

### Nutrition Facts

Serving Size  
Servings Per Bucket

Amount Per Serving

**Calories**

Calories from Fat

**Total Fat**

Saturated Fat

Trans Fat

**Cholesterol**

**Sodium**

**Total Carbohydrate**

Dietary Fiber

Sugars

**Protein**

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

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	300g	375g	
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

Lasagna

Abt 1/3 C Dry (41g)

27

150

25

% Daily Value\*

3g 5%

1g 5%

0g

25mg 8%

440mg 18%

26g 9%

1g 4%

4g

6g

Sweet & Sour Rice

1/3 C Dry (40g)

27

150

10

% Daily Value\*

1.5g 2%

0.5g 3%

0g

0mg 0%

300mg 13%

31g 10%

1g 4%

8g

3g

Chicken Flavored Rice

Abt 1/3 C Dry (34g)

32

150

5

% Daily Value\*

1g 2%

0g 0%

0g

0mg 0%

110mg 5%

31g 10%

1g 4%

1g

4g

Vitamin A 2%

Vitamin C 8%

Calcium 8%

Iron 6%

Vitamin A 40%

Vitamin C 40%

Calcium 2%

Iron 10%

Vitamin A 20%

Vitamin C 6%

Calcium 0%

Iron 10%

Lasagna

#### INGREDIENTS:

Enriched Macaroni Product (Durum wheat semolina, Egg, Salt), Whey, Textured Vegetable Protein, Modified Corn Starch, Sugar, Tomato, Maltodextrin, Cheese Sauce (Whey, Cheese [granular and blue {milk, cheese culture, salt, enzymes}], Partially hydrogenated soybean oil, Salt, Whey protein concentrate, Lactose, Sodium Phosphate, Citric Acid, Lactic Acid, Turmeric Yellow 6), Garlic, Onion, Salt, Autolyzed Yeast Extract, Natural and Artificial Flavors, Paprika, Parsley, Black Pepper, Xanthan Gum

#### CONTAINS:

Milk, soy, and Wheat derivatives.

Sweet & Sour Rice

#### INGREDIENTS:

Enriched Pre-cooked Rice, Sugar, Tomato, Textured Vegetable Protein, Maltodextrin, Natural and Artificial Flavors, Carrots, Potato Starch, Butter Powder, Bell Peppers, Honey Powder, Autolyzed Yeast Extract, Salt, Garlic, Onion, Ginger, Caramel Color, Black Pepper, Xanthan Gum.

#### CONTAINS:

May contain soy and wheat derivatives.

Chicken Flavored Rice

#### INGREDIENTS:

Rice (Pre-cooked long grain rice, Niacin, Iron, Thiamine, Folic acid), Chicken TVP (Textured vegetable protein [soy flour], Partially hydrogenated soybean oil, Salt, Autolyzed yeast extract, Hydrolyzed corn gluten protein, Natural flavoring, Thiamine hydrochloride, Disodium guanylate, Disodium inosinate), Carrot, Natural Flavors, Modified Corn Starch, Sugar, Salt, Red Bell Pepper, Curry, Onion.

#### CONTAINS:

Wheat and Soy.

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Saturated Fat

Trans Fat

**Cholesterol**

**Sodium**

**Total Carbohydrate**

Dietary Fiber

Sugars

**Protein**

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Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	300g	375g	
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Long Grain Rice

1/4 C Dry (46g)

25

180

0

0g

0g

0g

0mg

0mg

0mg

0mg

40g

0g

0g

3g

3g

Vitamin A

Vitamin C

Calcium

Iron

Pilot Bread Crackers

About 1 Cracker

25

50

15

1.5g

0g

0g

5mg

55mg

9g

0g

1g

1g

0%

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Instant Oatmeal

1/4 C Dry (23g)

25

100

15

2g

0g

0g

0mg

0mg

0mg

0mg

18g

3g

0g

4g

0%

0%

0%

0%

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Macaroni Noodles

1/4 C Dry (60g)

22

110

0

0g

0g

0g

0mg

0mg

0mg

85mg

14g

0g

13g

0g

0%

0%

0%

0%

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Creamy Wheat

1/4 C Dry (38g)

28

150

10

1g

0g

0g

0mg

0mg

0mg

0mg

32g

2g

0g

5g

0%

0%

0%

0%

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Granola with Milk & Blueberries

1/4 C Dry (38g