

BUTTERMILK PANCAKES

(4 pouches)

Nutrition Facts	
6 servings per container	
Serving size	1/3 Cup (46g) Dry (about 3-4" pancakes prepared)
Amount per serving	
Calories	160
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 560mg	24%
Total Carbohydrate 34g	12%
Dietary Fiber 1g	4%
Total Sugars 5g	
Includes 4g Added Sugars	8%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 111mg	8%
Iron 3mg	15%
Potassium 112mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Cake flour (bleached wheat flour, niacin, iron [reduced iron], thiamin mononitrate, riboflavin, folic acid), sugar, soybean flour, dextrose, buttermilk powder, baking soda, corn starch, leavening agent (sodium acid pyrophosphate), non-iodized salt, leavening agent (monocalcium phosphate monohydrate), egg substitute (soy flour, wheat gluten, corn syrup solids, sodium alginate).

Contains allergens: Milk, soy, and wheat.

6 GRAIN BANANA CEREAL

(2 pouches)

Nutrition Facts	
4 servings per container	
Serving size	1/3 Cup (48g) Dry (about 1/2 cup prepared)
Amount per serving	
Calories	170
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 37g	13%
Dietary Fiber 5g	18%
Total Sugars 12g	
Includes 9g Added Sugars	18%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 13mg	2%
Iron 1mg	6%
Potassium 206mg	4%

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INGREDIENTS: Six grain mix (hard red wheat, soft white wheat, barley, oats, rye, triticale), sugar, freeze-dried banana dices, coconut creamer (hydrogenated coconut oil, corn syrup solids, sodium caseinate [a milk derivative]), dipotassium phosphate, mono & diglycerides, silicon dioxide, soy lecithin, natural and artificial maple flavor (dextrose, maltodextrin, less than 2% silicon dioxide added to prevent caking), brown sugar, non-iodized salt.

Contains allergens: Milk, soy, and wheat.

SWEETENED BANANA CHIPS

(2 pouches)

Nutrition Facts	
8 servings per container	
Serving size	1/2 Cup (33g) Dry (about 1/2 Cup prepared)
Amount per serving	
Calories	190
	% Daily Value*
Total Fat 12g	15%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 18g	7%
Dietary Fiber 3g	11%
Total Sugars 6g	
Includes 4g Added Sugars	8%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 8mg	0%
Iron 1mg	6%
Potassium 190mg	4%

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INGREDIENTS: Dehydrated banana slices (bananas, refined coconut oil, sugar, banana flavoring).

Morning Moo's®

Low Fat Milk Alternative

(3 pouches)

Nutrition Facts	
20 servings per container	
Serving size	2 Tbsp (17g) Dry (about 1 Cup prepared)
Amount per serving	
Calories	70
	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 10g	4%
Dietary Fiber 0g	0%
Total Sugars 9g	
Includes 1g Added Sugars	2%
Protein 3g	
Vitamin D 33mcg	15%
Calcium 120mg	10%
Iron 0mg	0%
Potassium 283mg	10%
Vitamin A 105mcg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Whey, creamer (coconut oil, corn syrup solids, sodium caseinate [a milk derivative]), dipotassium phosphate, sugar, mono & diglycerides, silicon dioxide, polysorbate 80, tetrasodium pyrophosphate, soy lecithin, nonfat dry milk, sugar, vitamin mix (nonfat dry milk, vitamin A palmitate, vitamin D3) guar gum.

Contains Allergens: Milk, and soy.

MAPLE BROWN SUGAR OATMEAL

(3 pouches)

Nutrition Facts	
10 servings per container	
Serving size	1/4 Cup (30g) Dry (about 1/3 Cup prepared)
Amount per serving	
Calories	120
	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	2%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 3g Added Sugars	6%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 19mg	0%
Iron 1mg	6%
Potassium 130mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Quick oats, brown sugar, creamer (coconut oil, corn syrup solids, sodium caseinate [a milk derivative]), dipotassium phosphate, sugar, mono & diglycerides, silicon dioxide, polysorbate 80, tetrasodium pyrophosphate, soy lecithin, natural and artificial maple flavor (dextrose, maltodextrin, less than 2% silicon dioxide added to prevent caking), non-iodized salt.

Contains allergens: Milk, and soy.

STRAWBERRY CREAMY WHEAT

(3 pouches)

Nutrition Facts	
8 servings per container	
Serving size	1/4 Cup (46g) Dry (about 1 Cup prepared)
Amount per serving	
Calories	180
	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 36g	13%
Dietary Fiber 1g	4%
Total Sugars 10g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 5mg	0%
Iron 0mg	0%
Potassium 72mg	2%

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INGREDIENTS: Farina (wheat), sugar, coconut creamer (hydrogenated coconut oil, corn syrup solids, sodium caseinate [a milk derivative]), dipotassium phosphate, mono & diglycerides, silicon dioxide, soy lecithin, natural and artificial strawberry flavor (maltodextrin, sugar, natural and artificial flavor, modified corn starch, potassium benzoate [preservative], sulfites), non-iodized salt, natural red coloring (carmine, caramel color, and maltodextrin).

Contains: Milk, soy and wheat.

HEARTY VEG. CHICKEN FLAVORED SOUP MIX

(1 pouch)

Nutrition Facts	
8 servings per container	
Serving size	1/3 Cup (57g) Dry (about 1 Cup prepared)
Amount per serving	
Calories	200
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 590mg	26%
Total Carbohydrate 40g	15%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 37mg	2%
Iron 3mg	15%
Potassium 406mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: White rice (long grain rice, iron phosphate, niacin, thiamin mononitrate, and folic acid), lentils, elbow macaroni (wheat flour, niacin, ferrous sulfate [iron], thiamin mononitrate, riboflavin, folic acid), carrots, celery slices, chicken soup base (corn syrup solids, salt, corn starch, hydrolyzed corn and soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate and disodium guanylate, spices, turmeric, dehydrated parsley, and silicon dioxide added to prevent caking), non-iodized salt, onions, sugar, yeast extract, whey, turmeric, garlic powder, caramel color.

Contains allergens: Milk, soy, and wheat.

CREAMY CHICKEN FLAVORED RICE

(2 pouches)

Nutrition Facts	
8 servings per container	
Serving size	1/3 Cup (52g) Dry (about 1/2 Cup prepared)
Amount per serving	
Calories	240
	% Daily Value*
Total Fat 12g	15%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 330mg	14%
Total Carbohydrate 30g	11%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 8mg	0%
Iron 1mg	6%
Potassium 277mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: White rice (long grain rice, iron phosphate, niacin, thiamin mononitrate, and folic acid), lentils, elbow macaroni (wheat flour, niacin, ferrous sulfate [iron], thiamin mononitrate, riboflavin, folic acid), carrots, celery slices, chicken soup base (corn syrup solids, salt, corn starch, hydrolyzed corn and soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate and disodium guanylate, spices, turmeric, dehydrated parsley, and silicon dioxide added to prevent caking), non-iodized salt, onions, sugar, yeast extract, whey, turmeric, garlic powder, caramel color.

Contains allergens: Milk, and soy.

CREAMY STROGANOFF

(1 pouch)

Nutrition Facts	
4 servings per container	
Serving size	1/2 Cup (76g) Dry (about 1 Cup prepared)
Amount per serving	
Calories	320
	% Daily Value*
Total Fat 10g	13%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 30mg	3%
Sodium 830mg	16%
Total Carbohydrate 49g	18%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 1g Added Sugars	2%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 33mg	2%
Iron 2mg	10%
Potassium 353mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Egg noodles (durum wheat semolina, durum wheat flour, eggs, niacin, iron [ferrous sulfate], thiamin mononitrate, riboflavin, folic acid), creamer (maltodextrin, palm oil, contains 2% or less of the following: sodium caseinate [a milk derivative], dipotassium phosphate, mono and diglycerides [with tocopherols, ascorbic acid, citric acid to preserve freshness], sodium aluminosilicate, natural flavor, annatto extract [color], sodium hexametaphosphate), sour cream powder (cultured cream [cream, nonfat milk, culture, enzymes], salt, lactic acid, tocopherols, vitamin E, ascorbyl palmitate, contains less than 2% silicon dioxide and sodium citrate), low sodium beef base (salt, hydrolyzed soy protein, sugar, torula yeast, corn starch, maltodextrin, caramel color, onion powder, yeast extract, natural flavors, citric acid, and less than 2% silicon dioxide added to prevent caking), onions, non-iodized salt, modified food starch, mushrooms, onion powder, burgundy wine flavor (maltodextrin, modified corn starch, wine solids, corn syrup solids, malic acid, natural flavor, sorbic acid, sulfites, potassium sorbate), sautéed mushroom stock (shitake mushroom powder, maltodextrin, tapioca dextrin, salt, sunflower oil, natural buttermilk flavor, autolyzed yeast extract, soybean oil, yeast extract, soy sauce powder, onion, modified corn starch).

Contains allergens: Egg, milk, soy and wheat.

FETTUCCINE ALFREDO

(1 pouch)

Nutrition Facts	
4 servings per container	
Serving size	1/2 Cup (69g) Dry (about 1 Cup prepared)
Amount per serving	
Calories	300
	% Daily Value*
Total Fat 11g	14%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 35mg	3%
Sodium 900mg	39%
Total Carbohydrate 42g	15%
Dietary Fiber 1g	7%
Total Sugars 5g	
Includes 1g Added Sugars	2%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 112mg	8%
Iron 2mg	10%
Potassium 326mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Egg noodles (durum wheat semolina, durum wheat flour, eggs, niacin, iron [ferrous sulfate], thiamin mononitrate, riboflavin, folic acid), coconut creamer (hydrogenated coconut oil, corn syrup solids, sodium caseinate [a milk derivative]), dipotassium phosphate, mono & diglycerides, silicon dioxide, soy lecithin, white cheese (cheddar cheese, [pasteurized milk, salt, cheese culture, enzymes], buttermilk, whey, salt and natural flavors [contains less than 2% silicon dioxide]), modified food starch, parmesan (whey, maltodextrin, buttermilk, natural parmesan cheese flavor, salt), non-iodized salt, whey, lactic acid, garlic powder, parsley, black pepper.

Contains allergens: Egg, milk, soy and wheat.

ITALIANO MARINARA

(2 pouches)

Nutrition Facts	
4 servings per container	
Serving size	1/2 Cup (69g) Dry (about 1 Cup prepared)
Amount per serving	
Calories	240
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 610mg	27%
Total Carbohydrate 46g	17%
Dietary Fiber 3g	11%
Total Sugars 14g	
Includes 1g Added Sugars	2%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 59mg	4%
Iron 2mg	10%
Potassium 737mg	15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Lasagna noodles (semolina [wheat], niacin, iron [ferrous sulfate], thiamin mononitrate, riboflavin, folic acid), tomato powder, onions, modified food starch, white cheddar cheese (cheddar cheese [pasteurized milk, salt, cheese culture, enzymes], salt, lactic acid, natural flavors [contains less than 2% silicon dioxide]), sea salt, sugar, garlic powder, tomatoes, burgundy wine flavor (maltodextrin, modified corn starch, wine solids, corn syrup solids, malic acid, natural flavor, sorbic acid, sulfites, potassium sorbate), cheddar cheese powder (dextrose, maltodextrin, whey solids, natural and artificial flavor, corn starch, salt, silicon dioxide, guar gum, annatto, turmeric), olive oil flavor (modified corn starch, maltodextrin, medium chain triglycerides, natural flavor, tricalcium phosphate), parsley, Italian spice (garlic, onion, spices), basil, citric acid, yeast extract, natural orange color (annatto, beet juice), caramel color, ground fennel.

Contains allergens: Milk and wheat.

CHOCOLATE PUDDING

(1 pouch)

Nutrition Facts	
5 servings per container	
Serving size	1/3 Cup (58g) Dry (about 1/2 Cup prepared)
Amount per serving	
Calories	220
	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 50g	18%
Dietary Fiber 1g	4%
Total Sugars 30g	
Includes 27g Added Sugars	54%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 73mg	6%
Iron 1mg	6%
Potassium 306mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Sugar, modified food starch, creamer (maltodextrin, palm oil, contains 2% or less of the following: sodium caseinate [a milk derivative], dipotassium phosphate, mono and diglycerides [with tocopherols, as