Niacin, Ferrous Sulfate [iron], Thiamine Mononitrate, Riboflavin, Folic Acid), Cheese Sauce (Cheese Powder [Cheddar and Blue Cheese (Pasteurized Milk, Salt, Extract of Annatto, Cheese Culture, Enzymes), Whey, Buttermilk, Partially Hydrogenated Soybean Oil, Salt, Natural Flavor, Citric Acid, Lactic Acid, Artificial Color (Yellow 5, Yellow 5 Lake, Yellow 6 and Yellow 6 Lake)], Modified Food Starch, Partially Hydrogenated Soybean Oil, Whey, Corn Syrup Solids, Natural Flavors, Salt, Sodium Caseinate, Autolyzed Yeast Extract, Lactic Acid, Guar Gum and less than 2% Sunflower Oil added to prevent caking), Natural Cheese Flavor, Cornstarch, Organic Natural Butter Flavor, Guar Gum.

**Contains Wheat, Milk and Soy.**

**Produced on equipment that also processes Wheat, Milk, Soy, Egg and Tree Nuts.**

**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 minutes stirring occasionally.

SOUTHWEST BEANS  
AND RICE

Nutrition Facts

Serving Size: 71g (2.5 oz)  
Servings Per Container: 4 one cup

Amount Per Serving	
Calories 250	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 490mg	20%
Total Carbohydrate 50g	17%
Dietary Fiber 7g	27%
Sugars 4g	
Protein 9g	

Vitamin A 20% · Vitamin C 8%  
Calcium 6% · Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 · Carbohydrate 4 · Protein 4			

**INGREDIENTS:** Rice, Textured Vegetable Protein (textured soy flour, soybean oil, salt, autolyzed yeast extract, hydrolyzed corn protein, natural smoke flavoring, thiamine hydrochloride, dextrose, disodium inosinate, disodium guanylate), Dehydrated Black Beans, Dehydrated Minced Garlic, Dehydrated Corn, Dehydrated Pinto Beans, Tomato Powder, Chili Powder, Guar Gum, Dehydrated Onions

Contains Wheat, Milk and Soy.

Produced on equipment that also processes Wheat, Milk, Soy, Egg and Tree Nuts.

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 minutes stirring occasionally.

BEEF TERIYAKI  
AND RICE

Nutrition Facts

Serving Size: 88g (3.1 oz)  
Servings Per Container: 4 one cup

Amount Per Serving	
Calories 300	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 1g	5%
Trans Fat 1.5g	
Cholesterol 0mg	0%
Sodium 1160mg	48%
Total Carbohydrate 64g	21%
Dietary Fiber 4g	16%
Sugars 14g	
Protein 8g	

Vitamin A 30% · Vitamin C 60%  
Calcium 6% · Iron 8%

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 · Carbohydrate 4 · Protein 4			

**INGREDIENTS:** Rice, Soy Sauce Powder (Soy Sauce (Water, Wheat, Soybeans, Salt), Maltodextrin, Salt), Cornstarch, Non Dairy Creamer, Carrot Flakes, Brown Sugar, Textured Vegetable Protein (Soy Flour, Caramel Color, Soybean Oil, Salt, Hydrolyzed Corn-soy-wheat Protein, Autolyzed Yeast), Granulated Sugar, Dried Red Peppers, Guar Gum, Dehydrated Onions, Minced Garlic, Freeze Dried Peas, Dried Celery, Ground Ginger, Natural Pineapple Flavor

Contains Wheat, Milk and Soy.

Produced on equipment that also processes Wheat, Milk, Soy, Egg and Tree Nuts.

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 minutes stirring occasionally.

CHICKEN ALA KING

Nutrition Facts

Serving Size: 59g (2.1 oz)  
Servings Per Container: 4 one cup

Amount Per Serving	
Calories 220	Calories from Fat 25
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0.5g	4%
Trans Fat 1g	
Cholesterol 0mg	0%
Sodium 520mg	22%
Total Carbohydrate 42g	14%
Dietary Fiber 3g	13%
Sugars 3g	
Protein 6g	

Vitamin A 6% · Vitamin C 40%  
Calcium 4% · Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 · Carbohydrate 4 · Protein 4			

**INGREDIENTS:** Rice, A La King Sauce (Partially Hydrogenated Soybean Oil, Wheat Flour, Whey, Modified Food Starch, Corn Syrup Solids, Hydrolyzed Soy Protein, Autolyzed Yeast Extract, Natural Flavor (Torula Yeast), Onion, Spices, Turmeric and less than 2% Silicon Dioxide added to prevent caking), Freeze Dried Peas, Textured Vegetable Protein (Textured Soy Flour, Soybean Oil, Salt, Autolyzed Yeast Extract, Hydrolyzed Corn Protein, Natural Smoke Flavoring, Thiamine Hydrochloride, Dextrose, Disodium Inosinate, Disodium Guanylate), Guar Gum, Dried Green Peppers, Dried Celery

Contains Wheat, Milk and Soy.

Produced on equipment that also processes Wheat, Milk, Soy, Egg and Tree Nuts.

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 minutes stirring occasionally.

CHICKEN TERIYAKI

Nutrition Facts

Serving Size: 89g (3.1 oz)  
Servings Per Container: 4 one cup

Amount Per Serving	
Calories 310	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 1g	5%
Trans Fat 1.5g	
Cholesterol 0mg	0%
Sodium 1180mg	49%
Total Carbohydrate 65g	22%
Dietary Fiber 4g	16%
Sugars 14g	
Protein 8g	

Vitamin A 30% · Vitamin C 60%  
Calcium 6% · Iron 8%

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 · Carbohydrate 4 · Protein 4			

**INGREDIENTS:** Rice, Soy Sauce Powder (Soy Sauce (Water, Wheat, Soybeans, Salt), Maltodextrin, Salt), Cornstarch, Non Dairy Creamer, Carrot Flakes, Brown Sugar, Textured Vegetable Protein (Textured Soy Flour, Soybean Oil, Salt, Autolyzed Yeast Extract, Hydrolyzed Corn Protein, Natural Smoke Flavoring, Thiamine Hydrochloride, Dextrose, Disodium Inosinate, Disodium Guanylate), Granulated Sugar, Dried Red Peppers, Guar Gum, Dehydrated Onions, Minced Garlic, Freeze Dried Peas, Dried Celery, Ground Ginger

Contains Wheat, Milk and Soy.

Produced on equipment that also processes Wheat, Milk, Soy, Egg and Tree Nuts.

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 minutes stirring occasionally.

CREAMY POTATO SOUP

Nutrition Facts

Serving Size: 31g dry mix (8 oz fl)  
Servings Per Container: 4

Amount Per Serving	
Calories 128	Calories from Fat 41
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 2g	8%
Polyunsaturated 0g	
Monounsaturated 2g	
Trans Fat 0g	
Cholesterol 1mg	1%
Sodium 526mg	22%
Potassium 226mg	7%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	
Sugar 13g	
Protein 2g	

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 · Carbohydrate 4 · Protein 4			

**INGREDIENTS:** Non-dairy creamer, dried potato flakes, dried potato dices, wheat flour, chicken flavor, onion, salt, onion powder, butter flavor, parmesan cheese, garlic, parsley, black pepper. Non-dairy Creamer: (corn syrup solids, partially hydrogenated canola oil, sodium caseinate, dipotassium phosphate, mono and di-glycerides, sodium silicoaluminate, artificial flavor). Chicken Flavor: (salt, maltodextrin, sugar, dextrose, whey, hydrolyzed corn gluten, onion, spice extractives, garlic, spice, caramel color, disodium inosinate, citric acid and less than 2% silicon dioxide and sunflower oil).

Contains Wheat, Milk and Soy.

Produced on equipment that also processes Wheat, Milk, Soy, Egg and Tree Nuts.

COOKING DIRECTIONS

Add package to 4 cups boiling water. Simmer for 8-10 minutes, uncovered; stir frequently. Let stand 5 minutes before serving.

HONEY GLAZED  
GRANOLA

Nutrition Facts

Serving Size: 55g dry mix  
Servings Per Container: 4

Amount Per Serving	
Calories 240	Fat Calories 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1.5g	8%
Polyunsaturated 0g	
Monounsaturated 0g	
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	4%
Potassium 34mg	2%
Total Carbohydrates 38g	13%
Dietary Fiber 5g	
Sugar 14g	
Protein 6g	

Vitamin A 0% · Vitamin C 5%  
Calcium 6% · Iron 10%

\*Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2000	2500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	375mg
Sodium	Less than	240mg	240mg
Total Carbohydrates		300g	375g
Dietary Fiber		24g	30g
Calories per gram:			
Fat 9 · Carbohydrates 4 · Protein 4			

**INGREDIENTS:** Rolled Oats, Rolled Wheat, Brown Sugar, Canola Oil, Coconut, Whey, Oat Flour, Almonds, Honey, Vitamin E (mixed tocopherols) added to preserve freshness.

Contains Wheat, Milk and Soy.

Produced on equipment that also processes Wheat, Milk, Soy, Egg and Tree Nuts.

DIRECTIONS

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

MULTI-GRAIN  
CEREAL

Nutrition Facts

Serving Size: 60g (2.1 oz)  
Servings Per Container: 4 one cup

Amount Per Serving	
Calories 220	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 47g	16%
Dietary Fiber 7g	30%
Sugars 6g	
Protein 7g	

Vitamin A 0% · Vitamin C 0%  
Calcium 2% · Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 · Carbohydrate 4 · Protein 4			

**INGREDIENTS:** Red Wheat Flakes, White Wheat Flakes, Barley Flakes, Oats, Rye Flakes, Sunflower Seeds

Contains Wheat, Milk and Soy.

Produced on equipment that also processes Wheat, Milk, Soy, Egg and Tree Nuts.

COOKING DIRECTIONS

Boil 4 cups of water or milk and 1/2 tsp salt (optional). Stir in contents of package. Cook for about 2 minutes over medium heat, stir occasionally.

BROWN SUGAR  
OATMEAL

Nutrition Facts

Serving Size: 43g  
Servings Per Container: 4

Amount Per Serving	
Calories 155	Fat Calories 21
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Polyunsaturated 0g	
Monounsaturated 1g	
Trans Fat 0g	
Cholesterol 300mg	0%
Sodium 0mg	0%
Total Carbohydrates 31g	10%
Dietary Fiber 3g	12%
Soluble Fiber 1g	
Sugar 9g	
Protein 4g	

Vitamin A 0% · Vitamin C 0%  
Calcium 0% · Iron 10%

\*Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2000	2500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	375mg
Sodium	Less than	240mg	240mg
Total Carbohydrates		300g	375g
Dietary Fiber		24g	30g
Calories per gram:			
Fat 9 · Carbohydrates 4 · Protein 4			

**INGREDIENTS:** Whole grain rolled oats, sugar, natural and artificial flavors.

Contains Wheat, Milk and Soy.

Produced on equipment that also processes Wheat, Milk, Soy, Egg and Tree Nuts.

COOKING DIRECTIONS

Boil 4 cups water, add contents of pouch. Cook about 1 minute over medium heat, stirring occasionally.