

QUALITY PREPARED MEALS

PRODUCT INFO SHEET



CREAMY TOMATO SOUP

Nutrition Facts Serving Size: 44g (1.6 oz) Servings Per Container: 4 one cup Calories from Fat 70 % Daily Value Total Fat 8a Saturated Fat 2.50 13% Trans Fat 3g Cholesterol 5mg 1% Sodium 850mg 36% 9% Total Carbohydrate 26g Dietary Fiber 1g 5% Sugars 6g Vitamin A 25% · Vitamin C 15% Iron 4% Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be highe or lower depending on your calorie needs 65g 80g 20g 25g 300mg 300mg 2,400mg 2,400m 300g 375g 25g 30g 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 Guanvlate, Onion and Dipotassium Phosphate), Tomato Powder, Parmesan Cheese (Pasteurized Milk, Salt, Cheese Culture, Enzymes) and Salt. Natural Butter Flavor. Dehydrated Basil Leaves, Black Penner

Contains Wheat, Milk and Sov. 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

Nutriti		acts	;
Serving Size: 6			
Servings Per C	Container: 4	one cup	
Amount Per S	erving		
Calories 260	Calor	ies fron	Fat 50
		% Dail	y Value*
Total Fat 6g			9%
Saturated F	at 2g		11%
Trans Fat 0.	.5g		
Cholesterol	5mg		2%
Sodium 124	Omg		52%
Total Carbohydrate 41g 14%			
Dietary Fibe		3	20%
Sugars 8g			
Protein 13q			
Trotein 10g			
Vitamin A 40	% · Vita	min C 30	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 Sat 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

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-sov-wheat Protein. Autolyzed Yeast), Tomato Flakes, Natural Cheese Flavor, Parmesan Cheese, Cornstarch, Non Dairy Creamer, Guar Gum, Minced Garlic

ram.

Carbohydrate 4 Protein 4

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

Nut Total F Satur Trans Choles Sodiun Total C Dieta Sugar Protei Vitamin Calciu Percen or lowe Total Fat Sat Fa · 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-sov-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

trition Facts Size: 64g (2.3 oz) s Per Container: 4 one cup	Nutrition Facts Serving Size: 51g (1.8 oz) Servings Per Container: 4 one cup
t Per Serving	Amount Per Serving
es 250 Calories from Fat 70	Calories 200 Calories from Fat 45
% Daily Value*	% Daily Value*
at 8g 12%	Total Fat 5g 8%
rated Fat 2g 9%	Saturated Fat 1.5g 7%
Fat 2.5g	Trans Fat 2g
sterol 0mg 0%	Cholesterol 0mg 0%
m 960mg 40%	Sodium 1040mg 43%
Carbohydrate 38g 13%	Total Carbohydrate 34g 11%
ry Fiber 3g 14%	Dietary Fiber 3g 11%
rs 4g	Sugars 4g
n 9g	Protein 5g
n A 0% · Vitamin C 4%	Vitamin A 2% · Vitamin C 8%
m 4% · Iron 10%	Calcium 2% · Iron 8%
t Daily Values are based on a 2,000 diet. Your Daily Values may be higher r depending on your calorie needs.	*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	Calories 2,000 2,500
t Less than 65g 80g at Less than 20g 25g arerol Less than 300mg 300mg Less than 2,400mg 2,400mg probhydrate 300g 375g pr.Fiber 25g 30g	Total Fat

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 Diglicerides, 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

· Carbohydrate 4 · Protein 4

Contains Wheat, Milk and Sov. 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

	Container: 4	r one oup	
Amount Per S			
Calories 360	Calc	ries fron	r Fat 6
		% Dai	ly Value
Total Fat 7g			109
Saturated F	at 2.5g		129
Trans Fat 1.	.5g		
Cholesterol	5mg		29
Sodium 109	0mg		459
Total Carbol	nydrate 6	2g	219
Dietary Fibe	er 3g		119
Sugars 6g			
Protein 10g			
- ŭ			
Vitamin A 0%	6 ⋅ Vit	amin C 0	%
Calcium 15%	6 · Iro	n 15%	
*Percent Daily ' calorie diet. Yo or lower depen	ur Daily Val	ues may b	e higher
	Less than	,	2,500 80g
Total Fat	Less than	20g	25g
Sat Fat			
	Less than		

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 Sovbean 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 Sov. 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

Servings Per	Servings Per Container: 4 one cup			
Amount Per	Serving			
Calories 25	O Calor	ies fron	Fat 15	
		% Dail	y Value*	
Total Fat 2g			3%	
Saturated	Fat 0g		0%	
Trans Fat 0	lg			
Cholesterol	0mg		0%	
Sodium 490	lmg		20%	
Total Carbo	hydrate 50)g	17%	
Dietary Fib	er 7g		27%	
Sugars 4g				
Protein 9g				
Vitamin A 20	0% ⋅ Vita	min C 89	%	
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	I ace than	2.400ma	2.400ma	

Total Carbohydrate Dietary Fiber

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

25g

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

Servings Per Co	ontainer:	4 one cup)
Amount Per Se	ervina		
Calories 300		ories fro	m Fat 40
		% Da	ily Value
Total Fat 4.5g]		7%
Saturated Fa	at 1g		5%
Trans Fat 1.5	5g		
Cholesterol ()mg		0%
Sodium 1160	mg		48%
Total Carboh	ydrate (64g	21%
Dietary Fibe	r 4g		16%
Sugars 14g			
Protein 8a			
, and the second			
	6 · Vi	tamin C	60%
Calcium 6%	· Iro	n 8%	
calorie diet. You	r Daily Va ling on yo	lues may l ur calorie	be higher needs.
T. 15 1		,	2,500
Sat Fat Cholesterol Sodium	Less than Less than Less than	20g n 300mg	80g 25g 300mg g 2,400mg 375g
	Amount Per Sc Calories 300 Total Fat 4.5g Saturated Fi Trans Fat 1.1 Cholesterol (Sodium 1160 Total Carboh Dietary Fibe Sugars 14g Protein 8g Vitamin A 309 Calcium 6% 'Percent Daily V calorie diet. You or lower depend	Amount Per Serving Calories 300 Cale Total Fat 4.5g Saturated Fat 1g Trans Fat 1.5g Cholesterol 0mg Sodium 1160mg Total Carbohydrate 6g Sugars 14g Protein 8g Vitamin A 30% · Vit Calcium 6% · Irc Percent Daily Values are calorie diet. Your Daily Va	Calories 300 Calories fro

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, Sovbean 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

Carbohydrate 4 · Protein 4

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

Servings Per Co	Servings Per Container: 4 one cup			
			J.	
Amount Per Se				
Calories 220	Calor	ies fron	Fat 25	
		% Dail	y Value'	
Total Fat 3g			4%	
Saturated Fa	t 0.5g		4%	
Trans Fat 1g				
Cholesterol 0	mg		0%	
Sodium 520m	g		22%	
Total Carbohy	drate 42	g	14%	
Dietary Fiber	3g		13%	
Sugars 3g				
Protein 6g				
, and a				
Vitamin A 6%	 Vita 	min C 40)%	
Calcium 4%	· Iron	6%		
*Percent Daily Va	lues are ba	ased on a	2,000	
calorie diet. Your	Daily Value	es may be	higher	
or lower dependi	ing on your	calorie n	eeds.	
	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		
Total Carbohydrate	9	300g	375g	

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 Sov.

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 S	Serving		
Calories 310	Calor	ies fron	Fat 4
		% Dail	y Value
Total Fat 4.5	īg		79
Saturated I	Fat 1g		59
Trans Fat 1	.5g		
Cholesterol	0mg		09
Sodium 118	0mg		499
Total Carbo	hydrate 65	ig	229
Dietary Fib	er 4g		169
Sugars 14d	1		
Protein 8g			
, i			
Vitamin A 30	1% ⋅ Vita	min C 60	0%
Calcium 6%	· Iron	8%	
*Percent Daily calorie diet. Yo or lower deper	ur Daily Valu	es may be	e higher
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat Cholesterol	Less than Less than	20g 300mg	25g 300ma
Sodium	Less than Less than	2,400mg	
Total Carbohydr		300g	375g

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

Contains Wheat, Milk and Soy.

Produced on equipment that also processes Wheat, Milk, Sov. 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.

Nutrition Facts

CREAMY POTATO SOUP

Servings Per C	ontainer: 4		
Amount Per S	erving		
Calories 128	Calor	ies from	Fat 4
		% Dail	y Value
Total Fat 4g			69
Saturated F	at 2g		89
Polyunsatur	rated 0g		
Monounsati	urated 2g		
Trans Fat 0			
Cholesterol			19
Sodium 526r			229
Potassium 2			79
Total Carbon)a	79
Dietary Fibe		9	.,
Sugar 13g			
Protein 2g			
*Percent Daily \ calorie diet. You or lower depend	ur Daily Valu	es may be	higher
	Calories	2,000	2,500
Total Fat Sat Fat Cholesterol Sodium	Less than Less than Less than	65g 20g 300mg 2.400mg	80g 25g 300mg 2.400mg
Total Carbohydra Dietary Fiber	te	300g 25g	375g 30g

es 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, carmel 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

Servings Per Contain	
Amount Per Serving	
Calories 240	Fat Calories 70
	% Daily Value
Total Fat 8g	12%
Saturated Fat 1.5	ig 8%
Polyunsaturated	0g
Monounsaturated	d 0g
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	4%
Potassium 34mg	2%
Total Carbohydra	tes 38g 13%
Dietary Fiber 5g	_
Sugar 14g	
Protein 6g	
Vitamin A 0% ·	Vitamin C 5%
Calcium 6% ·	Iron 10%
*Percent Daily Values are based of Values may be higher or lower de	
Calc	
Total Fat Less Sat Fat Less Cholesterol Less Sodium Less	than 20g 25g than 300mg 375mg

gram Fat 9 · Carbohydrates 4 · Protein 4

INGREDIENTS: Rolled Oats, Rolled Wheat, Brown Sugar, Canola Oil Coconut Whey Oat Flour, Almonds, Honey, Vitamin É (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

rving Size: 60g (2.1 oz) rvings Per Container: 4 one cup

Amount Per Serving	
Calories 220 Calorie	s 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	
10. 1 4.04	

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 highe

or lower depending on your calone 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	2,400m	
Total Carbohydrat	е	300g	375g	
Dietary Fiber		25g	30g	
Calories per gram	:			
Fat 9 · C	arbohydrate 4	 Protei 	n 4	

INGREDIENTS: Red Wheat Flakes, White Wheat Flakes, Barley Flakes Oats Rve

Flakes, Sunflower Seeds

Contains Wheat, Milk 15 e* % 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.

OATMEAL

BROWN SUGAR

Nutrition Facts

Serving Size: 43g Servings Per Container: 4

Amount Per Serving	
Calories 155 Fa	t 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	g 10%
Dietary Fiber 3g	12%
Soluble Fiber 1g	
Sugar 9g	
Protein 4g	
Vitamin A 0% · Vitam	in C 0%
Coloium 00/ Iron 1	00/

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

Contains Wheat, Milk and Sov.

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.