Arroz Con Pollo & Green Beans

INGREDIENTS: Chicken, Rice, Onion, Pepper, Cilantro, Broccoli, Olive/Green, Celery, Garlic, Chicken Base, Salt, Yellow Rice Seasoning (Monosodium Glutamate, Salt, Spices, Garlic, Egg Shade/Salt, Yellow 5, Yellow 6, Red 40), Tricalcium Phosphate, Green Beans.

ALLERGENS: Eggs

Nutrition Facts

Serving Size:1 meal (396.8g)
Servings:1

Amount Per Serving	
Calories 330	Calories from Fat 40
	% Daily Value*
Total Fat 4.5g	7%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 330mg	14%
Total Carbohydrate 49g	16%
Dietary Fiber 4g	16%
Sugars 4g	
Protein 23g	

Vitamin A 10%	•	Vitamin C 30%
Calcium 10%	•	Iron 40%

*Percent Daily Values are based on a 2,000 calorie diet.

Baked Chicken, Rice & Carrots

INGREDIENTS: Chicken Thigh, Salt, Pepper, Garlic Powder, Onion Powder, Vegetable Oil, Rice, Carrots.

Nutrition Facts

Serving Size:1 meal (396.3g)
Servings:1

Amount Per Serving	
Calories 640	Calories from Fat 70
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 145mg	**48%**
Sodium 220mg	**9%**
Total Carbohydrate 99g	**33%**
Dietary Fiber 3g	**12%**
Sugars 5g	
Protein 43g	

Vitamin A 400%	•	Vitamin C 40%
Calcium 25%	•	Iron 45%

*Percent Daily Values are based on a 2,000 calorie diet.

Baked Chicken Puree

INGREDIENTS: Chicken Puree (Dark Chicken Meat, Water, Isolated Soy Protein, Rice Flour, Egg Whites, Seasoning, Modified Corn Starch, Xanthan Gum, Artificial Butter Flavor), Carrot Puree (Carrot Puree, Sugar, Soybean Oil, Modified Food Starch, Water, Modified Cornstarch, Rice Flour, Artificial Flavor, Natural Carrot Flavor, Soy Lecithin, Salt, Cultured Dextrose, Egg Whites, Whey Protein, Xanthan Gum, Lemon Juice Powder), Potatoes-Mashed (Potatoes, Whey Solids, Corn Syrup Solids, Soy Protein, Partially Hydrogenated Vegetable Oil, Soy Lecithin), Gravy (Mushrooms, Wheat Flour, Soybean Oil, Salt, Corn Starch, Monosodium Glutamate, Whey Powder, Isolated Soy Protein, Cream, Yeast Extract, Spices, Citric Acid, Garlic Powder, Onion Powder).

ALLERGENS: Egg, Milk, Soy, Wheat

Nutrition Facts

Serving Size:1 meal (348.4g)
Servings:1

Amount Per Serving	
Calories 340	Calories from Fat 120
	% Daily Value*
Total Fat 13g	**20%**
Saturated Fat 2.5g	**11%**
Trans Fat 0g	
Cholesterol 35mg	**11%**
Sodium 860mg	**36%**
Total Carbohydrate 34g	**11%**
Dietary Fiber 5g	**20%**
Sugars 5g	
Protein 20g	

Vitamin A 25% • Vitamin C 20%
Calcium 4% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet.

Baked Fish, AuGratin Potatoes & Broccoli

INGREDIENTS: Atlantic Pollack, Butter Light, Salt Free Seasoning (Pepper, Basil, Oregano, Celery Seed, Dill Weed, Sage, Bay Leaves and Turmeric, Garlic, Onion, Carrots, Citric Acid, Sesame Seeds, Red Bell Peppers Orange Peel, Parsley Flakes, Corn Starch, Lemon Peel), POTATOES, MILK, MARGARINE (SOYBEAN OIL, WATER, SALT, HYDROGENATED COTTONSEED OIL, SOY LECITHIN, VEGETABLE MONO AND DIGLYCERIDES, ARTIFICIAL FLAVOR, VITAMIN A PALMITATE), WATER, SALT, BUTTERMILK, NATURAL FLAVOR, POTASSIUM SORBATE (TO PRESERVE FRESHNESS), SODIUM ACID PYROPHOSPHATE, , Broccoli Cuts.

ALLERGENS: Fish, Milk, Soy

Nutrition Facts

Serving Size:1 meal (421.8g)
Servings:1

Amount Per Serving	
Calories 590	Calories from Fat 60
	% Daily Value*
Total Fat 6g	10%
Saturated Fat 0.5g	3%
Trans Fat 1g	
Cholesterol 75mg	25%
Sodium 340mg	14%
Total Carbohydrate 89g	30%
Dietary Fiber 8g	32%
Sugars 5g	
Protein 45g	

Vitamin A 25%	•	Vitamin C 80%
Calcium 8%	•	Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet.

Baked Salmon, Rotini, & Broccoli

INGREDIENTS: Salmon, Blackfish Seasoning (Salt, Paprika, Spices, Garlic, Onion, Calcium Stearate, Calcium Silicate), Butter Flavor Oil, Tricolor Rotini (Durum Wheat Semolina, Niacin, Iron, Thaimine, Riboflavin, Folic Acid, Olive Oil, Basil, Pimento, Broccoli, Lemon Juice.

ALLERGENS: Fish, Wheat

Nutrition Facts

Serving Size:1 meal (397.5g)
Servings:1

Amount Per Serving	
Calories 790	Calories from Fat 220
	% Daily Value*
Total Fat 25g	**38%**
Saturated Fat 5g	**26%**
Trans Fat 0g	
Cholesterol 90mg	**30%**
Sodium 125mg	**5%**
Total Carbohydrate 88g	**29%**
Dietary Fiber 8g	**32%**
Sugars 2g	
Protein 53g	

Vitamin A 25%	•	Vitamin C 90%
Calcium 8%	•	Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet.

BBQ Pork Roast, Macaroni & Cheese, and Baked Beans

INGREDIENTS: Pork Loin, Salt, Pepper, Garlic, Paprika, Barbecue Sauce (Water, Fructose, Vegetable Oil, Vinegar, Molasses, Salt, Worcestershire Base, Garlic Powder, Caramel Color), Macaroni (Durum Wheat Semolina, Niacin, Iron, Thiamine, Riboflavin, Folic Acid), and Cheese (Water, Partially Hydrogenated Soybean Oil, Aged Cheddar Cheese, Corn Starch, Sodium Phospate, Acid Whey, Citric Acid), Prepared Navy Beans, Water, Brown Sugar. Contains 2% or Less of: Salt, Mustard (Water, Vinegar, Mustard Seed, Salt, Paprika, Turmeric), Modified Corn Starch, Onion Powder, Caramel Color, Spice, Garlic Powder, Natural Flavor.

ALLERGENS: Wheat, Milk, Soy

Nutrition Facts

Serving Size:1 meal (449.7g)
Servings:1

Amount Per Serving	
Calories 850	Calories from Fat 250
	% Daily Value*
Total Fat 27g	**42%**
Saturated Fat 8g	**41%**
Trans Fat 1g	
Cholesterol 115mg	**38%**
Sodium 600mg	**25%**
Total Carbohydrate 90g	**30%**
Dietary Fiber 6g	**24%**
Sugars 16g	
Protein 44g	

Vitamin A 0%	•	Vitamin C 10%
Calcium 6%	•	Iron 40%

*Percent Daily Values are based on a 2,000 calorie diet.

Beef Tips, Egg Noodles & Green Beans

INGREDIENTS: Beef / Bottom Round, Mushrooms, **ENRICHED BLEACHED FLOUR** (WHEAT FLOUR, **NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN,** FOLIC ACID), FOOD **STARCH-MODIFIED, SALT,** PALM **OIL,** COLOR ADDED, **HYDROLYZED VEGETABLE PROTEIN** (CORN, SOY, AND /OR WHEAT), **SUGAR,** CORN **SYRUP SOLIDS, ONION,** Contains less than 2%: **GARLIC, SOY SAUCE** (SOYBEANS, WHEAT, SALT), **YEAST EXTRACT, NATURAL FLAVORS, SUCCINIC ACID, GLUTAMIC ACID, GUM ARABIC, GUM ACACIA, SODIUM CASEINATE,** MONO & **DIGLYCERIDES, DISODIUM GUANYLATE, DISODIUM INOSINATE,** Egg Noodle (Semolina, Durum Flour, Egg Yolks, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Green Beans.

ALLERGENS: Wheat, Egg, Soy

Nutrition Facts

Serving Size: 1 meal (396.8g)
Servings: 1

Amount Per Serving	
Calories 550	Calories from Fat 70
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 2.5g	**11%**
Trans Fat 0g	
Cholesterol 165mg	**55%**
Sodium 460mg	**19%**
Total Carbohydrate 84g	**28%**
Dietary Fiber 6g	**25%**
Sugars 3g	
Protein 37g	

Vitamin A 0%	•	Vitamin C 6%
Calcium 2%	•	Iron 45%

*Percent Daily Values are based on a 2,000 calorie diet.

Biscuits & Sausage Gravy

INGREDIENTS: Biscuit (Flour, Water, Partially Hydrogenated Soybean and Cottonseed Oils, Leavening, Salt, Buttermilk, Dextrose, Sugar, Wheat Starch, Natural and Artificial Flavors, Calcium Carbonate, Potassium Sorbate, Guar Gum, Eggs, Xanthan Gum), Country Sausage Gravy (Ground Pork, Water, Sage, Salt, Pepper, Garlic, Dried Milk, Flour), Butter.

ALLERGENS: Eggs, Milk, Soy, Wheat

Nutrition Facts

Serving Size:1 meal (330.1g)
Servings:1

Amount Per Serving	
Calories 940	Calories from Fat 380
	% Daily Value*
Total Fat 43g	**66%**
Saturated Fat 20g	**100%**
Trans Fat 0g	
Cholesterol 70mg	**23%**
Sodium 2190mg	**91%**
Total Carbohydrate 95g	**32%**
Dietary Fiber 0g	**2%**
Sugars 29g	
Protein 42g	

Vitamin A 20%	•	Vitamin C 4%
Calcium 70%	•	Iron 35%

*Percent Daily Values are based on a 2,000 calorie diet.

Cheese Omelet, Biscuit & AuGratin Potatoes

INGREDIENTS: Egg (Whole Eggs, Non Fat Milk, Modified Food Starch, Cream Cheese, Corn Oil, Salt, Xanthan Gum, Guar Gum, Butter Flavor, Pepper, Citric Acid), Cheddar Cheese (Monterey Jack and Yellow Cheddar Cheese, Pasteurized Cultured Milk, Salt, Enzymes, Natural Annatto Color, Anti-Caking agent), Augratin Potatoes POTATOES: Potatoes, Modified Food Starch, Whey, Maltodextrin, Onion, Potassium Chloride, Sugar, Sunflower Oil, contains 2% or less of: Natural Flavor, Salt, Colors (Annatto Extract, Turmeric Extract), Mono And Diglycerides, Autolyzed Yeast Extract, Cheddar Cheese (Pasteurized Milk, Cultures, Salt, Enzymes), Corn Syrup Solids, Green Onion, Nonfat Milk, Soybean Oil, Spices, Torula Yeast, Freshness Preserved With (Sodium Bisulfite, Biscuit.

ALLERGENS: Eggs, Milk, Wheat

Nutrition Facts

Serving Size:1 meal (314.0g)
Servings:1

Amount Per Serving	
Calories 490	Calories from Fat 250
	% Daily Value*
Total Fat 28g	**43%**
Saturated Fat 9g	**45%**
Trans Fat 0g	
Cholesterol 390mg	**129%**
Sodium 930mg	**39%**
Total Carbohydrate 22g	**7%**
Dietary Fiber 2g	**8%**
Sugars 2g	
Protein 36g	

Vitamin A 10%	•	Vitamin C 6%
Calcium 30%	•	Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet.

Cheese Ravioli & Green Beans

INGREDIENTS: Cheese Ravioli (Ricotta Cheese Durum Flour, Mozzarella Cheese, Eggs, Egg Whites, Romano Cheese, Salt, Spices), Marinara Sauce (Tomatoes, Tomato Puree, Extra Virgin Olive Oil, Sugar, Garlic Puree, Dehydrated Onions, Salt, Food Starch Modified, Citric Acid, Spices), Mozzarella Cheese (Pasteurized Milk, Cheese Cultures, Salt Enzymes, Non Fat Milk), Green Beans.

ALLERGENS: Milk, Wheat, Egg.

Nutrition Facts

Serving Size:1 meal (402.7g)
Servings:1

Amount Per Serving	
Calories 560	Calories from Fat 230
	% Daily Value*
Total Fat 26g	**40%**
Saturated Fat 15g	**75%**
Trans Fat 0g	
Cholesterol 110mg	**36%**
Sodium 1100mg	**46%**
Total Carbohydrate 50g	**17%**
Dietary Fiber 5g	**19%**
Sugars 9g	
Protein 29g	

Vitamin A 30% • Vitamin C 25%
Calcium 60% • Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet.

Chicken & Broccoli, Yellow Rice, Carrots

INGREDIENTS: Chicken, Salt, Maltodextrin, Food Starch-Modified, Coconut Oil, Whey, Salt, Sugar, Hydrolyzed Corn Protein, Contains less than 2% of the following: Annatto, Dipotassium Phosphate, Garlic Powder, Mono and Diglycerides (WITH CITRIC ACID TO PRESERVE FRESHNESS), Sodium Caseinate, Soybean Oil, Spice, Xanthan Gum, Yeast Extract, Yellow Rice (Long grain parboiled rice enriched with iron (ferric phosphate), niacin, thiamine mononitrate, & folic acid, dehydrated onion, bell pepper, garlic, tomatoes; salt maltodextrin, sugar, dextrose, chicken fat, chicken meat powder, yellow lakes #5, autolyzed yeast, disodium guyanylate, inosinate, ground turmeric, silicon dioxide for anticaking, & saffron.) Broccoli, Carrots.

ALLERGENS: Eggs, Wheat, Milk

Nutrition Facts

Serving Size:1 meal (396.8g)
Servings:1

Amount Per Serving	
Calories 580	Calories from Fat 80
	% Daily Value*
Total Fat 9g	14%
Saturated Fat 2g	9%
Trans Fat 0g	
Cholesterol 200mg	66%
Sodium 580mg	24%
Total Carbohydrate 90g	30%
Dietary Fiber 8g	33%
Sugars 6g	
Protein 39g	

Vitamin A 390% • Vitamin C 30%
Calcium 6% • Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet.

Nutrition Facts

Servings Per Container 1

Serving Size 1 each

Amount Per Serving

Calories **1090**

	% Daily Value*
Total Fat 39g	50%
Saturated Fat 14g	72%
Trans Fat 0g	
Cholesterol 106mg	35%
Sodium 2307mg	100%
Total Carbohydrate 141g	51%
Dietary Fiber 6g	22%
Sugars 7g	
Includes 4g Added Sugars	8%
Protein 50g	100%

Vitamin D: 9% DV • Iron: 18% DV

Calcium: 21% DV • Potassium: 14% DV

* 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.

Chicken Alfredo, Scandinavian Vegetable, Garlic Dinner Roll

Ingredients: CHICKEN: Chicken ALFREDO SAUCE: Palm Oil, Food Starch-Modified, Parmesan Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Enriched Bleached Flour (Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Maltodextrin, Corn Syrup Solids, Salt, contains less than 2% Of: Blue Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Whey, Garlic Powder, Onion Powder, Spices, Natural Flavor, Lactic Acid, Sodium, Caseinate, Citric Acid, Mono and Diglycerides. PENNE: Semolina (Wheat), Durum Wheat Flour, Vitamin B3 (Niacin), Iron (Ferrous Sulfate), Vitamin B1 (Thiamine Mononitrate), Vitamin B2 (Riboflavin), Folic Acid. SCANDINAVIAN VEGETABLE: Peas, Zucchini, Green Beans, Carrots, Onions. ROLL: Water, Whole Wheat Flour, Wheat Flour, Wheat Gluten, Yeast, Sea Salt, Rye Flour, Raw Cane Sugar, Deactivated Yeast, Guar Gum, Fava Bean Flour, Malted Barley Flour, Dextrose, Sugar, Sunflower Lecithin, Calcium Phosphate, Malt Extract, Ascorbic Acid, Salt, Enzymes, Xanthan Gum, Niacin, Reduced Iron, Calcium Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid, Soybean Oil, Hydrogenated Soybean Oil, Salt, Soy Lecithin, Natural and Artificial Flavors, Artificial Color, Garlic Granulated. PARMESAN CHEESE: Parmesan Cheese: (Pasteurized Part-Skim Cows Milk, Cheese Cultures, Salt, Enzymes), Imitation Parmesan: (Corn Starch, Water, Palm Oil, Cellulose, Salt, Natural Flavor, Caseinate, Sorbic Acid (as a preservative), Annatto), Powdered Cellulose added to prevent caking, Natamycin (A Natural Mold Inhibitor).

Allergens: WHEAT, MILK, SOY

Chicken Fingers, Rice & California Blend Vegetables

INGREDIENTS: Chicken, Paprika, Sugar, Teriyaki Sauce, Garlic Powder, White Rice, California Vegetables (Broccoli, Carrots, Cauliflower).

Nutrition Facts

Serving Size:1 meal (346.3g)
Servings:1

Amount Per Serving	
Calories 450	Calories from Fat 60
	% Daily Value*
Total Fat 7g	**11%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 145mg	**48%**
Sodium 390mg	**16%**
Total Carbohydrate 55g	**18%**
Dietary Fiber 3g	**12%**
Sugars 7g	
Protein 40g	

Vitamin A 140%	•	Vitamin C 80%
Calcium 15%	•	Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet.

Chicken Noodle Soup with Egg Noodles

INGREDIENTS: Water, Chicken Base, Chicken, **Egg** Noodles (**D**urum wheat semolina, durum wheat flour, eggs, niacin, iron (ferrous sulfate), thiamin mononitrate, riboflavin, folic acid), Onion, Celery, Black Pepper, Garlic Powder, Mixed Vegetables (Carrots, Corn, Green Beans, Peas), Oyster Crackers (Unbleached Wheat Flour, Water, Canola Oil, Cane Sugar, Salt, Yeast, Baking Soda).

ALLERGENS: Wheat, **Egg**

Nutrition Facts

Serving Size:1 meal (468.6g)
Servings:1

Amount Per Serving	
Calories 460	Calories from Fat 90
	% Daily Value*
Total Fat 10g	**15%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 130mg	**43%**
Sodium 1180mg	**49%**
Total Carbohydrate 55g	**18%**
Dietary Fiber 4g	**17%**
Sugars 8g	
Protein 37g	

Vitamin A 35%	•	Vitamin C 4%
Calcium 15%	•	Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet.

Nutrition Facts

Servings Per Container 1

Serving Size 1 each

Amount Per Serving

Calories **470**

	% Daily Value*
Total Fat 19g	25%
Saturated Fat 5g	23%
Trans Fat 0g	
Cholesterol 42mg	14%
Sodium 981mg	43%
Total Carbohydrate 51g	19%
Dietary Fiber 9g	32%
Sugars 2g	
Includes 0g Added Sugars	0%
Protein 25g	50%

Vitamin D: 0% DV	• Potassium: 13% DV
Calcium: 4% DV	• Vitamin A: 58% DV
Iron: 6% DV	• Vitamin C: 13% DV

* 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.

Chicken Nuggets, Mashed Potatoes, Mixed Vegetables

Ingredients: Chicken, Water, Isolated Soy Protein, Sugar, Reduced Sodium Sea Salt (Sea Salt, Potassium Chloride, Rice Flour), Sodium Phosphates, White Pepper, Onion Powder, Garlic Powder, Whole Wheat Flour, Enriched Wheat Flour (Enriched with Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Spice, Ascorbic Acid (Vitamin C), Dextrose, Extractives of Paprika, Modified Corn Starch, Onion Powder, Chicken Broth, Maltodextrin, Yeast Extract, Natural and Artificial Flavors, Lactic Acid, Potatoes, Milk, Margarine (Soybean Oil, Water, Salt, Hydrogenated Cottonseed Oil, Soy Lecithin, Vegetable Mono and Diglycerides, Artificial Flavor, Vitamin A Palmitate), Buttermilk, Natural Flavor, Potassium Sorbate (to preserve freshness), Sodium Acid Pyrophosphate, Mixed Vegetables
Contains: SOY, WHEAT, MILK

Chicken Wings, AuGratin Potatoes & Green Beans

INGREDIENTS: Chicken Wings, Barbecue Sauce (High Fructose Corn Syrup, Tomato Paste, Vinegar, Salt, Mustard Flour, Chili Powder, Spices, Hot Pepper Sauce, Sodium Benzoate), POTATOES, MODIFIED FOOD STARCH, WHEY, MALTODEXTRIN, ONION, POTASSIUM CHLORIDE, SUGAR, SUNFLOWER OIL, CONTAINS 2% OR LESS OF: NATURAL FLAVOR, SALT, COLORS (ANNATTO EXTRACT, TURMERIC EXTRACT), MONO AND DIGLYCERIDES, AUTOLYZED YEAST EXTRACT, CHEDDAR CHEESE (PASTEURIZED MILK, CULTURES, SALT, ENZYMES), CORN SYRUP SOLIDS, GREEN ONION, NONFAT MILK, SOYBEAN OIL, SPICES, TORULA YEAST, FRESHNESS PRESERVED WITH (SODIUM BISULFITE), Green Beans.

ALLERGENS: Soy, Milk

Nutrition Facts

Serving Size:1 meal (453.9g)
Servings:1

Amount Per Serving	
Calories 760	Calories from Fat 350
	% Daily Value*
Total Fat 38g	**59%**
Saturated Fat 10g	**52%**
Trans Fat 0g	
Cholesterol 145mg	**49%**
Sodium 1300mg	**54%**
Total Carbohydrate 48g	**16%**
Dietary Fiber 4g	**18%**
Sugars 16g	
Protein 50g	

Vitamin A 10%	•	Vitamin C 8%
Calcium 6%	•	Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet.

Chili Con Carne

INGREDIENTS: Ground Beef, Kidney Beans, Diced Tomato, Tomato Paste, Tomato Sauce, Chili Powder, Water, Black Pepper, Garlic Powder, Salt, Cumin.

Nutrition Facts

Serving Size:1 meal (340.0g)
Servings:1

Amount Per Serving	
Calories 560	Calories from Fat 340
	% Daily Value*
Total Fat 37g	**57%**
Saturated Fat 16g	**80%**
Trans Fat 0g	
Cholesterol 135mg	**44%**
Sodium 550mg	**23%**
Total Carbohydrate 11g	**4%**
Dietary Fiber 3g	**11%**
Sugars 5g	
Protein 41g	

Vitamin A 15%	•	Vitamin C 20%
Calcium 2%	•	Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet.

Chopped Sirloin, Egg Noodles & Green Beans

INGREDIENTS: Beef (Bottom Round), Salt, Pepper, Garlic, A-1 Steak Sauce, Egg Noodles (Semolina, Durum Flour, Egg Yolks, Niacin, Ferrous, Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid, ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), MALTODEXTRIN, FOOD STARCH-MODIFIED, PALM OIL, SALT, CORN SYRUP SOLIDS, Contains less than 2% of: BLACK PEPPER, SODIUM CASEINATE, MONO & DIGLYCERIDES, WHEY PROTEIN CONCENTRATE, ANNATTO, Green Beans.

ALLERGENS: Wheat, Eggs, Soy

Nutrition Facts

Serving Size:1 meal (459.8g)
Servings:1

Amount Per Serving	
Calories 890	Calories from Fat 330
	% Daily Value*
Total Fat 37g	**57%**
Saturated Fat 15g	**73%**
Trans Fat 0g	
Cholesterol 225mg	**76%**
Sodium 530mg	**22%**
Total Carbohydrate 83g	**28%**
Dietary Fiber 7g	**27%**
Sugars 3g	
Protein 50g	

Vitamin A 0%	•	Vitamin C 6%
Calcium 0%	•	Iron 45%

*Percent Daily Values are based on a 2,000 calorie diet.

Nutrition Facts

Servings Per Container 1

Serving Size 1 each

Amount Per Serving

Calories 815

	% Daily Value*
Total Fat 46g	59%
Saturated Fat 19g	93%
Trans Fat 1g	
Cholesterol 333mg	111%
Sodium 1810mg	79%
Total Carbohydrate 73g	27%
Dietary Fiber 4g	13%
Sugars 8g	
Includes 2g Added Sugars	4%
Protein 29g	57%

Vitamin D: 12% DV • Iron: 22% DV

Calcium: 14% DV • Potassium: 19% DV

* 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.

Corned Beef Hash, Egg, Breakfast Casserole, Biscuit

Ingredients: CORNED BEEF HASH: Beef and Cooked Corned Beef (Beef, Water, Salt, Sugar, Sodium Nitrite), Rehydrated Potatoes, Potatoes, Water, 2% or less of Salt, Sugar, Dried Onions, Ascorbic Acid, Gum Arabic, Natural Flavor, Sodium Nitrite, Sulfiting Agents. EGG: Egg Whites, Egg Yolks, Soybean Oil, Water, contains 2% or less of the following: Modified Corn Starch, Black Pepper, Salt, Natural Butter Flavor, Cellulose Gum, Xanthan Gum, Citric Acid. CASSEROLE: POTATOES, MODIFIED FOOD STARCH, WHEY, MALTODEXTRIN, ONION, POTASSIUM CHLORIDE, SUGAR, SUNFLOWER OIL, CONTAINS 2% OR LESS OF: NATURAL FLAVOR, SALT, COLORS (ANNATTO EXTRACT, TURMERIC EXTRACT), MONO AND DIGLYCERIDES, AUTOLYZED YEAST EXTRACT, CHEDDAR CHEESE (PASTEURIZED MILK, CULTURES, SALT, ENZYMES), CORN SYRUP SOLIDS, GREEN ONION, NONFAT MILK, SOYBEAN OIL, SPICES, TORULA YEAST, FRESHNESS PRESERVED WITH (SODIUM BISULFITE). BISCUIT: Enriched Flour (Wheat Flour, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Palm Oil, Palm Kernel Oil, Sugar, Buttermilk, Sodium Aluminum Phosphate, Baking Soda, Salt, Sodium Acid Pyrophosphate, Dextrose, Dough Conditioner (Enzymes).

Allergens: EGG, SOY, MILK, WHEAT

Country Fried Steak, Mashed Potatoes & Green Beans

INGREDIENTS: Ground Beef, Flour, Eggs, Salt, Pepper, Garlic, Vegetable Oil, POTATOES, MILK, MARGARINE (SOYBEAN OIL, WATER, SALT, HYDROGENATED COTTONSEED OIL, SOY LECITHIN, VEGETABLE MONO AND DIGLYCERIDES, ARTIFICIAL FLAVOR, VITAMIN A PALMITATE), WATER, SALT, BUTTERMILK, NATURAL FLAVOR, POTASSIUM SORBATE (TO PRESERVE FRESHNESS), SODIUM ACID PYROPHOSPHATE, Green Beans.

ALLERGENS: Milk, Soybean, Wheat, Eggs

Nutrition Facts

Serving Size:1 meal (453.1g)
Servings:1

Amount Per Serving	
Calories 720	Calories from Fat 350
	% Daily Value*
Total Fat 39g	**59%**
Saturated Fat 16g	**78%**
Trans Fat 0g	
Cholesterol 115mg	**38%**
Sodium 490mg	**20%**
Total Carbohydrate 45g	**15%**
Dietary Fiber 5g	**22%**
Sugars 2g	
Protein 44g	

Vitamin A 20% • Vitamin C 10%
Calcium 2% • Iron 40%

*Percent Daily Values are based on a 2,000 calorie diet.

Crab Cake, Macaroni & Cheese, Peas

INGREDIENTS: Crab Cakes: Imitation Crabmeat (Pollock, Water, Wheat, Starch, Sorbitol, Modified Food Starch, Sugar, Snow Crab), Salt, Pepper, Calcium Carbonate, Mirin Wine, Egg White, Natural and Artificial Flavors, Soy and Wheat Protein, Onions, Cream, Butter, Bell Pepper, Dextrose, Worcestershire, Whey Fish Mixture), Macaroni & Cheese (Wheat Semolina, Niacin, Iron, Thiamine, Riboflavin, Folic Acid, Cheese Whey, Soybean Oil, Modified Food Starch, Cheese, Salt, Sodium Phosphate, Natural Flavors, Monosodium Glutamate, Color Added, Lactic and Citric Acids, Peas, Lemon Juice, Tarter Sauce.

ALLERGENS: Pollack, Wheat, Crab, Eggs, Soy, Milk, Anchovies

Nutrition Facts

Serving Size:1 meal (398.1g)
Servings:1

Amount Per Serving	
Calories 750	Calories from Fat 120
	% Daily Value*
Total Fat 13g	**21%**
Saturated Fat 2g	**9%**
Trans Fat 2g	
Cholesterol 15mg	**5%**
Sodium 1250mg	**52%**
Total Carbohydrate 131g	**44%**
Dietary Fiber 12g	**47%**
Sugars 17g	
Protein 25g	

Vitamin A 50%	•	Vitamin C 25%
Calcium 8%	•	Iron 40%

*Percent Daily Values are based on a 2,000 calorie diet.

Nutrition Facts

Servings Per Container 1

Serving Size 1 each

Amount Per Serving

Calories	**600**
	% Daily Value*
Total Fat 21g	27%
Saturated Fat 5g	26%
Trans Fat 0g	
Cholesterol 291mg	97%
Sodium 840mg	37%
Total Carbohydrate 79g	29%
Dietary Fiber 4g	13%
Sugars 26g	
Includes 16g Added Sugars	31%
Protein 20g	41%

Vitamin D: 9% DV • Iron: 18% DV

Calcium: 10% DV • Potassium: 15% DV

* 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.

Egg and Cheese Muffin, Au Gratin Potatoes, Cinnamon Apples

Ingredients: SANDWICH: Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Soybean Oil, Yeast, Yellow Corn Meal, contains 2% or less of the following: Sugar, Wheat Gluten, Salt, Cultured Wheat Flour, Citric Acid, Fumaric Acid, Enzymes, Ascorbic Acid (Added As A Dough Conditioner), Calcium Sulfate, Egg Whites, Egg Yolks, Soybean Oil, Water, contains 2% or less of the following: Modified Corn Starch, Black Pepper, Salt, Natural Butter Flavor, Cellulose Gum, Xanthan Gum, Citric Acid, Milk, Cream, Water, Sodium Citrate, Salt, Cheese Culture, Sorbic Acid (Preservative), Citric Acid, Enzymes, Soy Lecithin, Color Added. POTATOES: Potatoes, Modified Food Starch, Whey, Maltodextrin, Onion, Potassium Chloride, Sugar, Sunflower Oil, contains 2% or less of: Natural Flavor, Salt, Colors (Annatto Extract, Turmeric Extract), Mono And Diglycerides, Autolyzed Yeast Extract, Cheddar Cheese (Pasteurized Milk, Cultures, Salt, Enzymes), Corn Syrup Solids, Green Onion, Nonfat Milk, Soybean Oil, Spices, Torula Yeast, Freshness Preserved With (Sodium Bisulfite). APPLES: Apple Slices, Water, High Fructose Corn Syrup, Food Starch-Modified (Corn), Apple Juice Concentrate, Natural Fruit Flavor, Potassium Sorbate (Preservative), Citric Acid, Spices, Ascorbic Acid To Protect Color.

Allergens: SOY, WHEAT, MILK, EGG

Fish Dinner, AuGratin Potatoes & Mixed Vegetables

INGREDIENTS: Fish Fillets: Alaska Pollock, enriched wheat flour (flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), vegetable oil (canola, cottonseed, and/or soybean), modified corn starch, contains 2% or less: water, salt, yellow corn flour, dextrose, yeast, garlic powder, onion powder, paprika extract (color), guar gum, natural flavor Mixed Vegetables (Carrots, Corn, Green Beans, Peas), Au gratin Potatoes: Potatoes, modified food strach, whey, maltodextrin, onion, potassium chloride, sugar, sunflower oil, contains 2% or less of: Natural flavor, salt, colors (annatto extract, turmeric extract), mono and diglycerides, autolyzed yeast extract, cheddar cheese (pasteurized milk, cultures, salt, enzymes), corn syrup solids, green onion, nonfat milk, soybean oil, spices, torula yeast, sodium bisulfite.

ALLERGENS: Eggs, Fish, Milk, Shellfish, Soy, Wheat

Nutrition Facts

Serving Size 1 meal (328.1g)
Servings 1

Amount Per Serving	
Calories 410	Calories from Fat 120
	% Daily Value*
Total Fat 14g	**21%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 35mg	**12%**
Sodium 920mg	**39%**
Total Carbohydrate 55g	**18%**
Dietary Fiber 5g	**20%**
Sugars 9g	
Protein 15g	

Vitamin A 35%	•	Vitamin C 2%
Calcium 10%	•	Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet

Baked White Fish Puree

INGREDIENTS: Baked White Fish Puree (White Fish, Water, Soy Protein Isolate, Egg Whites, Soybean Oil, Rice Flour, Artificial Flavor, Modified Corn Starch, Cultured Dextrose, Xanthan Gum, Garlic Powder, Salt, Natural Flavor, Broccoli Puree (Broccoli, Soybean Oil, Modified Corn Starch, Sugar, Natural Broccoli Flavor, Natural Lemon Juice Powder, Xanthan gum, Salt, Black Pepper), Potatoes-Mashed (Potatoes, Whey Solids, Corn Syrup Solids, Soy Protein, Partially Hydrogenated Vegetable Oil, Soy Lecithin), Gravy (Mushrooms, Wheat Flour, Soybean Oil, Salt, Corn Starch, Monosodium Glutamate, Whey Powder, Isolated Soy Protein, Cream, Yeast Extract, Spices, Citric Acid, Garlic Powder, Onion Powder), Lemon Juice Packet, Tartar Sauce Packet.

ALLERGENS: Egg, Milk, Soy, Wheat, Whey

Nutrition Facts

Serving Size:1 meal (348.4g)
Servings:1

Amount Per Serving	
Calories 310	Calories from Fat 110
	% Daily Value*
Total Fat 12g	**18%**
Saturated Fat 1.5g	**6%**
Trans Fat 0g	
Cholesterol 35mg	**11%**
Sodium 920mg	**38%**
Total Carbohydrate 26g	**9%**
Dietary Fiber 4g	**16%**
Sugars 2g	
Protein 22g	

Vitamin A 15%	•	Vitamin C 60%
Calcium 10%	•	Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet.

French Toast, AuGratin Potatoes & Apples

INGREDIENTS: ENRICHED WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR, REDUCED IRON, NIACIN, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), WATER, SUGAR, SOYBEAN OIL, YEAST, WHEAT GLUTEN, SALT, CALCIUM PROPIONATE (PRESERVATIVE), DATEM, CORN FLOUR, CALCIUM SULFATE, SOY LECITHIN, SPICE & COLORING, POTASSIUM IODATE. EGG BATTER: WHOLE EGGS, SUGAR, WHEY (MILK). CONTAINS 2% OR LESS OF THE FOLLOWING: SALT, NATURAL VANILLA FLAVOR, XANTHAN GUM, CITRIC ACID, POTATOES, MODIFIED FOOD STARCH, WHEY, MALTODEXTRIN, ONION, POTASSIUM CHLORIDE, SUGAR, SUNFLOWER OIL, CONTAINS 2% OR LESS OF: NATURAL FLAVOR, SALT, COLORS (ANNATTO EXTRACT, TURMERIC EXTRACT), MONO AND DIGLYCERIDES, AUTOLYZED YEAST EXTRACT, CHEDDAR CHEESE (PASTEURIZED MILK, CULTURES, SALT, ENZYMES), CORN SYRUP SOLIDS, APPLES, HIGH FRUCTOSE CORN SYRUP, WATER, MODIFIED FOOD STARCH, CALCIUM LACTATE, CITRIC ACID, POTASSIUM SORBATE AND SODIUM BENZOATE (PRESERVATIVES), CINNAMON, ERYTHORBIC ACID (TO PROMOTE COLOR)

ALLERGENS: Wheat, Milk, Egg & Soy

Nutrition Facts

Serving Size:1 meal (167.0g)
Servings:1

Amount Per Serving	
Calories 540	Calories from Fat 220
	% Daily Value*
Total Fat 24g	**37%**
Saturated Fat 7g	**35%**
Trans Fat 0g	
Cholesterol 20mg	**7%**
Sodium 630mg	**26%**
Total Carbohydrate 72g	**24%**
Dietary Fiber 1g	**4%**
Sugars 26g	
Protein 9g	

Vitamin A 0%	•	Vitamin C 0%
Calcium 6%	•	Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet.

Nutrition Facts

Servings Per Container 1

Serving Size 1 each

Amount Per Serving

Calories 318

	% Daily Value*
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 64mg	21%
Sodium 468mg	20%
Total Carbohydrate 47g	17%
Dietary Fiber 3g	9%
Sugars 15g	
Includes 13g Added Sugars	26%
Protein 16g	31%

Vitamin D: 0% DV • Iron: 11% DV

Calcium: 3% DV • Potassium: 7% DV

* 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.

General Tso, Rice, Asian Veg

Ingredients: CHICKEN: Diced Chicken Leg Meat, Water, Sodium Phosphates. BATTERED AND BREADED WITH: Whole Wheat Flour, Water, Corn Starch, Salt, Modified Corn Starch, Leavening (Sodium Aluminum Phosphate, Sodium Bicarbonate), Dextrose, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Garlic Powder, Onion Powder, Spices, Extractives of Paprika, Spice Extractives. PREDUSTED WITH: Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Whole Wheat Flour, Wheat Gluten, Dried Egg Whites, Salt, Sodium Acid Pyrophosphate, Leavening (Sodium Bicarbonate), Extractives of Paprika. GENERAL TSO'S SAUCE: Sugar, Water, Soy Sauce (Water, Soybeans, Salt, Wheat Flour), White Distilled Vinegar, contains less than 2% of Modified Corn Starch, Onion Powder, Garlic Powder, Sesame Seeds, Chili Peppers, Spices, Sesame Oil, Safflower Oil, Citric Acid, Sodium Citrate, Xanthan Gum, Cultured Dextrose, Natural Flavors (Milk). RICE: Long Grain Parboiled Rice Enriched with Iron (Ferric Phosphate), Niacin,Thiamine, Mononitrate and Folic Acid. ASIAN VEGETABLE: Broccoli, Green Beans, Mushrooms, Red Peppers, and Onions.

Allergens: EGG, MILK, SESAME, SOY, WHEAT

Grilled Chicken Breast, Rice & Scandinavian Blend Vegetables

INGREDIENTS: Boneless Chicken Breast with Rib Meat, Water, Textured Wheat Protein (Wheat Gluten, Wheat Flour), Seasoning [Maltodextrin, Salt, Hydrolyzed Soy Protein, Mustard Grill Flavor (from Sunflower Oil), Onion Powder, Garlic Powder, Spice, Caramel Color, Natural Flavor (Including Smoke Flavor)], Modified Food Starch, Sodium Phosphate, Rice, Scandinavian Blend Vegetables (Peas, Green Beans, Zucchini, Carrots, Onion).

ALLERGENS: Wheat, Soy

Nutrition Facts

Serving Size:1 meal (310.8g)
Servings:1

Amount Per Serving	
Calories 660	Calories from Fat 90
	% Daily Value*
Total Fat 10g	**15%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol 60mg	**20%**
Sodium 630mg	**26%**
Total Carbohydrate 102g	**34%**
Dietary Fiber 4g	**16%**
Sugars 5g	
Protein 35g	

Vitamin A 40%	•	Vitamin C 45%
Calcium 20%	•	Iron 45%

*Percent Daily Values are based on a 2,000 calorie diet.

Nutrition Facts

Servings Per Container 1

Serving Size 1 each

Amount Per Serving

Calories	612
	% Daily Value*
Total Fat 27g	35%
Saturated Fat 14g	72%
Trans Fat 0g	
Cholesterol 237mg	79%
Sodium 1843mg	80%
Total Carbohydrate 59g	22%
Dietary Fiber 2g	7%
Sugars 8g	
Includes 1g Added Sugars	2%
Protein 31g	62%

Vitamin D: 9% DV • Iron: 14% DV

Calcium: 30% DV • Potassium: 16% DV

* 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.

Ham and Cheese Eggs, Breakfast Casserole, Biscuit

Ingredients: EGG: Whole Eggs, Egg Whites, Whey, Skim Milk, Soybean Oil, Salt, Xanthan Gum, Citric Acid, 0.15 % Water Added As A Carrier for Citric Acid, Spice. HAM: Water, dextrose, Salt, contains 2% or less of Brown Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Lauric Arginate. CASSEROLE: Potatoes, Butter (Cream, Salt), Cheddar Cheese (Pasteurized Milk, Cultures, Salt, Enzymes), Nonfat Milk, Modified Food Starch, Onion, Whey, Contains 2% Or Less Of: Salt, Chicken Fat, Coconut Oil, Corn Syrup Solids, Natural Flavors, Mono And Diglycerides, Spices And Colors (Paprika, Turmeric), Color (Annatto Extract), Garlic, Spice, Soybean Oil, Sugar, Xanthan Gum, Yeast Extract, Freshness Preserved With (Sodium Bisulfite). BISCUIT: Enriched Flour (Wheat Flour, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Palm Oil, Palm Kernel Oil, Sugar, Buttermilk, Sodium Aluminum Phosphate, Baking Soda, Salt, Sodium Acid Pyrophosphate, Dextrose, Dough Conditioner (Enzymes).

Allergens: EGG, MILK, SOY, WHEAT

Nutrition Facts

Servings Per Container 1

Serving Size 1 each

Amount Per Serving

Calories **629**

	% Daily Value*
Total Fat 3g	**3%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 35mg	**12%**
Sodium 1943mg	**84%**
Total Carbohydrate 125g	**45%**
Dietary Fiber 6g	**20%**
Sugars 48g	
Includes 9g Added Sugars	**18%**
Protein 22g	**43%**

Vitamin D: 0% DV • Potassium: 45% DV

Calcium: 11% DV • Vitamin A: 0% DV

Iron: 8% DV • Vitamin C: 15% DV

* 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.

Ham, Au Gratin Potatoes, Broccoli

Ingredients: Broccoli, Potatoes, Modified Food Starch, Whey, Maltodextrin, Onion, Potassium Chloride, Sugar, Sunflower Oil, Natural Flavor, Salt, Colors (Annatto Extract, Turmeric Extract), Mono And Diglycerides, Autolyzed Yeast Extract, Cheddar Cheese (Pasteurized Milk, Cultures, Salt, Enzymes), Corn Syrup Solids, Green Onion, Nonfat Milk, Soybean Oil, Spices, Torula Yeast, Sodium Bisulfite, Pineapple, Water, Citric Acid, Brown Sugar, Medium Cornstarch, Ham & Water Products. Contains: Milk

Baked Ham Puree

INGREDIENTS: Baked Ham Puree (Cooked Ham Meat, Water, Soy Protein Isolate, Egg Whites, Seasoning (Salt, Sugar, Sodium Erythorbate, Spice), Pureed Ham Patty Cure (Salt, Sugar, Nitrite), Rice Flour, Soybean Oil, Modified Cornstarch, Cultured Dextrose, Xanthan Gum, Artificial Flavor (Water, Glycerine, Invert Sugar), Artificial Smoke Flavor, Pureed Shaped Peas (Pea Puree, Water, Soybean Oil, Sugar, Modified Food Starch, Modified Cornstarch, Rice Flour, Salt, Artificial Flavor, Soy Lecithin, Egg Whites, Cultured Dextrose, Hydrolyzed Whey Protein, Natural Flavor, Xanthan Gum, Natural Lemon Juice Powder), Potatoes-Mashed (Potatoes, Whey Solids, Corn Syrup Solids, Soy Protein, Partially Hydrogenated Vegetable Oil, Soy Lecithin), Sweet & Sour Sauce (Water, High Fructose Corn Syrup, Distilled White Vinegar, Sugar, Tomato Paste, Modified Cornstarch, Pineapple Juice Concentrate, Salt, Xanthan Gum, Citric Acid, Coloring).

ALLERGENS: Egg, Soy, Wheat, Whey

Nutrition Facts

Serving Size: 1 meal (354.2g)
Servings: 1

Amount Per Serving	
Calories 440	Calories from Fat 130
	% Daily Value*
Total Fat 14g	**22%**
Saturated Fat 3.5g	**18%**
Trans Fat 0g	
Cholesterol 25mg	**8%**
Sodium 1150mg	**48%**
Total Carbohydrate 61g	**20%**
Dietary Fiber 4g	**16%**
Sugars 27g	
Protein 18g	

Vitamin A 25%	•	Vitamin C 20%
Calcium 4%	•	Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet.

Honey BBQ Chicken, Mac and Cheese, Baked Beans

Nutrition Facts

Servings Per Container 1

Serving Size 1 each

Amount Per Serving	
Calories	**646**
	% Daily Value*
Total Fat 19g	24%
Saturated Fat 12g	62%
Trans Fat 0g	
Cholesterol 149mg	50%
Sodium 1211mg	53%
Total Carbohydrate 54g	20%
Dietary Fiber 5g	17%
Sugars 22g	
Includes 17g Added Sugars	34%
Protein 35g	69%

Vitamin D: 6% DV • Potassium: 27% DV

Calcium: 31% DV • Vitamin A: 0% DV

Iron: 18% DV •

* 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: CHICKEN: Chicken, Tomato Puree, High Fructose Corn Syrup, Molasses, Vinegar, Water, Modified Corn Starch, less than 2% of: Spices, Natural Hickory Smoke Flavor, Natural Flavor, Salt, Xanthan Gum, Onion, Garlic, Caramel Color, Sodium Benzoate and Potassium Sorbate Added to Preserve Freshness, Turmeric, Paprika Extracts. MAC AND CHEESE: Durum Wheat Semolina, Durum Wheat Flour, Niacin, iron (ferrous sulfate), Thiamin Mononitrate, Riboflavin, Folic Acid, Corn Starch, Mustard Seed, Black Pepper, Milk, Liquid And Hydrogenated Soybean Oil, Water, Salt, contains less than 2% of Vegetable Mono & Diglycerides, Soy Lecithin, Natural & Artificial Flavors, Beta Carotene (Color), Vitamin a Palmitate Added. CHEESE: (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Anticake (Potato Starch, Powdered Cellulose), Salt. BAKED BEANS: Prepared Navy Beans, Water, Brown Sugar, contains 2% or less of: Salt, Mustard (Water, Vinegar, Mustard Seed, Salt, Paprika, Turmeric), Modified Corn Starch, Onion Powder, Caramel Color, Spice, Garlic Powder, Natural Flavor.

Allergens: MILK, SOY, WHEAT

Nutrition Facts

Servings Per Container 1

Serving Size 1 each

Amount Per Serving	
Calories	**305**
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 508mg	22%
Total Carbohydrate 47g	17%
Dietary Fiber 3g	11%
Sugars 12g	
Includes 10g Added Sugars	21%
Protein 15g	31%

Vitamin D: 0% DV • Potassium: 6% DV

Calcium: 2% DV • Phosphorus: 13% DV

Iron: 10% DV •

* 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.

Honey Sriracha, Rice, Asian Vegetables

Ingredients: CHICKEN: Diced Chicken Leg Meat, Water, Sodium Phosphates. BATTERED AND BREADED WITH: Whole Wheat Flour, Water, Corn Starch, Salt, Modified Corn Starch, Leavening (Sodium Aluminum Phosphate, Sodium Bicarbonate), Dextrose, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Garlic Powder, Onion Powder, Spices, Extractives of Paprika, Spice Extractives. PREDUSTED WITH: Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Whole Wheat Flour, Wheat Gluten, Dried Egg Whites, Salt, Sodium Acid Pyrophosphate, Leavening (Sodium Bicarbonate), Extractives of Paprika. SRIRACHA HONEY SAUCE: Water, Sugar, Chili Peppers, Maltodextrin, Garlic, Distilled Vinegar, contains less than 2% of Honey, Orange Juice Concentrate, Salt, Modified Corn Starch, Xanthan Gum, Citric Acid, Natural Flavor. RICE: Long Grain Parboiled Rice Enriched with Iron (Ferric Phosphate), Niacin,Thiamine, Mononitrate and Folic Acid. ASIAN VEGETABLE: Broccoli, Green Beans, Mushrooms, Red Peppers, and Onions

Allergens: WHEAT, EGG

Lasagna with Meat Sauce & Broccoli

INGREDIENTS: Ground Beef, Tomato Paste, Water, Enriched Lasagna, Mozzarella Cheese, Cottage Cheese, Soy Sauce, Wheat Flour, Salt, Modified Potato Starch, Partially Hydrogenated Soybean Oil, Stabilizer, Parmesan Cheese, Spices, Dried Whey, Flavoring, Granulated Garlic, Citric Acid, Broccoli.

ALLERGENS: Eggs, Milk, Soy, Wheat

Nutrition Facts

Serving Size:1 meal (396.4g)
Servings:1

Amount Per Serving	
Calories 430	Calories from Fat 160
	% Daily Value*
Total Fat 18g	**27%**
Saturated Fat 7g	**34%**
Trans Fat 0g	
Cholesterol 75mg	**25%**
Sodium 940mg	**39%**
Total Carbohydrate 31g	10%
Dietary Fiber 7g	**28%**
Sugars 5g	
Protein 31g	
Vitamin A 30% • Vitamin C 90%	
Calcium 10% • Iron 15%	

*Percent Daily Values are based on a 2,000 calorie diet.

Macaroni & Cheese, Broccoli

INGREDIENTS: Macaroni & Cheese (Wheat Semolina, Niacin, Iron, Thiamine, Riboflavin, Folic Acid/Cheese Whey, Soybean Oil, Modified Food Starch, Cheese, Salt, Sodium Phosphate, Natural Flavors, Color Added, Lactic and Citric Acids), Cheddar Cheese (Monterey Jack and Yellow Cheddar Cheese, Pasteurized Cultured Milk, Salt, Enzymes, Natural Annatto Color, Anit-Caking Agent), Broccoli.

ALLERGENS: Wheat, Milk, Soy

Nutrition Facts

Serving Size:1 meal (448.7g)
Servings:1

Amount Per Serving	
Calories 750	Calories from Fat 80
	% Daily Value*
Total Fat 8g	**13%**
Saturated Fat 1.5g	**7%**
Trans Fat 2g	
Cholesterol 0mg	**0%**
Sodium 490mg	**20%**
Total Carbohydrate 138g	**46%**
Dietary Fiber 14g	**56%**
Sugars 10g	
Protein 28g	

Vitamin A 50% • Vitamin C 150%
Calcium 10% • Iron 40%

*Percent Daily Values are based on a 2,000 calorie diet.

Meatball Stroganoff Meal

INGREDIENTS: Meatballs (Beef, Chicken, Water, Textured Soy Flour, Soy Protein Concentrate, Contains less than 2% of the following: Wheat Flour, Dehydrated Onion, Flavorings, Hydrolized Soy Protein, Salt, Potassium Chloride, Sodium Phosphate, Paprika, garlic Powder, Parika Extract, Nonfat Dry Milk, Gravy: Enriched Bleached Flour (Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Food Starch Modified, Salt, Palm Oil, Color Added, Hydrolized Vegetable Protein (Corn, Soy and /or Wheat) Sugar, Corn Syrup Solids, Onion, Contains less than 2%: Garlic, Soy Sauce, Yeast Extract, Naturakl Flavors, Succinic Acid, Glutamic acid, Gum Arabic, Gum Acacia, Sodium Caseinate, Mono & Diglycerides, Disodium Guanylate, Disodium Inosinate. Sour Cream, Mushrooms, Parsley, EggNoodles (Durum wheat semolina, durum wheat flour, eggs, niacin, iron (ferrous sulfate), thiamin mononitrate, riboflavin, folic acid), Carrots, Green Beans **Allergens: Wheat, Milk, Soy, Eggs**

Nutrition Facts

Serving Size: 1 meal (398.8g)
Servings: 1

Amount Per Serving	
Calories 680	Calories from Fat 140
	% Daily Value*
Total Fat 16g	24%
Saturated Fat 7g	33%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 520mg	22%
Total Carbohydrate 86g	32%
Dietary Fiber 14g	58%
Sugars 15g	
Protein 32g	

Vitamin A 100%	Vitamin C 45%
Calcium 8%	Iron 35%

*Percent Daily Values are based on a 2,000 calorie diet.

Meatloaf, Mashed Potatoes & Gravy, Peas

INGREDIENTS: Ground Beef, Onion, Pepper, Ketchup, Worcestershire Suace, Salt Pepper, Garlic, Bread Crumbs, Egg, Peas, Potatoes, Whey Solids, Calcium Stearoyl Lactylate, Corn Syrup Solids, Soy Protein, Partially Hydrogenated Vegetable Oils, Water, Beef Base, Wheat Flour, Thiamin Mononitrate, Food Starch-Modified, Hydrolyzed Corn Gluten, Wheat Protein and Soy Protein, Sugar, Carmel Color.

ALLERGENS: Eggs, Milk, Wheat, Soy

Nutrition Facts

Serving Size:1 meal (455.8g)
Servings:1

Amount Per Serving	
Calories 600	Calories from Fat 310
	% Daily Value*
Total Fat 34g	**52%**
Saturated Fat 15g	**73%**
Trans Fat 0g	
Cholesterol 120mg	**39%**
Sodium 450mg	**19%**
Total Carbohydrate 31g	**10%**
Dietary Fiber 8g	**30%**
Sugars 6g	
Protein 38g	

Vitamin A 50% • Vitamin C 20%
Calcium 2% • Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet.

Pancakes & Sausage

INGREDIENTS: Pancakes (EnrichedWheat Flour, Water, High Fructose Corn Syrup, Corn Syrup, Corn Flour, Eggs, Soybean Oil, Soy Flour, Buttermilk, Levening, Salt, Artificial Flavor), Pork Sausage (Pork, Water, Corn Syrup Solids, Spices, Sugar, Dextrose, Flavorings, BHT, Propyl Gallate, Citric Acid), Pancake Syrup, Jelly, Butter.

ALLERGENS: Wheat, Milk, Eggs, Soy

Nutrition Facts

Serving Size:1 meal (188.0g)
Servings:1

Amount Per Serving	
Calories 510	Calories from Fat 170
	% Daily Value*
Total Fat 19g	**29%**
Saturated Fat 4.5g	**25%**
Trans Fat 0g	
Cholesterol 45mg	**15%**
Sodium 740mg	**31%**
Total Carbohydrate 77g	**26%**
Dietary Fiber 2g	**8%**
Sugars 28g	
Protein 10g	

Vitamin A 4%	•	Vitamin C 0%
Calcium 4%	•	Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet.

Nutrition Facts

Servings Per Container 1

Serving Size 1 each

Amount Per Serving

Calories **950**

	% Daily Value*
Total Fat 31g	40%
Saturated Fat 9g	45%
Trans Fat 1g	
Cholesterol 53mg	18%
Sodium 1781mg	77%
Total Carbohydrate 136g	50%
Dietary Fiber 10g	36%
Sugars 22g	
Includes 5g Added Sugars	10%
Protein 39g	78%

Vitamin D: 0% DV • Iron: 22% DV

Calcium: 11% DV • Potassium: 7% DV

* 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.

Pasta w/Meatballs, Broccoli, Garlic Dinner Roll

Ingredients: MEATBALLS: Beef, Chicken, Water, Textured Soy Flour, Soy Protein Concentrate, Contains less than 2% of the following: Wheat Flour, Dehydrated Onion, Flavorings, Hydrolyzed Soy Protein, Salt, Potassium Chloride, Sodium Phosphate, Paprika, Garlic Powder, Paprika Extract, Nonfat Dry Milk. MARINARA SAUCE: Vine-Ripened Fresh Tomatoes, Blend of Extra Virgin Olive Oil and Sunflower Oil, Salt, Onions, Sugar, Black Pepper, Basil, Oregano, Parsley, and Naturally Derived Citric Acid. PENNE: Semolina (Wheat), Durum Wheat Flour, Vitamin B3 (Niacin), Iron (Ferrous Sulfate), Vitamin B1 (Thiamine Mononitrate), Vitamin B2 (Riboflavin), Folic Acid. BROCCOLI: Broccoli. ROLL: Water, Whole Wheat Flour, Wheat Flour, Wheat Gluten, Yeast, Sea Salt, Rye Flour, Raw Cane Sugar, Deactivated Yeast, Guar Gum, Fava Bean Flour, Malted Barley Flour, Dextrose, Sugar, Sunflower Lecithin, Calcium Phosphate, Malt Extract, Ascorbic Acid, Salt, Enzymes, Xanthan Gum, Niacin, Reduced Iron, Calcium Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid, Soybean Oil, Hydrogenated Soybean Oil, Salt, Soy Lecithin, Natural and Artificial Flavors, Artificial Color, Garlic Granulated. PARMESAN CHEESE: (Pasteurized Part-Skim Cows Milk, Cheese Cultures, Salt, Enzymes), Imitation Parmesan: (Corn Starch, Water, Palm Oil, Cellulose, Salt, Natural Flavor, Caseinate, Sorbic Acid (as a preservative), Annatto), Powdered Cellulose added to prevent caking, Natamycin (A Natural Mold Inhibitor).

Allergens: WHEAT, SOY, MILK

Pepper Steak, Rice & Asian Vegetables

INGREDIENTS: Beef (Top Round), Beef Base, Soy Sauce, Salt, Pepper, Garlic, Corn Starch, Water, Onion, Bell Pepper, Mushrooms, Peas, White Rice, Asian vegetable (Green Beans, Broccoli, Onions, Mushrooms, Red Peppers).

ALLERGENS: Soy, Wheat

Nutrition Facts

Serving Size 1 meal (601.0g)
Servings: 1

Amount Per Serving	
Calories 730	Calories from Fat 70
	% Daily Value*
Total Fat 8g	12%
Saturated Fat 2.5g	12%
Trans Fat 0g	
Cholesterol 105mg	35%
Sodium 1100mg	46%
Total Carbohydrate 110g	37%
Dietary Fiber 7g	29%
Sugars 9g	
Protein 52g	

Vitamin A 430% • Vitamin C 80%
Calcium 25% • Iron 70%

*Percent Daily Values are based on a 2,000 calorie diet

Pierogi w/Caramelized Onion, Mixed Vegetables, Dinner Roll

Nutrition Facts

Servings Per Container 1

Serving Size 1 each

Amount Per Serving	
Calories	**555**
	% Daily Value*
Total Fat 26g	33%
Saturated Fat 9g	46%
Trans Fat 0g	
Cholesterol 23mg	8%
Sodium 713mg	31%
Total Carbohydrate 67g	24%
Dietary Fiber 10g	35%
Sugars 4g	
Includes 0g Added Sugars	0%
Protein 19g	37%
Vitamin D: 1% DV • Iron: 10% DV	
Calcium: 11% DV • Potassium: 7% DV	

* 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: PIEROGI: Water, Whole Wheat and Enriched Durum Flours (Whole Wheat Flour, Durum Flour, Niacin, Ferrous Sulfate (Reduced Iron), Thiamine Mononitrate, Riboflavin, Folic Acid), Process American Cheese (Cheese [Pasteurized Milk, Cultured Milk, Skim Milk, Cheese Cultures, Salt, Enzymes, Calcium Chloride], Water, Cream, Sodium Citrate or Sodium Phosphate [emulsifier], Milk Fat, Salt, Sorbic Acid, Acetic Acid or Lactic Acid [preservative], Artificial Color or Annatto [color]), Dehydrated Potatoes (Potatoes, Mono & Diglycerides, Sodium Acid Pyrophosphate, Citric Acid), Dry Whole Eggs, Soy Protein Isolate, Salt, Granulated Onion, Spices. CARAMELIZED ONION: Onion, Soybean Oil, Hydrogenated Soybean Oil, Salt, Soy Lecithin, Natural and Artificial Flavors, Artificial Color. MIXED VEGETABLE: Carrots, Corn, Green Beans, Peas. ROLL: Water, Whole Wheat Flour, Wheat Flour, Wheat Gluten, Yeast, Sea Salt, Rye Flour, Raw Cane Sugar, Deactivated Yeast, Guar Gum, Fava Bean Flour, Malted Barley Flour, Dextrose, Sugar, Sunflower Lecithin, Calcium Phosphate, Malt Extract, Ascorbic Acid, Salt, Enzymes, Xanthan Gum, Niacin, Reduced Iron, Calcium Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid. CHEESE: Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Monterey Jack Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Anticake (Potato Starch, Powdered Cellulose).

Allergens: EGG, MILK, SOY, WHEAT

Roast Pork Puree

INGREDIENTS: Cooked Pork, Water, Soy Protein Isolate, Modified Corn Starch, Egg Whites, Roast Pork Seasoning (Onion Powder, Worcestershire Sauce, Garlic Powder, Salt, Lime Flavor, Caramel Color, Calcium Phosphate), Rice Flour, Salt, Cultured Dextrose, Xanthan Gum, Artificial Flavor, Hydrolyzed Wheat Protein, Carrot Puree (Carrot Puree, Sugar, Soybean Oil, Modified Food Starch, Water, Modified Cornstarch, Rice Flour, Artificial Flavor, Natural Carrot Flavor, Soy Lecithin, Salt, Cultured Dextrose, Egg Whites, Whey Protein, Xanthan Gum, Lemon Juice Powder), Potatoes-Mashed (Potatoes, Whey Solids, Corn Syrup Solids, Soy Protein, Partially Hydrogenated Vegetable Oil, Soy Lecithin), Gravy (Water, Roasted Beef and Beef Juices, Enriched Wheat Flour, Modified Food Starch, Salt, Onion Powder, Hydrolyzed Corn Gluten, Wheat Protein and Soy Protein, Sugar, Caramel Color.

ALLERGENS: Egg, Soy, Wheat, Whey

Nutrition Facts

Serving Size:1 meal (344.4g)
Servings:1

Amount Per Serving	
Calories 330	Calories from Fat 150
	% Daily Value*
Total Fat 17g	**25%**
Saturated Fat 4g	**20%**
Trans Fat 0g	
Cholesterol 30mg	**10%**
Sodium 1010mg	**42%**
Total Carbohydrate 34g	**11%**
Dietary Fiber 4g	**16%**
Sugars 4g	
Protein 16g	

Vitamin A 180%	•	Vitamin C 4%
Calcium 4%	•	Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet.

Pot Roast, Mashed Potatoes & Gravy, Carrots

INGREDIENTS: Beef, Contains 2% or less of Spices, Dehydrated Garlic, Dehydrated Onion, Maltodextrin, Salt, Sugar, Natural Flavor. POTATOES, MILK, MARGARINE (SOYBEAN OIL, WATER, SALT, HYDROGENATED COTTONSEED OIL, SOY LECITHIN, VEGETABLE MONO AND DIGLYCERIDES, ARTIFICIAL FLAVOR, VITAMIN A PALMITATE), WATER, SALT, BUTTERMILK, NATURAL FLAVOR, POTASSIUM SORBATE (TO PRESERVE FRESHNESS), SODIUM ACID PYROPHOSPHATE. ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), FOOD STARCH-MODIFIED, SALT, PALM OIL, COLOR ADDED, HYDROLYZED VEGETABLE PROTEIN (CORN, SOY, AND/OR WHEAT), SUGAR, CORN SYRUP SOLIDS, ONION, Contains less than 2%: GARLIC, SOY SAUCE (SOYBEANS, WHEAT, SALT), YEAST EXTRACT, NATURAL FLAVORS, SUCCINIC ACID, GLUTAMIC ACID, GUM ARABIC, GUM ACACIA, SODIUM CASEINATE, MONO & DIGLYCERIDES, DISODIUM GUANYLATE, DISODIUM INOSINATE, Carrots **ALLERGENS:** Milk, Wheat, Soy

Nutrition Facts

Serving Size:1 meal (457.8g)
Servings:1

Amount Per Serving

Calories 420	Calories from Fat 120
	% Daily Value*
Total Fat 13g	**20%**
Saturated Fat 4.5g	**22%**
Trans Fat 0g	
Cholesterol 115mg	**39%**
Sodium 390mg	**16%**
Total Carbohydrate 20g	**7%**
Dietary Fiber 6g	**24%**
Sugars 0g	
Protein 51g	

Vitamin A 25%	•	Vitamin C 80%
Calcium 4%	•	Iron 35%

*Percent Daily Values are based on a 2,000 calorie diet.

Roast Beef Puree

INGREDIENTS: Roast Beef Puree (Cooked Beef, Water, Isolated Soy Protein, Rice Flour, Egg Whites, Roast Beef Seasoning, Modified Food Starch, Xanthan Gum, Artificial Butter Flavor), Green Bean Puree (Green Beans, Soybean Oil, Modified Food Starch, Water, Rice Flour, Modified Corn Starch, Sugar, Natural Green Bean Flavor, Salt, Egg Whites, Soy Lecithin, Hydrolyzed Whey Protein, Cultured Dextrose, Black Pepper, Xanthan Gum), Potatoes-Mashed (Potatoes, Whey Solids, Corn Syrup Solids, Soy Protein, Partially Hydrogenated Vegetable Oil, Soy Lecithin), Gravy (Water, Roasted Beef and Beef Juices, Enriched Wheat Flour, Modified Food Starch, Salt, Onion Powder, Hydrolyzed Corn Gluten, Wheat Protein and Soy Protein, Sugar, Caramel Color.

ALLERGENS: Egg, Soy, Wheat, Whey

Nutrition Facts

Serving Size:1 meal (344.4g)
Servings:1

Amount Per Serving	
Calories 350	Calories from Fat 170
	% Daily Value*
Total Fat 19g	**28%**
Saturated Fat 5g	**25%**
Trans Fat 0g	
Cholesterol 35mg	**12%**
Sodium 1110mg	**46%**
Total Carbohydrate 34g	**11%**
Dietary Fiber 4g	**16%**
Sugars 4g	
Protein 18g	

Vitamin A 180%	•	Vitamin C 2%
Calcium 4%	•	Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet.

Salisbury Steak, Mashed Potatoes & Gravy, Mixed Vegetables

INGREDIENTS: Beef/Ground, Beef Base, Corn Starch, Black Pepper, Garlic Powder, Mushrooms, Onion, Water, Potatoes, Whey Solids, Calcium Stearoyl Lactylate, Corn Syrup Solids, Soy Protein, Partially Hydrogenated Vegetable Oils, Mixed Vegetables (Corn, Peas, Carrots, Green Beans).

ALLERGENS: Milk, Soybean, Wheat, Soy

Nutrition Facts

Serving Size:1 meal (512.5g)
Servings:1

Amount Per Serving	
Calories 590	Calories from Fat 310
	% Daily Value*
Total Fat 34g	**52%**
Saturated Fat 15g	**73%**
Trans Fat 0g	
Cholesterol 120mg	**39%**
Sodium 550mg	**23%**
Total Carbohydrate 32g	**11%**
Dietary Fiber 6g	**24%**
Sugars 5g	
Protein 35g	

Vitamin A 35%	•	Vitamin C 0%
Calcium 8%	•	Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet.

Nutrition Facts

Servings Per Container 1

Serving Size 1 each

Amount Per Serving

Calories **770**

	% Daily Value*
Total Fat 19g	25%
Saturated Fat 17g	86%
Trans Fat 0g	
Cholesterol 36mg	12%
Sodium 1720mg	75%
Total Carbohydrate 105g	38%
Dietary Fiber 5g	16%
Sugars 28g	
Includes 17g Added Sugars	33%
Protein 15g	31%

Vitamin D: 3% DV • Iron: 15% DV

Calcium: 16% DV • Potassium: 12% DV

* 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.

Sausage and Cheese Biscuit, Breakfast Casserole, Cinnamon Apples

Ingredients: SANDWICH: Enriched Flour (Wheat Flour, Niacin, Ferrous Sulfate, Thiamin, Mononitrate, Riboflavin, Folic Acid), Water, Palm Oil, Palm Kernel Oil, Sugar, Buttermilk, Sodium Aluminum Phosphate, Baking Soda, Salt, Sodium Acid Pyrophosphate, Dextrose, Dough Conditioner (Enzymes), Pork, Water, Salt, Spices, Dextrose, Sugar, Milk, Cream, Water, Sodium Citrate, Salt, Cheese Culture, Sorbic Acid (Preservative), Citric Acid, Enzymes, Soy Lecithin, Color Added. CASSEROLE: POTATOES, MODIFIED FOOD STARCH, WHEY, MALTODEXTRIN, ONION, POTASSIUM CHLORIDE, SUGAR, SUNFLOWER OIL, CONTAINS 2% OR LESS OF: NATURAL FLAVOR, SALT, COLORS (ANNATTO EXTRACT, TURMERIC EXTRACT), MONO AND DIGLYCERIDES, AUTOLYZED YEAST EXTRACT, CHEDDAR CHEESE (PASTEURIZED MILK, CULTURES, SALT, ENZYMES), CORN SYRUP SOLIDS, GREEN ONION, NONFAT MILK, SOYBEAN OIL, SPICES, TORULA YEAST, FRESHNESS PRESERVED WITH (SODIUM BISULFITE). . APPLES: Apple Slices, Water, High Fructose Corn Syrup, Food Starch-Modified (Corn), Apple Juice Concentrate, Natural Fruit Flavor, Potassium Sorbate (Preservative), Citric Acid, Spices, Ascorbic Acid to Protect Color.

Allergens: WHEAT, MILK, SOY

Nutrition Facts

Servings Per Container 1

Serving Size 1 each

Amount Per Serving

Calories **517**

	% Daily Value*
Total Fat 11g	15%
Saturated Fat 4g	19%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 1058mg	46%
Total Carbohydrate 72g	26%
Dietary Fiber 14g	48%
Sugars 2g	
Includes 0g Added Sugars	0%
Protein 35g	70%

Vitamin D: 1% DV • Iron: 27% DV

Calcium: 12% DV • Potassium: 17% DV

* 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.

Chicken Tinga Taco, Rice, Refried Beans

Ingredients: CHICKEN: Chicken Breast with Rib Meat, Chicken Leg Meat, Solution (Water, Soybean Oil, Salt, Distilled Vinegar, Rice Starch, Garlic Powder), Seasoning [Salt, Paprika, Dried Chili Peppers, Spices, Tapioca Starch, Dried Garlic, Dried, Onion Sugar, Paprika Extract, Natural Smoke Flavor], Rice Starch, White Onions, Paprika, Black Pepper, Oregano),Tomato Paste (Tomatoes, Citric Acid). RICE: Long Grain Parboiled Rice Enriched with Iron (Ferric Phosphate), Niacin, Thiamine Mononitrate, & Folic Acid, Dehydrated Onion, Bell Pepper, Garlic, Tomatoes; Salt Maltodextrin, Sugar, Dextrose, Chicken Fat, Chicken Meat Powder, Yellow lakes #5, Autolyzed Yeast, Disodium Guyanylate, Inosinate, Ground Turmeric, Silicon Dioxide for anticaking and Saffron. REFRIED BEANS: Pinto Beans, Salt. CHEESE: Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Anticake (Potato Starch, Powdered Cellulose).

Allergens: WHEAT, MILK

Stir Fry Chicken, Rice & Oriental Vegetables

INGREDIENTS: Chicken, White Rice, Oriental Vegetables, Soy Sauce, Vegetable Oil, Garlic Powder, Black Pepper.

ALLERGENS: Soy

Nutrition Facts

Serving Size:1 meal (397.1g)
Servings:1

Amount Per Serving	
Calories 570	Calories from Fat 40
	% Daily Value*
Total Fat 4.5g	**7%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 95mg	**32%**
Sodium 2620mg	**109%**
Total Carbohydrate 99g	**33%**
Dietary Fiber 3g	**12%**
Sugars 3g	
Protein 35g	

Vitamin A 20%	•	Vitamin C 80%
Calcium 25%	•	Iron 40%

*Percent Daily Values are based on a 2,000 calorie diet.

Nutrition Facts

Servings Per Container 1

Serving Size 1 each

Amount Per Serving	
Calories	**323**
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 479mg	21%
Total Carbohydrate 48g	17%
Dietary Fiber 3g	9%
Sugars 15g	
Includes 13g Added Sugars	27%
Protein 16g	32%

Vitamin D: 0% DV • Iron: 11% DV

Calcium: 3% DV • Potassium: 3% DV

* 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.

Tangerine Chicken, Rice, Asian Vegetable

Ingredients: CHICKEN: Diced Chicken Leg Meat, Water, Sodium Phosphates. BATTERED AND BREADED WITH: Whole Wheat Flour, Water, Corn Starch, Salt, Modified Corn Starch, Leavening (Sodium Aluminum Phosphate, Sodium Bicarbonate), Dextrose, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Garlic Powder, Onion Powder, Spices, Extractives of Paprika, Spice Extractives. PREDUSTED WITH: Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Whole Wheat Flour, Wheat Gluten, Dried Egg Whites, Salt, Sodium Acid Pyrophosphate, Leavening (Sodium Bicarbonate), Extractives of Paprika. TANGERINE SAUCE: Water, Brown Sugar, Distilled White Vinegar, Soy Sauce (Water, Soybeans, Salt, Wheat Flour), contains less than 2% of Tangerine Juice Concentrate, Spices, Garlic, Crushed Chili Peppers, Yeast Extract, Citric Acid, Modified Com Starch, Cultured Dextrose, Maltodextrin, Xanthan Gum. RICE: Long Grain Parboiled Rice Enriched with Iron (Ferric Phosphate), Niacin,Thiamine, Mononitrate and Folic Acid. ASIAN VEGETABLE: Broccoli, Green Beans, Mushrooms, Red Peppers, and Onions.

Allergens: EGG, SOY, WHEAT

Nutrition Facts

Servings Per Container 1

Serving Size 1 each

Amount Per Serving

Calories **519**

	% Daily Value*
Total Fat 20g	**25%**
Saturated Fat 7g	**36%**
Trans Fat 0g	
Cholesterol 31mg	**10%**
Sodium 1957mg	**85%**
Total Carbohydrate 67g	**24%**
Dietary Fiber 6g	**21%**
Sugars 9g	
Includes 0g Added Sugars	**0%**
Protein 24g	**47%**

Vitamin D: 3% DV • Iron: 20% DV

Calcium: 17% DV • Potassium: 11% DV

* 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.

Tortellini Ala Panna, Broccoli, Garlic Dinner Roll

Ingredients: TORTELLINI: Enriched Durum Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Ricotta Cheese (Whey, Milk, Vinegar, Salt, Xanthan Gum, Locust Bean Gum, Guar Gum), Bread Crumbs (Wheat Flour, Salt, Yeast), Soybean Oil, Salt, Dried Whole Eggs, Garlic Powder, Onion Powder, Romano Cheese (Cow's And Sheep's Milk, Rennet, Salt, Cheese Culture, Enzymes), Natural Flavors. Water, Dextrose, Salt, Contains 2% or less of brown sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Lauric Arginate. Fresh Mushrooms, Broccoli, Green Peas. ROLL: Water, Whole Wheat Flour, Wheat Flour, Wheat Gluten, Yeast, Sea Salt, Rye Flour, Raw Cane Sugar, Deactivated Yeast, Guar Gum, Fava Bean Flour, Malted Barley Flour, Dextrose, Sugar, Sunflower Lecithin, Calcium Phosphate, Malt Extract, Ascorbic Acid, Salt, Enzymes, Xanthan Gum, Niacin, Reduced Iron, Calcium Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid, Soybean Oil, Hydrogenated Soybean Oil, Salt, Soy Lecithin, Natural and Artificial Flavors, Artificial Color, Garlic Powder. CHEESE: (Pasteurized Part-Skim Cows Milk, Cheese Cultures, Salt, Enzymes), Imitation Parmesan: (Corn Starch, Water, Palm Oil, Cellulose, Salt, Natural Flavor, Caseinate, Sorbic Acid (as a preservative), Annatto), Powdered Cellulose added to prevent caking, Natamycin (A Natural Mold Inhibitor).

Allergens: EGG, MILK, WHEAT, SOY

Turkey & Dressing, Mashed Potatoes, Peas

INGREDIENTS: Turkey Breast, Salt, Pepper, Garlic, Mashed Potatoes (Potatoes, Whey Solids, Calcium Stearoyl Lactylate, Corn Syrup, Partially Hydrogenated Vegetables Oil, Water), Suffing (Bread Crumbs, Flour, Corn Meal, Sugar, Yeast Extract, Milk, Onion, Celery, Parsley, Turmeric), Turkey Stock, Butter, Flour, Peas.

ALLERGENS: Wheat, Soy, Milk

Nutrition Facts

Serving Size:1 meal (512.5g)
Servings:1

Amount Per Serving	
Calories 630	Calories from Fat 130
	% Daily Value*
Total Fat 15g	**23%**
Saturated Fat 4g	**20%**
Trans Fat 0g	
Cholesterol 105mg	**34%**
Sodium 2030mg	**85%**
Total Carbohydrate 74g	**25%**
Dietary Fiber 9g	**37%**
Sugars 11g	
Protein 45g	

Vitamin A 50%	•	Vitamin C 25%
Calcium 15%	•	Iron 35%

*Percent Daily Values are based on a 2,000 calorie diet.

Uncrustable, String Cheese, Cracker, Vegetable Juice

Nutrition Facts

Servings Per Container 1

Serving Size 1 each

Amount Per Serving	
Calories	**540**
	% Daily Value*
Total Fat 26g	33%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 605mg	26%
Total Carbohydrate 62g	23%
Dietary Fiber 8g	29%
Sugars 30g	
Includes 19g Added Sugars	38%
Protein 17g	34%

Vitamin D: 0% DV • Iron: 19% DV

Calcium: 27% DV • Potassium: 10% DV

* 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: UNCRUSTABLE: Peanut Butter, Peanuts, Sugar, Molasses, Fully Hydrogenated Vegetable Oils (rapeseed And Soybean), Mono And Diglycerides, Salt, Bread, Unbleached Whole Wheat Flour, Enriched Unbleached Flour (wheat Flour, Malted Barley Flour, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Yeast, Wheat Gluten, Soybean Oil, Salt, Dough Conditioners (mono And Diglycerides, Sodium Stearoyl Lactylate, Datem, Enzymes, Ascorbic Acid, Calcium Peroxide), Grape Jelly, Sugar, Grape Juice, Pectin, Citric Acid, Potassium Sorbate (preservative). CHEESE STRING: Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes. VBLEND SUNSET SIP: 100% Juice from Sweet Potato, Carrot and Pumpkin Juice Concentrates (Filtered Water and Juice Concentrates), Less than 2% of: Natural Flavors, Citric Acid, Ascorbic Acid (Vitamin C), d-alpha Tocopheryl Acetate (Vitamin E), Vitamin A Palmitate. GRAHAM CRACKER: Whole Wheat Flour, Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Vegetable Oils (Soybean, Palm), Fructose, Contains 2 % or less of: Calcium Carbonate, Salt, Natural Flavors, Baking Soda, Vanilla Extract, Ferric Orthophosphate, Vitamin A Palmitate, Soy Lecithin.

Allergens: PEANUT, SOY, WHEAT, MILK

Vegetable Lasagna & Scandinavian Blend Vegetables

INGREDIENTS: Vegetable Lasagna (Cooked Enriched Lasagna Noodles (Water, Semolina, Egg Whites), Water, Ricotta Cheese (Whey Cream, Vinegar, Carrageenan), Carrots, Parmesan and Romano Cheeses (Pasteurized Part Skim Cow's Milk, Cheese Cultures, Salt, Enzymes), Low Moisture Mozzarella Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Spinach, Cream, Broccoli, Mozzarella Cheese Blend, Bread Crumbs (Bleached Wheat Flour, Yeast, Sugar, Salt), Margarine, Modified Food Starch, Vegetables Base, Wheat Flour, Salt, Sugar, Egg Whites, Crushed Garlic with Citric Acid, Spices, Mushroom Base, Paprika), Scandinavian Blend Vegetables (Peas, Green Beans, Zucchini, Carrots, Onion)

ALLERGENS: Eggs, Milk, Soy, Wheat

Nutrition Facts

Serving Size:1 meal (340.2g)
Servings:1

Amount Per Serving	
Calories 340	Calories from Fat 110
	% Daily Value*
Total Fat 12g	**18%**
Saturated Fat 6g	**30%**
Trans Fat 0g	
Cholesterol 35mg	**12%**
Sodium 840mg	**35%**
Total Carbohydrate 39g	**13%**
Dietary Fiber 8g	**32%**
Sugars 7g	
Protein 19g	

Vitamin A 60%	•	Vitamin C 10%
Calcium 40%	•	Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet.

Waffles with Sausage & Apples

INGREDIENTS: Waffles (Enriched Wheat Flour, Water, Partially Hydrogenated Soybean Oil, Sugar, Whey, Leavening, Eggs, Calcium Carbonate, Calcium Chloride, Salt, Corn Syrup Solids, Colored By Yellow 5, Yellow 6, Iron, Niacinnamide, Dextrose, Corn Starch, Soy Lecithin), **APPLES, HIGH FRUCTOSE CORN SYRUP, WATER, MODIFIED FOOD STARCH, CALCIUM LACTATE, CITRIC ACID, POTASSIUM SORBATE AND SODIUM BENZOATE (PRESERVATIVES), CINNAMON, ERYTHORBIC ACID (TO PROMOTE COLOR RETENTION), SPICES, TURMERIC., PORK, WATER, SALT, SPICES, DEXTROSE, SUGAR**

ALLERGENS: Wheat, Milk, Eggs, Soy

Nutrition Facts

Serving Size:1 meal (117.0g)
Servings:1

Amount Per Serving	
Calories 340	Calories from Fat 80
	% Daily Value*
Total Fat 9g	13%
Saturated Fat 2.5g	11%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 610mg	26%
Total Carbohydrate 61g	20%
Dietary Fiber 0g	0%
Sugars 23g	
Protein 6g	

Vitamin A 0%	•	Vitamin C 0%
Calcium 6%	•	Iron 35%

*Percent Daily Values are based on a 2,000 calorie diet.

Western Pork Chop, AuGratin Potatoes & Peas

INGREDIENTS: Pork Chop, Salt, Pepper, Garlic Powder, Soy Sauce, Worcestershire Sauce, Vegetable Oil, Green and Red Pepper, Onion, POTATOES, MODIFIED FOOD STARCH, WHEY, MALTODEXTRIN, ONION, POTASSIUM CHLORIDE, SUGAR, SUNFLOWER OIL, CONTAINS 2% OR LESS OF: NATURAL FLAVOR, SALT, COLORS (ANNATTO EXTRACT, TURMERIC EXTRACT), MONO AND DIGLYCERIDES, AUTOLYZED YEAST EXTRACT, CHEDDAR CHEESE (PASTEURIZED MILK, CULTURES, SALT, ENZYMES), CORN SYRUP SOLIDS, GREEN ONION, NONFAT MILK, SOYBEAN OIL, SPICES, TORULA YEAST, FRESHNESS PRESERVED WITH (SODIUM BISULFITE), Peas.

ALLERGENS: Soy, Milk

Nutrition Facts

Serving Size:1 meal (431.1g)
Servings:1

Amount Per Serving	
Calories 590	Calories from Fat 190
	% Daily Value*
Total Fat 21g	**32%**
Saturated Fat 7g	**33%**
Trans Fat 0g	
Cholesterol 135mg	**46%**
Sodium 630mg	**26%**
Total Carbohydrate 40g	**13%**
Dietary Fiber 9g	**35%**
Sugars 8g	
Protein 58g	

Vitamin A 60% •	Vitamin C 70%
Calcium 8% •	Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet.