Nutritional Information



Hard White Winter Wheat

Nutrition Facts

Serving Size 1/4 cup (45g) Servings Per Container 50

Amount Per Serving	
Calories 150	Calories from Fat 5
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0)g 0 %
Trans Fat Og	
Cholesterol 0m	g 0 %
Sodium Omg	0%
Total Carbohyd	rate 34g 11 %
Dietary Fiber 6	25 %
Sugars 0g	
Protein 6g	

Calcium 0%	•	Iron 10%
*Percent Daily Values calorie diet. Your daily		,

Vitamin C 0%

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	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

INGREDIENTS: HARD WHITE WHEAT. CONTAINS: WHEAT.

Vitamin A 0%

Calaium 0%

PROCESSED IN A FACILITY THAT HANDLES MILK. EGG, SOY, WHEAT, AND TREE NUT PRODUCTS

White Rice

Nutrition Facts

Serving Size 1/4 cup (50g) Servings Per Container About 46

Amount Pe	r Servin	g		
Calories	160	Ca	lories	from Fat 0
			% I	Daily Value*
Total Fat	: Og			0%
Saturat	ed Fat	0g		0%
Trans Fat	0g			
Choleste	erol Or	ng		0%
Sodium	0mg			0%
Total Ca	rbohy	drate	e 36g	12 %
Dietary	Fiber	0g		0%
Sugars	0g			
Protein	3g			
Vitamin A	0%	•	Vita	min C 0%
Calcium (0%	•		Iron 6%
Thiamin 2	L5%	•	F	olate 20%
Niacin 89	6	•		
*Percent Da calorie diet or lower de	. Ýour d	aily va	alues m	ay be higher
	Calor	ies:	2,000	2,500
Total Fat Sat Fat	Less t		65g 20g	80g 25g

INGREDIENTS: LONG GRAIN RICE ENRICHED WITH NIACIN, FERRIC PHOSPHATE, THIAMIN MONONITRATE, AND FOLIC

Less than: 2,400mg

300g

25g

300mg

375g

30g

2,400mg

Cholesterol Less than: 300mg

Sodium

Total Carbohydrate

Dietary Fiber

PROCESSED IN A FACILITY THAT HANDLES MILK, EGG, SOY, WHEAT, AND TREE NUT PRODUCTS.

Pearled Barley

Nutrition Facts

Serving Size 1/4 cup (45g) Servings Per Container 50

Amount Pe	r Servi	ng		
Calories	167	Calc	ries fror	n Fat 10
			% Da	ily Value*
Total Fat	: 1g			2%
Saturat	ed Fa	t Og		0%
Trans Fa	at Og			
Choleste	erol C)mg		0%
Sodium	0mg			0%
Total Ca	rbohy	/drat	e 31g	10%
Dietary	Fiber	8g		31%
Sugars	<1g			
Protein	5g			
Vitamin A	0%	•	Vitan	nin C 0%
Calcium (D%	•		Iron 8%
*Percent Da calorie diet or lower de	. Your o	daily va	alues may	be higher
	Calo	ries:	2,000	2,500
Total Fat	Less	than:	65g	80g

Cholesterol Less than: 300mg 300mg Sodium Less than: 2,400mg 2,400mg 375g Total Carbohydrate 300g

Less than: 20g

25g

Sat Fat

INGREDIENTS: PEARLED BARLEY.

WHEAT, AND TREE NUT PRODUCTS.

Dietary Fiber 30g

PROCESSED IN A FACILITY THAT HANDLES MILK, EGG, SOY,

Whole Wheat Flour

Nutrition Facts

Serving Size 1/4 cup (35g) Servings Per Container About 52

Amount Per Serv	ring
Calories 110	Calories from Fat 10
	% Daily Value*
Total Fat 1g	1 %
Saturated Fa	at 0g 1 %
Trans Fat Og	
Cholesterol	Omg 0 %
Sodium Omg	0%
Total Carboh	ydrate 22g 7 %
Dietary Fibe	r 4g 15 %
Sugars Og	

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

*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	Less than:	2,400mg	2,400mg
Total Carboh	ydrate	300g	375g
Dietary Fil	oer	25g	30g

INGREDIENTS: WHOLE WHEAT FLOUR.

CONTAINS: WHEAT.

Protein 4g



Nutritional Information



White Flour

Nutrition Facts

Serving Size ¼ cup (35g) Servings Per Container 51

Amount	Per	Servi	ng	
0 - 1 1 -		400	0-1	

Calories	128	Calorie	s from	Fat 0
			% Daily	Value*

Total Fat Og	0 %
Saturated Fat Og	0%
Trans Fat Og	

Cholesterol Omg	0%
Sodium Omg	0%

Total Carbohydrate 27g 9%
Dietary Fiber <1g 5%

Sugars <1g

Protein 3g

•	Vitamin C 0%
•	Iron 10%
•	Riboflavin 8%
•	Folate 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:

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	2,400mg		
Total Carbohydrate		300g	375g		
Dietary Fiber		25g	30g		

INGREDIENTS: BLEACHED WHEAT FLOUR, NIACIN, IRON, THIAMINE, MONONITRATE, RIBOFLAVIN, ENZYME (IMPROVES YEAST BAKING), FOLIC ACID.

CONTAINS: WHEAT.

PROCESSED IN A FACILITY THAT HANDLES MILK, EGG, SOY, WHEAT, AND TREE NUT PRODUCTS.

Cornmeal

Nutrition Facts

Serving Size ½ cup (42g) Servings Per Container 46

Amount Per Serving

Calories	150	Calories fr	om Fat 0

dalonos 100 dalono	o nom rac o
	% Daily Value*
Total Fat Og	0%
Saturated Fat Og	0%
Trans Fat Og	
Cholesterol Omg	0%
Sodium Omg	0%
Total Carbohydrate 34	lg 11 %
Dietary Fiber Og	1%
Sugars Og	

Protein 3g

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

*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	Less than:	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: GROUND YELLOW DENT CORN.

PROCESSED IN A FACILITY THAT HANDLES MILK, EGG, SOY, WHEAT, AND TREE NUT PRODUCTS.

Elbow Macaroni

Nutrition Facts

Serving Size ½ cup (45g) Servings Per Container 24

Amount Per Serving

		% Daily Value*
Calories	160	Calories from Fat 0

	/ Daily Tailed
Total Fat Og	0%
Saturated Fat Og	0%
Trans Fat Og	

Cholesterol Omg	0%
	•0/

Sodium 5mg0%Total Carbohydrate 36g12%

Dietary Fiber 1g	3%
Sugars Og	

Protein 4g

Vitamin A 0%	•	Vitamin C 0%
Coloium 20/	_	Iran O0/

Calcium 2%		•	Iron 8%		
-		000/			0.007

Thiamin 29%	•	Folate 66%
N 4 E0/		

Niacin 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	Less than:	65g	80g
Sat Fat	Less than:	20g	25g
Cholesterol	Less than:	300mg	300mg
Sodium	Less than:	2,400mg	2,400mg
Total Carbol	nydrate	300g	375g
Dietary Fil	ber	25g	30g

INGREDIENTS: DURUM WHEAT SEMOLINA, [ENRICHED WITH IRON (FERROUS SULFATE) AND B VITAMINS (NIACIN, THIAMIN MONONITRATE, RIBOLFAVIN, FOLIC ACID).]

CONTAINS: WHEAT.

PROCESSED IN A FACILITY THAT HANDLES MILK, EGG, SOY, WHEAT, AND TREE NUT PRODUCTS.

Potato Chunks

Nutrition Facts

Serving Size ¼ cup (20g) Servings Per Container 48

Amount Per Serving

Trans Fat Og

		% Daily Value*
Calories	70	Calories from Fat 0

Total Fat 0g	0%
Saturated Fat Og	0%

Cholesterol Omg 0% Sodium 15mg 1%

20119	
Total Carbohydrate 16g	5 %
Dietary Fiber 1g	5%

Sugars 1g Protein 2g

Calcium 2% • Iron 2%

*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	Less than:	2,400mg	2,400mg
Total Carboh	nydrate	300g	375g
Dietary Fi	ber	25g	30g

INGREDIENTS: DEHYDRATED POTATO CHUNKS.



Nutritional Information



Sweet Corn

(Freeze Dried)

Nutrition Facts

Serving Size ¼ cup (14g) Servings Per Container About 43

Amount Per Serving	g
Calories 45	Calories from Fat 5
	% Daily Value*
Total Fat 0.5g	1%

Saturated Fat 0g	0%
Trans Fat Og	

Cholesterol Omg	0%
Sodium Omg	0%
Total Carbobydrate 11g	4%

Dietary Fiber 2g 7%
Sugars 3g

Protein 2g

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

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

or lower depending on your daterie fleede.			
	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	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: SWEET CORN

PROCESSED IN A FACILITY THAT HANDLES MILK, EGG, SOY, WHEAT, AND TREE NUT PRODUCTS.

Broccoli

(Freeze Dried)

Nutrition Facts

Serving Size ¼ cup (4g) Servings Per Container 52

Amount Per Serving	g
Calories 10	Calories from Fat 0
	% Daily Value*
Total Fat Og	0%
Saturated Fat	0g 0 %
Trans Fat Og	
Cholesterol On	ng 0 %
Sodium 10mg	0%
Total Carbohyd	irate 2g 1%
Dietary Fiber 1	<u>Ig</u> 5 %
Sugars <1g	
Protein 1g	
Vitamin A 15%	Vitamin C 6%
Calcium 0%	• Iron 2%
	es are based on a 2,000 illy values may be higher

or lower depending on your calorie needs:

Calories: 2,000 2,500

Less than: 65g

Less than: 20g

Less than: 2,400mg 2,400mg

300g

25g

Cholesterol Less than: 300mg

2,500 80g

25g

300mg

375g

30g

Dietary Fiber

INGREDIENTS: BROCCOLI.

Total Carbohydrate

Total Fat

Sodium

Sat Fat

PROCESSED IN A FACILITY THAT HANDLES MILK, EGG, SOY, WHEAT, AND TREE NUT PRODUCTS.

Carrot Dices

(Freeze Dried)

Nutrition Facts

Serving Size ¼ cup (32g) Servings Per Container 46

Amount Per S	Serving		
Calories 11	LO Ca	lories fro	m Fat 0
		% Dai	ly Value*
Total Fat	0g		0%
Saturated	d Fat Og		0%
Trans Fat	0g		
Cholester	ol Omg		0%
Sodium 85	ōmg		4%
Total Carb	ohydrat	e 25g	8%
Dietary F	iber 3g		10%
Sugars 16g			
Protein 3g			
Vitamin A 1	L40% •	Vitamin	C 40%
Calcium 69	6		Iron 6%
*Percent Dail calorie diet. Y or lower depe	our daily va	alues may b	oe higher
	Calories:	2,000	2,500
Sat Fat I Cholesterol I	Less than:		80g 25g 300mg 2,400mg 375g

INGREDIENTS: DEHYDRATED CARROT DICES.

Dietary Fiber

PROCESSED IN A FACILITY THAT HANDLES MILK, EGG, SOY, WHEAT. AND TREE NUT PRODUCTS.

25g

30g

Bananas (Freeze Dried)

Nutrition Facts

Serving Size ¼ cup (11g) Servings Per Container 42

Amount Per Servin	g	
Calories 45	Calo	ories from Fat 0
		% Daily Value*
Total Fat Og		0%
Saturated Fat	0g	0%
Trans Fat Og		
Cholesterol Or	ng	0%
Sodium Omg		0%
Total Carbohy	drate	12g 4 %
Dietary Fiber	1g	5%
Sugars 6g		
Protein 1g		
Vitamin A 0%	•	Vitamin C 6%
Calcium 0%	•	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher		

or lower depending on your calone needs:			neeus:
	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	2,400mg
Total Carbohydrate		300g	375g

 $\textbf{INGREDIENTS:} \ \texttt{BANANAS, CITRIC ACID, ASCORBIC ACID.}$

PROCESSED IN A FACILITY THAT HANDLES MILK, EGG, SOY, WHEAT, AND TREE NUT PRODUCTS.

Dietary Fiber



30g

Nutritional Information



Strawberries

(Freeze Dried)

Nutrition Facts

Serving Size 1/4 cup (5g) Servings Per Container 45

Amount Per Servi	ng
Calories 15	Calories from Fat 0
	% Daily Value*
Total Fat Og	0%
Saturated Fat	: 0g 0 %
Trans Fat Og	
Cholesterol 0	mg 0 %
Sodium Omg	0%
Total Carbohy	drate 4g 1%
Dietary Fiber	1g 6 %
Sugars 3g	
Protein 0g	

\(\text{'it = \text{in} \ A \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	- Vitamin 0 000/
Vitamin A 0%	Vitamin C 60%
Calcium 0%	 Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

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	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: STRAWBERRIES.

PROCESSED IN A FACILITY THAT HANDLES MILK, EGG, SOY, WHEAT, AND TREE NUT PRODUCTS.

Raspberries

(Freeze Dried)

Nutrition Facts

Serving Size 1/4 cup (5g) Servings Per Container About 48

Sel villigs i	ei Conta	IIIEI ADOU	40
Amount Per	Serving		
Calories :	18 Ca	lories fro	m Fat 0
		% Dai	ly Value*
Total Fat	0g		0%
Saturate	ed Fat Og		0%
Trans Fa	t 0g		
Choleste	rol Omg		0%
Sodium ()mg		0%
Total Car	bohydrat	e 4g	1%
Dietary I	Fiber 1g		4%
Sugars 2	2g		
Protein -			
11000111	`±8		
Vitamin A	0% •	Vitamir	C 10%
Calcium 0	% •		Iron 2%
*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 Carboh Dietary Fik	•	20g 300mg	80g 25g 300mg 2,400mg 375g 30g

INGREDIENTS: RASPBERRIES.

PROCESSED IN A FACILITY THAT HANDLES MILK, EGG, SOY, WHEAT, AND TREE NUT PRODUCTS.

Apple Slices

Nutrition Facts

Serving Size 1/4 cup (9g) Servings Per Container About 45

Servings Per Container About 45					
Amount Per	Amount Per Serving				
Calories 3	35	Ca	lories fr	rom Fat 0	
			% Da	aily Value*	
Total Fat	0g			0%	
Saturate	ed Fat ()g		0%	
Trans Fat	0g				
Choleste	rol Om	g		0%	
Sodium 7	'mg			0%	
Total Car	bohyd	rate	9 8g	3 %	
Dietary I	Fiber 1	g		5%	
Sugars 6g					
Protein (Эg				
Vitamin A		•	Vitar	nin C 0%	
Calcium 0	%	•		Iron 0%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:					
	Calorie	s:	2,000	2,500	
Total Fat Sat Fat Cholesterol Sodium Total Carboh Dietary Fil	Less th	an: an:	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g	

INGREDIENTS: APPLES.

PROCESSED IN A FACILITY THAT HANDLES MILK, EGG, SOY, WHEAT, AND TREE NUT PRODUCTS.

Chopped Onions

(Freeze Dried)

Nutrition Facts

Serving Size 1/4 cup (8g) Servings Per Container About 52

Amount Per Serving	<u> </u>
Calories 30	Calories from Fat 0
	% Daily Value*
Total Fat Og	0%
Saturated Fat	0g 0 %
Trans Fat Og	
Cholesterol Om	ng 0 %
Sodium Omg	0%
Total Carbohyd	rate 6g 2 %
Dietary Fiber 1	_g 5 %
Sugars 5g	
Protein <1g	2%
Vitamin A 0%	Vitamin C 8%
Calcium 0%	• Iron 0%
calorie diet. Your da	es are based on a 2,000 ily values may be higher on your calorie needs:

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	2,400mg
Total Carbohydrate		300g	375g
Dietary Fil	oer	25g	30g

INGREDIENTS: WHITE ONION.



Nutritional Information



Powdered Milk

Nutrition Facts

Serving Size 3 tbsp (29g) Servings Per Container 53

Amount Per Serving

Calories 110	Calories from Fat 0
	% Daily Value*
Total Fat Og	0%
Saturated Fat (Og 1 %
Trans Fat 0g	
Cholesterol 10	mg 2 %
Codium 150mg	60/

Sodium Toollig	6%
Total Carbohydrate 16mg	5%
Dietary Fiber Og	0%

Sugars 16g

Protein 11g

Vitamin A 0%	•	Vitamin C 4%
Calcium 40%	•	Iron 0%

*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	Less than:	2,400mg	2,400mg
Total Carboh	ydrate	300g	375g
Dietary Fil	oer	25g	30g

INGREDIENTS: NONFAT POWDERED MILK.
CONTAINS: MILK.

PROCESSED IN A FACILITY THAT HANDLES MILK, EGG, SOY, WHEAT, AND TREE NUT PRODUCTS.

Instant Milk

Nutrition Facts

Serving Size 3 tbsp (29g) Servings Per Container About 53

Amount Per Serving	.
Calories 100	Calories from Fat 0
	% Daily Value*
Total Fat Og	0%
Saturated Fat	0g 1 %
Trans Fat 0g	
Cholesterol 5m	ng 2 %
Sodium 140mg	6%
Total Carbohyd	rate 15g 5 %
Dietary Fiber C)g 0%
Sugars 15g	
Protein 10g	
Vitamin A 15%	• Vitamin C 4%
Calcium 35%	• Iron 0%

vitamin A 15%	•	Vitamin C 4%
Calcium 35%	•	Iron 0%
Vitamin D 40%	•	

*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	Less than:	2,400mg	2,400mg
Total Carbohydrate		300g	375g

INGREDIENTS: NONFAT MILK SOLIDS, VITAMIN A PALMITATE, AND VITAMIN D3.

CONTAINS: MILK.

PROCESSED IN A FACILITY THAT HANDLES MILK, EGG, SOY, WHEAT, AND TREE NUT PRODUCTS.

Cheese Blend

Nutrition Facts

Serving Size ¼ Cup (40g) Servings Per Container About 45

Amount Per Serving	
Calories 170 Calories fi	rom Fat 70
%	Daily Value*
Total Fat 8g	13%
Saturated Fat 6g	28%
Trans Fat Og	
Cholesterol 20mg	7 %
Sodium 160mg	7 %
Total Carbohydrate 25g	8%
Dietary Fiber Og	0%
Sugars 12g	
Protein 2g	
Vitamin A 0% • Vit	amin C 0%
Calcium 10% •	Iron 0%
*Percent Daily Values are base	d on a 2.000

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

I		Calories:	2,000	2,500
I	Total Fat	Less than:	65g	80g
I	Sat Fat	Less than:	20g	25g
I	Cholesterol	Less than:	300mg	300mg
I	Sodium	Less than:	2,400mg	2,400mg
Total Carbohydrate		300g	375g	
I	Dietary Fil	per	25g	30g

INGREDIENTS: WHEY SOLIDS, MALTODEXTRIN, MILK FAT, SALT, BUTTERMILK, CHEDDAR CHEESE [PASTEURIZED MILK, CULTURES, SALTS, ENZYMES], DI-SODIUM PHOSPHATE, XANTHAN GUM, ARTIFICIAL FLAVORING AND COLORING (YELLOW #5 AND #6).

CONTAINS: MILK.

PROCESSED IN A FACILITY THAT HANDLES MILK, EGG. SOY. WHEAT. AND TREE NUT PRODUCTS.

Chocolate Drink Mix

Nutrition Facts

Serving Size ¼ Cup (40g) Servings Per Container About 45

imount Pe	r Servi	ing
Calories	170	Calories from Fat 7
		% Daily Value
otal Fat	8g	13

Trans Fat Og	
Cholesterol 20mg	7%
Sodium 160mg	7%

28%

Total Carbohydrate 25g	8%
Dietary Fiber Og	0%
Sugars 12g	

Protein 2g

Saturated Fat 6g

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

*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	Less than:	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fil	per	25g	30g

INGREDIENTS: SUGAR, WHEY, NON FAT NON INSTANT MILK, NON DAIRY CREAMER (COCONUT OIL, CORN SYRUP SOLIDS, SODIUM CASEINATE, DIPOTASSIUM PHOSPHATE, MONO AND DIGLYCERIDES, SOY LECITHIN), COCOA (PROCESSED WITH ALKALI), GUAR GUM AND XANTHAN GUM., NATURAL AND ARTIFICIAL FLAVOR, SALT, VITAMIN A/D BLEND (VITAMIN AP ALMITATE, MALTODEXTRIN, VITAMIN D3.

CONTAINS: MILK. SOY.



Nutritional Information



Whole Egg Powder

Nutrition Facts

Serving Size 1 tbsp (5g) Servings Per Container 236

Amount Per Serv	ing				
Calories 30	Cal	ories fro	m Fat 20		
		% Da	aily Value*		
Total Fat 2g			3%		
Saturated Fa	at 0.5	g	3%		
Trans Fat Og					
Cholesterol 8	30mg		27 %		
Sodium 25m	ıg		1%		
Total Carbohy	ydrat	e Og	0%		
Dietary Fiber	Dietary Fiber Og				
Sugars Og					
Protein 2g					
Vitamin A 0%	•	Vitar	nin C 0%		
Calcium 2% • Iron 2					
*Percent Daily Va calorie diet. Your or lower depending	daily v	alues may	be higher		
Calo	ries:	2,000	2,500		

INGREDIENTS: WHOLE EGGS, SODIUM SILICOALUMINATE. CONTAINS: EGG.

Less than: 65g

Less than: 20g

Less than: 300mg

Less than: 2,400mg 2,400mg

300g

25g

80g

25g

300mg

375g

30g

PROCESSED IN A FACILITY THAT HANDLES MILK, EGG. SOY, WHEAT, AND TREE NUT PRODUCTS.

Total Fat

Sodium

Sat Fat

Cholesterol

Total Carbohydrate

Dietary Fiber

Chicken TVP

Nutrition Facts

Serving Size ¼ Cup (25g) Servings Per Container About 45

Amount Per Serving								
Calories	Calories 80 Calories from Fat 25							
			% Da	ily Value*				
Total Fat	: 3g			5%				
Saturat	ed Fa	at Og		2%				
Trans Fat	0g							
Choleste	erol (Omg		0%				
Sodium	520	mg		22 %				
Total Ca	rboh	ydrat	e 7mg	2%				
Dietary	Fibe	r 3g		14%				
Sugars	2g							
Protein :	11g							
Vitamin A	00/		Vitor	nin C 0%				
				nin C 0%				
Calcium 6	5 %	•	ļ	ron 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:								
	Calc	ries:	2,000	2,500				
Total Fat	Less	s than:	65g	80g				

INGREDIENTS: TEXTURED SOY FLOUR, SOYBEAN OIL, SALT, AUTOLYZED YEAST EXTRACT, HYDROLYZED CORN PROTEIN, NAUTRAL SMOKE FLAVORING, THIAMINE HYDROCHLORIDE, DEXTROSE, DISODIUM INOSINATE, DISODIUM GUANYLATE. CONTAINS: SOY.

Less than: 2,400mg 2,400mg

300g

Less than: 20g

Cholesterol Less than: 300mg

25g

300mg

375g

Sat Fat

Total Carbohydrate

Dietary Fiber

Sodium

PROCESSED IN A FACILITY THAT HANDLES MILK, EGG, SOY, WHEAT, PEANUT & TREE NUT PRODUCTS.

Pinto Beans

Nutrition Facts

Serving Size 3 tbsp (36g) Servings Per Container 55

	der virigo i er deritairier de					
Amount Per Serving						
Calories 6	60 Ca	lories fro	m Fat 0			
	% Daily Value*					
Total Fat	0g		0%			
Saturate	Saturated Fat Og					
Trans Fa	t Og					
Choleste	rol Omg		0%			
Sodium 1	.5mg		0%			
Total Carl	bohydrat	e 22g	7 %			
Dietary F	iber 14g		56%			
Sugars 1	Lg					
Protein 7						
	0					
Vitamin A	0% •	Vitam	in C 0%			
Calcium 4	% •	Ir	on 15%			
*Percent Dai calorie diet. or lower depo	Your daily va	alues may b	oe higher			
	Calories:	2,000	2,500			
Total Fat Sat Fat Cholesterol Sodium Total Carbon Dietary Fib	Less than: ydrate	300mg	80g 25g 300mg 2,400mg 375g 30g			

INGREDIENTS: PINTO BEANS.

PROCESSED IN A FACILITY THAT HANDLES MILK, EGG, SOY, WHEAT, AND TREE NUT PRODUCTS.

Lentils

Nutrition Facts

Serving Size 3 tbsp (32g) Servings Per Container 78

Amount Per Servin	ıg
Calories 70	Calories from Fat 0
	% Daily Value*
Total Fat Og	0%
Saturated Fat	. Og 0 %
_Trans Fat Og	
Cholesterol 0	mg 0 %
Sodium 5mg	0%
Total Carbohy	drate 19g 6%
Dietary Fiber	9g 36 %
Sugars 0g	
Protein 8g	
Vitamin A 0%	 Vitamin C 0%
Calcium 0%	• 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	Less than:	65g	80g	
Sat Fat	Less than:	20g	25g	
Cholesterol	Less than:	300mg	300mg	
Sodium	Less than:	2,400mg	2,400mg	
Total Carboh	ydrate	300g	375g	
Dietary Fiber		25g	30g	

INGREDIENTS: LENTILS.



Nutritional Information



Beef TVP

Nutrition Facts

Serving Size ¼ cup (29g) Servings Per Container 45

Amount Per Servin	g		
Calories 100	Calori	es from	Fat 40
		% Dail	y Value*
Total Fat 4.5g			7 %
Saturated Fat	0.5g		3%
Trans Fat Og			
Cholesterol On	ng		0%
Sodium 540m	g		22%
Total Carbohy	irate	8g	3%
Dietary Fiber 4	4g		15%
Sugars 2g			
Protein 12g			
Vitamin A 0%	•	Vitami	n C 0%
Calcium 6%	•	Iro	on 10%
*Percent Daily Value calorie diet. Your da			,

	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	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

or lower depending on your calorie needs:

INGREDIENTS: TEXTURED VEGETABLE PROTEIN (SOY FLOUR, CARAMEL COLOR), SOYBEAN OIL, SALT, HYDRO-LYZED CORN-SOY-WHEAT PROTEIN, AUTOLYZED YEAST.

CONTAINS: SOY AND WHEAT.

PROCESSED IN A FACILITY THAT HANDLES MILK, EGG, SOY, WHEAT, AND TREE NUT PRODUCTS.

Taco TVP

Nutrition Facts

Serving Size ¼ Cup (32g) Servings Per Container About 47

Amount Per Se	rving	
Calories 11	6 Calories	from Fat 45
		% Daily Value*
Total Fat 5	g	8%
Saturated	Fat 0.5g	4%
Trans Fat 0)g	
Cholestero	l Omg	0%
Sodium 740	Omg	31%
Total Carbo	hydrate 9	g 3 %
Dietary Fib	er 4g	16%
Sugars 2g		
Protein 12	g	

Vitamir	Vitamin A 0%		Vitamin C 0%
Calciun	Calcium 2%		Iron 2%

*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	Less than:	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fil	oer	25g	30g

INGREDIENTS: BLACK BEANS.

PROCESSED IN A FACILITY THAT HANDLES MILK, EGG, SOY, WHEAT, AND TREE NUT PRODUCTS.

Iodized Salt

Nutrition Facts

Serving Size ¼ tsp (1.8g) Servings Per Container 2,016

Amount Per	Serving				
Calories C) Ca	lories fro	m Fat 0		
		% Dai	ly Value*		
Total Fat	0g		0%		
Saturate	ed Fat Og		0%		
Trans Fa	t 0g				
Choleste	rol Omg		0%		
Sodium 7	710mg		29 %		
Total Car	bohydrat	e 0g	0%		
Dietary	Fiber Og		0%		
Sugars (Og				
Protein (Og				
Vitamin A	0% •	Vitam	in C 0%		
Calcium 0	9% •		Iron 0%		
*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:	2,000 65g	2,500 80g		
Sat Fat	Less than:	0	25g		
Cholesterol		U	300mg		
Sodium Total Carboh	Less than:	2,400mg 300g	2,400mg 375g		

INGREDIENTS: IODIZED SALT.

Dietary Fiber

PROCESSED IN A FACILITY THAT HANDLES MILK, EGG, SOY, WHEAT, AND TREE NUT PRODUCTS.

25g

30g

Chicken Bouillon

Nutrition Facts

Serving Size 1 tsp (4g) Servings Per Container 575

Amount Per Serving	
Calories 10 Calories	s from Fat 0
	% Daily Value*
Total Fat Og	0%
Saturated Fat Og	0%
Trans Fat Og	
Cholesterol Omg	0%
Sodium 700mg	29%
Total Carbohydrate 2g	1%
Dietary Fiber Og	0%
Sugars 0g	
Protein Og	

VILAIIIII A U%	•	Vitai	IIII C U%
Calcium 0%	•		Iron 0%
			0.000

*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	Less than:	2,400mg	2,400mg
Total Carboh	ydrate	300g	375g
Dietary Fil	per	25g	30g

INGREDIENTS: MALTODEXTRIN, SALT, AUTOLYZED YEAST EXTRACT, VEGETABLES (CARROT, CELERY, GARLIC, ONION), NATURAL FLAVOR, TURMERIC EXTRACT AND SPICES. PROCESSED IN A FACILITY THAT HANDLES MILK, EGG, SOY, WHEAT, AND TREE NUT PRODUCTS.



Nutritional Information



Beef Bouillon

Nutrition Facts Serving Size 1 tsp (4g) Servings Per Container About 575			
Amount Per	Serving		
Calories :	10 Ca	lories fro	m Fat 0
		% Dai	ly Value*
Total Fat	0g		0%
Saturate	ed Fat Og		0%
Trans Fa	t 0g		_
Choleste	rol Omg		0%
Sodium 7	'11mg		29%
Total Carbohydrate 2g 1%			
Dietary I	Fiber Og	THE STATE OF THE S	0%
Sugars 0g			
Protein (Og		
Vitamin A	0% •	Vitam	in C 0%
Calcium 0	% •		Iron 0%
*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 Carboh Dietary Fit	Less than: ydrate	20g	80g 25g 300mg 2,400mg 375g 30g

INGREDIENTS: MALTODEXTRIN, SALT, AUTOLYZED YEAST EXTRACT, VEGETABLES (CARROT, CELERY, GARLIC, ONION). NATURAL FLAVOR, CARAMEL COLOR AND SPICES

PROCESSED IN A FACILITY THAT HANDLES MILK, EGG, SOY, WHEAT, AND TREE NUT PRODUCTS.

White Sugar

Nutrition Facts

Serving Size 1 tsp (4g) Servings Per Container 646

Servings	er Conta	iner 646	
Amount Per	Serving		
Calories 1	.5 Ca	lories fro	m Fat 0
		% Dai	ily Value*
Total Fat	0g		0%
Saturate	ed Fat Og		0%
Trans Fa	t Og		
Choleste	rol Omg		0%
Sodium ()mg		0%
Total Car	bohydrat	e 4g	1%
Dietary I			0%
Sugars 4			
Protein (-		
	~6		
Vitamin A	0% •	Vitam	in C 0%
Calcium 0	% •		Iron 0%
*Percent Da calorie diet. or lower dep	Your daily v	alues may l	be higher
Total Fat Sat Fat Cholesterol Sodium Total Carboh Dietary Fit	Less than: ydrate	20g	80g 25g 300mg 2,400mg 375g 30g

INGREDIENTS: SUGAR.

PROCESSED IN A FACILITY THAT HANDLES MILK, EGG, SOY, WHEAT, AND TREE NUT PRODUCTS.

Orchard Apple

Nutrition Facts

Serving Size 2 tbsp (29g) Servings Per Container 85

Calories 110	Calories from Fat 0
	% Daily Value*
Total Fat Og	0%
Saturated Fat	0g 0 %
Trans Fat Og	
Cholesterol On	ng 0 %
Sodium Omg	0%
Total Carbohyd	Irate 28g 9 %
Dietary Fiber C)g 0 %
Sugars 28g	
Protein Og	
Vitamin A 10%	Vitamin C 50%
Calcium 0% • Iron 0%	
Vitamin D 10% • Vitamin E 109	
Niacin 10% • Vitamin B6 109	
Folate 10% • Vitamin B12 10%	
Biotin 10%	• Zinc 10%

calorie diet. Your daily values may be higher or lower depending on your calorie needs.

INGREDIENTS: SUGAR, MALIC ACID, NATURAL FLAVOR, CARA-MEL COLOR, VITAMIN C (ASCORBIC ACID), NIACIN (NIACINA-MIDE), VITAMIN E (D ALPHA-TOCOPHERYL ACETATE), ZINC (ZINC SULFATE), VITAMIN B12 (CYANOCOBALAMIN), VITAMIN B6 (PYRODOXIN HCL), VITAMIN A (PALMITATE), FOLIC ACID, VI-TAMIN D3 (CHOLECALCIFEROL), BIOTIN.



Nutritional Information



Orange Bliss

Nestrition Foots

Nutriti	on Facts
Serving Size 2 t	
Servings Per Co	ontainer About 85
Amount Per Servin	g
Calories 110	Calories from Fat 0
	% Daily Value*
Total Fat Og	0%
Saturated Fat	0g 0 %
Trans Fat Og	
Cholesterol Or	ng 0 %
Sodium Omg	0%
Total Carbohy	drate 28g 9 %
Dietary Fiber (Og 0 %
Sugars 28g	
Protein Og	
Vitamin A 35%	 Vitamin C 50%
Calcium 0%	• Iron 0%
Vitamin D 10%	• Vitamin E 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

• Vitamin B6 10%

• Vitamin B12 10%

Zinc 10%

Niacin 10%

Folate 10%

Biotin 10%

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	Less than:	2,400mg	2,400mg
Total Carboh	nydrate	300g	375g
Dietary Fil	ber	25g	30g

INGREDIENTS: SUGAR, CITRIC ACID, NATURAL FLAVOR, BETA CAROTENE FOR COLOR, VEGETABLE JUICE FOR COLOR, VITAMIN C (ASCORBIC ACID), NIACIN (NIACINAMIDE), VITAMIN E (D ALPHA-TOCOPHERYL ACETATE), ZINC (ZINC SULFATE), VITAMIN B12 (CYANOCOBALAMIN), VITAMIN B6 (PYRODOXIN HCL), VITAMIN A (PALMITATE), FOLIC ACID, VITAMIN D3 (CHOLECALCIFEROL), BIOTIN.

PROCESSED IN A FACILITY THAT HANDLES MILK, EGG, SOY, WHEAT. AND TREE NUT PRODUCTS.

Simply Peach

Nutrition Facts

Serving Size 2 tbsp (29g) Servings Per Container 85

Amount Per Serving	\$	
Calories 110	Calories from Fat 0	
	% Daily Value*	
Total Fat 0g	0%	
Saturated Fat	0g 0 %	
Trans Fat Og		
Cholesterol On	ng 0 %	
Sodium Omg	0%	
Total Carbohyd	Irate 28g 9 %	
Dietary Fiber C)g 0 %	
Sugars 28g		
Protein Og		
Vitamin A 30%	Vitamin C 50%	
Calcium 0%	• Iron 0%	
Vitamin D 10%	• Vitamin E 15%	
Niacin 10%	• Vitamin B6 10%	
Folate 10%	■ Vitamin B12 10%	
Biotin 10%	• Zinc 10%	

calorie diet. Your daily values may be higher or lower depending on your calorie needs.

INGREDIENTS: SUGAR, CITRIC ACID, NATURAL FLAVOR, VEGETABLE JUICE FOR COLOR, BETA CAROTENE FOR COLOR, VITAMIN C (ASCORBIC ACID), NIACIN (NIACINA-MIDE), VITAMIN E (D ALPHA-TOCOPHERYL ACETATE), ZINC (ZINC SULFATE), VITAMIN B12 (CYANOCOBALAMIN), VITAMIN B6 (PYRODOXIN HCL), VITAMIN A (PALMITATE), FOLIC ACID, VITAMIN D3 (CHOLECALCIFEROL), BIOTIN.

