

Nutrition Facts

Servings Per Container	
Amount Per Serving	
Calories	330
Calories from Fat	50
% Daily Value*	% Daily Value*
Total Fat	6g 9%
Saturated Fat	2g 11%
Trans Fat	0g
Cholesterol	55mg 18%
Sodium	980mg 41%
Total Carbohydrate	57g 19%
Dietary Fiber	3g 10%
Sugars	9g
Protein	14g

*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
Saturated 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

Lasagna	Rice & Chicken	Fruit Punch Sports Drink Mix	Fortified Orange Drink Mix	Granola Milk Blueberries	Bacon Potato Chowder	Apple Cinnamon Granola & Milk	Quick Oatmeal	Sweet & Sour Rice	
1 C Dry, 1 C Prep.	2/3 C Dry, 1 C Prep.	1 Tbsp Dry, 1 C Prep.	2 Tbsp Dry, 1 C Prep.	1/2 C Dry, 1/2 C Prep.	1/2 C Dry, 1 C Prep.	1/2 C dry, 1/2 C Prep.	1/3 Cup Dry, 1/2 Prep.	3/4 C Dry, 1 C Prep.	
12	20	30	60	8	16	16	12	12	
330	260	50	110	170	250	310	200	350	
50	10	0	0	60	110	100	30	30	
% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*	
Total Fat	6g 9%	1.5g 2%	0g 0%	0g 0%	6.5g 10%	11g 17%	3.5g 5%	3.5g 5%	
Saturated Fat	2g 11%	0g 1%	0g 0%	0g 0%	1.5g 7%	2.5g 13%	0g 0%	1.5g 8%	
Trans Fat	0g	0g	0g	0g	0g	0g	0g	0g	
Cholesterol	55mg 18%	0mg 0%	0mg 0%	0mg 0%	7mg 2%	15mg 5%	0mg 0%	0mg 0%	
Sodium	980mg 41%	190mg 8%	85mg 4%	0mg 0%	55mg 2%	840mg 35%	0mg 0%	690mg 29%	
Total Carbohydrate	57g 19%	54g 18%	14g 5%	29g 9%	23g 8%	30g 10%	35g 15%	73g 24%	
Dietary Fiber	3g 10%	2g 8%	0g 0%	0g 0%	1g 4%	2g 7%	1g 0%	3g 11%	
Sugars	9g	2g	13g	28g	5g	26g	1g	19g	
Protein	14g	7g	0g	0g	5g	9g	8g	8g	
Vitamin A	8%	Vitamin A	40%	Vitamin A	0%	Vitamin A	2%	Vitamin A	100%
Vitamin C	20%	Vitamin C	10%	Vitamin C	60%	Vitamin C	0%	Vitamin C	100%
Calcium	15%	Calcium	2%	Calcium	0%	Calcium	6%	Calcium	6%
Iron	15%	Iron	25%	Iron	0%	Iron	6%	Iron	25%
				Vitamin D	10%				
				Zinc	10%				
				Vitamin B6	10%				
				Vitamin B12	10%				
				Folate	10%				
				Biotin	10%				

Lasagna	Rice & Chicken	Fruit Punch Sports Drink	Fortified Orange Drink Mix	Granola Milk Blueberries	Bacon Potato Chowder	Apple Cinnamon Granola & Milk	Quick Oatmeal	Sweet & Sour Rice
INGREDIENTS: Enriched Macaroni Product (Durum wheat semolina, Egg, Salt), Whey, Textured Vegetable Protein, Modified Corn Starch, Sugar, Tomato, Maltodextrin, Cheese Sauce (Whey, Cheese [granular and blue (milk, cheese culture, salt, enzymes)]), Partially hydrogenated soybean oil, Salt, Whey protein concentrate, Lactose, Sodium Phosphate, Citric Acid, Lactic Acid, Turmeric Yellow 6), Garlic, Onion, Salt, Autolyzed Yeast Extract, Natural and Artificial Flavors, Paprika, Parsley, Black Pepper, Xanthan Gum. CONTAINS: Milk, Wheat, and Soy.	INGREDIENTS: Rice (Pre-cooked long grain rice, Niacin, Iron, Thiamine, Folic acid), Chicken TVP (Textured vegetable protein [soy flour], Partially hydrogenated soybean oil, Salt, Autolyzed yeast extract, Hydrolyzed corn gluten protein, Natural flavoring, Thiamine hydrochloride, Disodium guanylate, Disodium inosinate), Carrot, Natural Flavors, Modified Corn Starch, Sugar, Salt, Red Bell Pepper, Curry, Onion CONTAINS: Wheat, and Soy.	INGREDIENTS: Sugar,Citric Acid,Salt,Natural Flavor,Mono Potassium Phosphate,Red #40.	INGREDIENTS: Sugar, Dextrose, Malic Acid, Natural and Artificial Flavor, Sodium Citrate, FD & C Yellow #6.	INGREDIENTS: Granola (Oats, Brown Sugar, Soybean Oil), Nonfat Dry Milk, Cream Blend (Heavy Cream, Whey Protein Concentrate, Whey), Blueberries, Natural and Artificial Flavor, Xanthan Gum. CONTAINS: Milk and/or milk derivatives.	INGREDIENTS: Sunflower Oil, Potato, Modified Corn Starch, Textured Vegetable Protein, Sugar, Parmesan Cheese (Whey, Maltodextrin, Buttermilk, Natural parmesan cheese flavor, Salt), Salt, Corn Syrup Solids, Garlic, Parsley. CONTAINS: Milk, Wheat, and Soy.	INGREDIENTS: Granola (Oats, Brown Sugar, Soybean Oil), Non Fat Dry Milk, Sugar, Cream, Whey Protein Concentrate, Apple, Whey, Artificial Flavor, Cinnamon, Xanthan Gum. CONTAINS: May contain milk and milk derivatives and soy and soy derivatives.	INGREDIENTS: Quick Rolled Oats. CONTAINS: Oats.	INGREDIENTS: Enriched Pre-cooked Rice, Sugar, Tomato, Textured Vegetable Protein, Maltodextrin, Natural and Artificial Flavors, Carrots, Potato Starch, Butter Powder, Bell Peppers, Honey Powder, Autolyzed Yeast Extract, Salt, Garlic, Onion, Ginger, Caramel Color, Black Pepper, Xanthan Gum CONTAINS: Wheat and Soy.