

The easy way to prepare

Nutrition Facts	Lasagna Lutrition Facts		Sweet & Sour Rice		Chicken Flavored Rice		
Serving Size	Abt 1/3 C Dry (41g)		1/3 C Dry (40g)		Abt 1/3 C Dry (34g)		
Servings Per Bucket		27		27		32	
Amount Per Serving							
Calories	-	150		150		150	
Calories from Fat		25		10		5	
	% Dai	ily Value*	% Dai	% Daily Value*		% Daily Value*	
Total Fat	3g	5%	1.5g	2%	1g	2%	
Saturated Fat	1g	5%	0.5g	3%	0g	0%	
Trans Fat	0g		0g		0g		
Cholesterol	25mg	8%		0%	0mg	0%	
Sodium	440mg	18%	300mg	13%	110mg	5%	
Total Carbohydrate	26g	9%	31g	10%		10%	
Dietary Fiber	<u>1g</u>	4%	<u>1g</u>	4%	<u>1g</u>	4%	
Sugars	4g		8g		<u>1g</u>		
Protein	6g		3g		4g		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower de- pending on your calorie needs.	Vitamin A Vitamin C Calcium	8%	Vitamin A Vitamin C Calcium	40%	Vitamin A Vitamin C Calcium	20% 6% 0%	
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 30g Dietary Fiber 25g 30g	Iron	-,-	Iron	10%		10%	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4							

Lasagna

Sweet & Sour Rice

Chicken Flavored

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 soy-bean oil, Salt, Whey protein concentrate, Lactose, Sodium Phosphate, Citric Acid, Lactic Acid, Turmeric Yellow 6), Garlic, Onion, Salt, Autolyzed Yeast Extract, Natural and Artificial Flavors, Paprika, Parsley, Black Pepper, Xanthan Gum

CONTAINS:

Milk, soy, and Wheat derivatives.

INGREDIENTS:

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

CONTAINS:

May contain soy and wheat derivatives.

INGREDIENTS:

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

CONTAINS:

Wheat and Soy.

A product of Ready Store



The easy way to prepare

Nutrition Facts	Long Grain Rice	Pilot Bread Crackers	Instant Oatmeal	Macaroni Noodles	Creamy Wheat	Granola with Milk & Blueberries	
Serving Size	1/4 C Dry (46g)	About 1 Cracke	r 1/4 C Dry (23g)	1/4 C Dry (60g)	1/4 C Dry (38g)	1/4 C Dry (38g)	
Servings Per Container	25	25	5 25	22	28	16	
Amount Per Serving							
Calories	180	50	100	110	150	100	
Calories from Fat	0	15	15	0	10	35	
	% Daily Value*	% Daily Value	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*	
Total Fat	0g 0 %	1.5g 2 %	2g 3 %	0g 0 %	1g 1%	4g 6 %	
Saturated Fat	0g 0 %	0g 0 %	0g 0 %	0g 0 %	0g 0 %	1g 5 %	
Trans Fat	0g	0g	0g	0g	0g	0g	
Cholesterol	0mg 0 %	5mg 2 %	0mg 0 %	0mg 0 %	0mg 0 %	4mg 1 %	
Sodium	0mg 0 %	55mg 2 %	0mg 0 %	85mg 4 %	0mg 0 %	30mg 1 %	
Total Carbohydrate	40g 13 %	9g 3 %		14g 5 %	32g 11 %	14g 5 %	
Dietary Fiber	0g 0 %	0g 0 %	3g 12 %	0g 0 %	2g 8 %	0g 0 %	
Sugars	0g	1g	0g	13g	0g	7g	
Protein	3g	1g	4g	0g	5g	3g	
'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 A 0% Vitamin C 0%	
Calories 2,000 2,500						Calcium 6%	
Total Fat						Iron 2%	

Long Grain Rice

Pilot Bread Crackers **INGREDIENTS:**

Enriched Flour

(wheat flour, nia-

cin, reduced iron,

thiamine mono-

Hydrogenated

ar, Corn Syrup,

Whey, Leavening

nitrate, riboflavin,

Soybean Oil, Sug-

INGREDIENTS: Sunflower Oil, Potato, Modified Corn Starch, Textured Vegetable Protein, Sugar, Parmesan folic acid), Partially Cheese (Whey, Maltodextrin, Buttermilk, Natural

Instant Oatmeal

parmesan cheese (sodium bicarbonflavor, Salt), Salt, ate, monocalcium Corn Syrup Solids, Garlic, Parsley. **CONTAINS:**

Macaroni Noodles **INGREDIENTS:**

Sugar, Citric Acid, Salt, Natural Flavor, Mono Potassium Phosphate, Red #40

Creamy Wheat

INGREDIENTS: Sugar, Dextrose, Malic Acid, Natural and Artificial Flavor, Sodium Citrate, FD & C Yellow #6.

Granola with Milk & Blueberries

INGREDIENTS: Granola (Oats, Brown Sugar, Soybean Oil), Nonfat Dry Milk, Cream Blend (Heavy Cream, Whey Protein Concentrate, Whey), Blueberries, Natural and Artificial Flavor. Xanthan Gum.

CONTAINS: Milk and/or milk

INGREDIENTS: Long Grain White Rice Enriched With Iron, Niacin, Thiamine, And Folate.

> phosphate), Salt. **CONTAINS:** May contain milk

and wheat derivatives.

Milk, Wheat, and Soy.

derivatives.

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