

Nutrition Facts

Serving Size	1/4 C Dry	1 Cracker	1/3 C Dry	1 Tbsp Dry, 1 C Prep.	2 Tbsp Dry, 1 C Prep.	1/2 C Dry	1 C Dry, 1 C Prep.	3/4 C Dry, 1 C Prep.	2/3 C Dry, 1 C Prep.
Servings Per Container	24	25	36	30	60	8	8	8	16
Amount Per Serving									
Calories	180	50	200	50	110	170	330	350	260
Calories from Fat	0	15	30	0	0	60	50	30	10
	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*
Total Fat	0g	1.5g	3.5g	0g	0g	6.5g	6g	3.5g	1.5g
Saturated Fat	0g	0g	0g	0g	0g	1.5g	2g	1.5g	0g
Trans Fat	0g	0g	0g	0g	0g	0g	0g	0g	0g
Cholesterol	0mg	5mg	0mg	0mg	0mg	7mg	55mg	0mg	0mg
Sodium	0mg	55mg	0mg	85mg	0mg	55mg	980mg	690mg	190mg
Total Carbohydrate	40g	9g	35g	14g	29g	23g	57g	73g	54g
Dietary Fiber	0g	0g	5g	0g	0g	1g	3g	3g	2g
Sugars	0g	1g	1g	13g	28g	12g	9g	19g	2g
Protein	3g	1g	8g	0g	0g	5g	14g	8g	7g
Vitamin A	0%	0%	0%	0%	0%	10%	1%	8%	40%
Vitamin C	0%	0%	0%	0%	0%	60%	1%	20%	10%
Calcium	0%	2%	2%	0%	0%	0%	12%	15%	2%
Iron	10%	4%	10%	0%	0%	0%	4%	15%	25%
Vitamin D						10%			
Zinc						10%			
Vitamin B6						10%			
Vitamin B12						10%			
Folate						10%			
Biotin						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.

Total Fat	Calories	2,000	2,500
Saturated Fat	Less than	65g	80g
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

Long Grain Rice	Pilot Bread Crackers	Quick Oatmeal	Fruit Punch Sports Drink Mix	Fortified Orange Drink Mix	Granola Milk Blueberries	Lasagna	Sweet & Sour Rice	Rice & Chicken
INGREDIENTS: Long Grain White Rice Enriched With Iron, Niacin, Thiamine, And Folate.	INGREDIENTS: Enriched Flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Partially Hydrogenated Soybean Oil, Sugar, Corn Syrup, Whey, Leavening (sodium bicarbonate, monocalcium phosphate), Salt. CONTAINS: May contain milk and wheat 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: 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: 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, soy, and Wheat derivatives.	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: May contain soy and wheat derivatives.	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: May contain soy and wheat derivatives.