

# 4Patriots Ingredients

## Cinnamon Sugar Oatmeal

**INGREDIENTS:** Cinnamon Sugar Oatmeal  
Quick Oats, Sugar, Cinnamon, Natural Vanilla Flavor.

Nutrition Facts	
8 Servings Per Container	
<b>Serving size</b>	<b>1/2 cup (52g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>210</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 39g	<b>14%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 13g	
Includes 12g Added Sugars	<b>24%</b>
<b>Protein</b> 6g	
Vitamin D 0mcg	0%
Calcium 18mg	2%
Iron 2mg	10%
Potassium 290mg	6%
<small>*The % Daily Value 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.</small>	

## Chicken a la King

**INGREDIENTS:**  
Instant White Rice (Precooked Long Grain Rice, Niacin (Niacinamide), Iron (Ferric Orthophosphate), Thiamine (Thiamine Mononitrate), Folic Acid), Powdered Milk, Cornstarch, Non-dairy Creamer (Coconut Oil, Maltodextrin, Modified Food Starch, Mono & Diglycerides), Vegetarian Chicken Bouillon (Salt, Maltodextrin, Natural Flavor, Yeast Extract, Onion Powder, Garlic Powder, Celery Powder, Carrot Powder, Turmeric Extract, Spice), Peas, Mushrooms, Red and Green Bell Peppers, Salt, Natural Butter Flavor (Whey Solids, Enzyme Modified Butter, Maltodextrin, Salt, Dehydrated Butter, Guar Gum, Annatto and Turmeric [for color]), Carrots, Sugar, Natural Cream Flavor, Garlic, Chives, Mushroom Powder, Spices.

**Contains Milk and Coconut**

Nutrition Facts	
4 Servings Per Container	
<b>Serving size</b>	<b>1/2 cup (71g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>260</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 4.5g	<b>6%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 1370mg	<b>60%</b>
<b>Total Carbohydrate</b> 49g	<b>18%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 8g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 8g	
Vitamin D 0mcg	0%
Calcium 154mg	10%
Iron 1mg	6%
Potassium 141mg	4%
<small>*The % Daily Value 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.</small>	

Classic Potato Soup

INGREDIENTS:

Potato Dices (Potato, Sodium Bisulfite), Non-dairy Creamer (Coconut Oil, Maltodextrin, Modified Food Starch, Mono & Diglycerides), Cornstarch, Sweet Whey, Potato Flour, Onions, Salt, Vegetarian Chicken Bouillon (Salt, Maltodextrin, Natural Flavor, Yeast Extract, Onion Powder, Garlic Powder, Celery Powder, Carrot Powder, Turmeric Extract, Spice), Onion Powder, Celery, Carrots, Natural Yellow Color, Natural Butter Flavor (Whey Solids, Enzyme Modified Butter, Maltodextrin, Salt, Dehydrated Butter, Guar Gum, Annatto and Turmeric [for color]), Spices, Garlic.

Nutrition Facts	
4 Servings Per Container	
Serving size	1/4 cup (40g)
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 670mg	29%
Total Carbohydrate 27g	10%
Dietary Fiber 1g	4%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 42mg	4%
Iron 0mg	0%
Potassium 185mg	4%
*The % Daily Value 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.	

Promised Land Powdered Milk

INGREDIENTS:

Instant Milk (Grade A low-heat non-fat dry milk, vitamin A palmitate, vitamin D3).

Contains Milk

Nutrition Facts	
8 Servings Per Container	
Serving size	3 tbsp (20g)
Amount per serving	
Calories	70
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 100mg	4%
Total Carbohydrate 10g	4%
Dietary Fiber 0g	0%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 6mcg	30%
Calcium 250mg	20%
Iron 0mg	0%
Potassium 335mg	8%
*The % Daily Value 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.	

Creamy Herbed Mashed Potatoes

INGREDIENTS:

Potato Flakes, Modified Food Starch, Vegetarian Chicken Bouillon (Salt, Maltodextrin, Natural Flavor, Yeast Extract, Onion Powder, Garlic Powder, Celery Powder, Carrot Powder, Turmeric Extract, Spice), Onions, Spice.

Nutrition Facts	
8 Servings Per Container	
Serving size	1/3 cup (33g)
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 550mg	24%
Total Carbohydrate 26g	9%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 16mg	2%
Iron 0mg	0%
Potassium 23mg	0%
*The % Daily Value 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.	

Star Spangled Strawberry Energy Drink

INGREDIENTS:

SUGAR, CITRIC ACID, DEXTROSE, ASCORBIC ACID, FOOD STARCH- MODIFIED, ARTIFICIAL FLAVOR, SALT, ARTIFICIAL COLOR

Nutrition Facts	
8 Servings Per Container	
Serving size	2 tbsp (30g)
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 30g	11%
Dietary Fiber 0g	0%
Total Sugars 28g	
Includes 28g Added Sugars	56%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%
*The % Daily Value 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.	

## Old Fashioned Chocolate Pudding

### INGREDIENTS:

SUGAR, DEXTROSE, FOOD STARCH-MODIFIED, NONFAT DRY MILK, COCOA PROCESSED WITH AKALI, PALM OIL, DISODIUM PHOSPHATE, CORN SYRUP SOLIDS, TETRASODIUM PYROPHASPHATE, SALT, SODIUM ACID PYROPHOSPHATE, TITANIUM DIOXIDE (AS COLOR), SODIUM CASEINATE, DIPOTASSIUM PHOSPHATE, CORN STARCH, CARRAGEENAN, MONOGLYCERIDES, CARMEL COLOR, ARTIFICIAL FLAVOR, RED 40.

**Contains Milk**

Nutrition Facts	
8 Servings Per Container	
<b>Serving size</b>	<b>1/2 cup (40g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>120</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 370mg	<b>16%</b>
<b>Total Carbohydrate</b> 25g	<b>9%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 20g	
Includes 20g Added Sugars	<b>40%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 1mg	6%
Potassium 0mg	0%
<small>*The % Daily Value 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.</small>	

## Buttermilk Pancake Mix

### INGREDIENTS:

Cake Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Powdered Milk, Shortening Powder (PARTIALLY HYDROGENATED SOYBEAN OIL, CORN SYRUP SOLIDS, SODIUM CASEINATE, MONO & DIGLYCERIDES), Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Buttermilk Powder, Salt, Baking Soda (Sodium Bicarbonate), Natural Vanilla Flavor.

**Contains Wheat, Milk, and Soy**

Nutrition Facts	
8 Servings Per Container	
<b>Serving size</b>	<b>1/3 cup (40g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>140</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0.5g	<b>3%</b>
<i>Trans</i> Fat 0.5g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 550mg	<b>24%</b>
<b>Total Carbohydrate</b> 29g	<b>11%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 8g	
Includes 6g Added Sugars	<b>12%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	0%
Calcium 44mg	4%
Iron 1mg	6%
Potassium 48mg	2%
<small>*The % Daily Value 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.</small>	

## America's Finest Mac & Cheese

### INGREDIENTS:

Elbow Macaroni (Durum Wheat Semolina Enriched with Iron [Ferrous Sulfate] and B Vitamins [Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid]), Sweet Whey, Cornstarch, Cheese Blend (Whey Solids, Maltodextrin, Milkfat, Salt, Buttermilk, Cheese [Pasteurized Milk, Cultures, Salt, and Enzymes], Di-sodium Phosphate, Xanthan Gum, Artificial Flavoring and Coloring [Yellow #5 and #6], Non-dairy Creamer (Coconut Oil, Maltodextrin, Modified Food Starch, Mono & Diglycerides), Cheddar Cheese Powder (Cheddar Cheese [Pasteurized Milk, Salt, Cheese Culture, Enzymes], Annatto, Paprika Extract, Vitamin E [Added to Protect Color]), Salt, Cheese Flavor (Maltodextrin, Natural and Artificial Flavors, Whey Solids, Salt, Silicon Dioxide [Anti-Caking Agent], Organic Sunflower Oil, Guar Gum, Annatto, Turmeric), Natural Butter Flavor (Whey Solids, Enzyme Modified Butter, Maltodextrin, Salt, Dehydrated Butter, Guar Gum, Annatto and Turmeric [for color]), Onion Powder, Black Pepper.

**Contains Wheat, Milk, and Soy**

### Nutrition Facts

4 Servings Per Container  
**Serving size** 1/3 cup (67g)

**Amount per serving**  
**Calories** **260**

	% Daily Value*
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 710mg	<b>31%</b>
<b>Total Carbohydrate</b> 46g	<b>17%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 9g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 7g	
Vitamin D 0mcg	<b>0%</b>
Calcium 82mg	<b>6%</b>
Iron 1mg	<b>6%</b>
Potassium 156mg	<b>4%</b>

\*The % Daily Value 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.

## Cowboy Rice & Beans

### INGREDIENTS:

Instant White Rice (Precooked long grain rice, niacin (niacinamide), iron (ferric orthophosphate), thiamine (thiamine mononitrate), folic acid), Instant Pinto Beans, Cornstarch, Cheddar Cheese Powder (Cheddar Cheese [Pasteurized Milk, Salt, Cheese Culture, Enzymes], Annatto, Paprika Extract, Vitamin E [Added to Protect Color]), Non-dairy Creamer (Coconut Oil, Maltodextrin, Modified Food Starch, Mono & Diglycerides), Sweet Whey, Corn, Onions, Vegetarian Chicken Bouillon (Salt, Maltodextrin, Natural Flavor, Yeast Extract, Onion Powder, Garlic Powder, Celery Powder, Carrot Powder, Turmeric Extract, Spice), Tomato Powder, Onion Powder, Salt, Tomatoes, Sour Cream Powder (Sour Cream [Cream, Cultures, Lactic Acid], Cultured Nonfat Milk Solids, Citric Acid), Spices, Garlic, Lime Powder (Lime, Maltodextrin), Cilantro, Jalapeno Powder, Citric Acid.

**Contains Milk and Coconut**

### Nutrition Facts

8 Servings Per Container  
**Serving size** 1/2 cup (62g)

**Amount per serving**  
**Calories** **240**

	% Daily Value*
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 1000mg	<b>43%</b>
<b>Total Carbohydrate</b> 40g	<b>15%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 8g	
Vitamin D 0mcg	<b>0%</b>
Calcium 131mg	<b>10%</b>
Iron 2mg	<b>10%</b>
Potassium 328mg	<b>6%</b>

\*The % Daily Value 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.

## White Rice

### INGREDIENTS:

White Rice (Long Grain Rice enriched with niacin, ferric phosphate, thiamin mononitrate, and folic acid).

Nutrition Facts	
8 Servings Per Container	
Serving size	1/4 cup (50g)
Amount per serving	
<b>Calories</b>	<b>180</b>
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 40g	15%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein 4g</b>	
Vitamin D 0mcg	0%
Calcium 14mg	2%
Iron 2mg	10%
Potassium 58mg	2%
*The % Daily Value 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.	

## Sweetly Coated Banana Chips

### INGREDIENTS:

Bananas, Coconut Oil, Sugar, Banana Flavor.

Contains Coconut

Nutrition Facts	
8 Servings Per Container	
Serving size	1/4 cup (20g)
Amount per serving	
<b>Calories</b>	<b>100</b>
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 13g	5%
Dietary Fiber 0g	0%
Total Sugars 4g	
Includes 4g Added Sugars	8%
<b>Protein 0g</b>	
Vitamin D 0mcg	0%
Calcium 3mg	0%
Iron 0mg	0%
Potassium 85mg	2%
*The % Daily Value 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.	

Frank’s Favorite Alfredo

INGREDIENTS:

Egg Noodle Pasta (Durum wheat semolina, durum wheat flour (enriched with iron (ferrous sulfate) and B vitamins (niacin, thiamin, mononitrate, riboflavin, folic acid), eggs), Non-dairy Creamer (Coconut Oil, Maltodextrin, Modified Food Starch, Mono & Diglycerides), Cheddar Cheese Powder (Pasteurized Milk, Salt, Cheese Culture, Enzymes), Cornstarch, Sweet Whey, Salt, Mushroom Powder, Onion Powder, Sour Cream Powder (Sour Cream [Cream, Cultures, Lactic Acid], Cultured Nonfat Milk Solids, Citric Acid), Garlic, Spices.

Contains Wheat, Milk, Egg, and Coconut

Nutrition Facts	
8 Servings Per Container	
Serving size	1 cup (77g)
Amount per serving	
Calories	350
% Daily Value*	
Total Fat 14g	18%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 700mg	30%
Total Carbohydrate 47g	17%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 67mg	6%
Iron 2mg	10%
Potassium 147mg	4%
*The % Daily Value 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.	

Fireside Stew

INGREDIENTS:

Egg Noodle Pasta (Durum wheat semolina, durum wheat flour (enriched with iron (ferrous sulfate) and B vitamins (niacin, thiamin, mononitrate, riboflavin, folic acid), eggs), Non-dairy Creamer (Coconut Oil, Maltodextrin, Modified Food Starch, Mono & Diglycerides), Cheddar Cheese Powder (Pasteurized Milk, Salt, Cheese Culture, Enzymes), Cornstarch, Sweet Whey, Salt, Mushroom Powder, Onion Powder, Sour Cream Powder (Sour Cream [Cream, Cultures, Lactic Acid], Cultured Nonfat Milk Solids, Citric Acid), Garlic, Spices.

Contains Wheat, Milk, Egg, and Coconut

Nutrition Facts	
4 Servings Per Container	
Serving size	1/3 cup (65g)
Amount per serving	
Calories	190
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1100mg	48%
Total Carbohydrate 33g	12%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 22mg	2%
Iron 2mg	10%
Potassium 190mg	4%
*The % Daily Value 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.	

## Hearty Stroganoff

### INGREDIENTS:

Egg Noodle Pasta (Durum wheat semolina, durum wheat flour (enriched with iron (ferrous sulfate) and B vitamins (niacin, thiamin, mononitrate, riboflavin, folic acid), eggs), Non-dairy Creamer (Coconut Oil, Maltodextrin, Modified Food Starch, Mono & Diglycerides), Cornstarch, Beef Bouillon (Salt, Maltodextrin, Yeast Extract, Natural Flavor, Onion and Garlic Powder, Caramel Color, Dehydrated Celery and Carrot Powder, Spice), Onions, Mirepoix Powder (Maltodextrin, Onion Extract, Sauteed Onion, Sugar, Salt, Yeast Extract [Yeast Extract and Salt], Corn Oil, Carrot Extract, Celery Extract, Spices, Garlic Powder, Red Wine), Garlic, Tomato Powder, Salt, Mushroom Powder, Sour Cream Powder (Sour Cream [Cream, Cultures, Lactic Acid], Cultured Nonfat Milk Solids, Citric Acid)), Parmesan Cheese Powder (Parmesean Cheese (pasteurized milk, salt, cheese culture, enzymes), Disodium Phosphate, Lactic Acid, Silicon Dioxide), Sugar, Natural Butter Flavor (Whey Solids, Enzyme Modified Butter, Maltodextrin, Salt, Dehydrated Butter, Guar Gum, Annatto and Turmeric [for color]), Spices.

**Contains Wheat, Milk, Egg, and Coconut**

Nutrition Facts	
8 Servings Per Container	
<b>Serving size</b>	<b>1 cup (66g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>270</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 5g	<b>25%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 40mg	<b>13%</b>
<b>Sodium</b> 770mg	<b>33%</b>
<b>Total Carbohydrate</b> 44g	<b>16%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 3g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 7g	
Vitamin D 0mcg	<b>0%</b>
Calcium 17mg	<b>2%</b>
Iron 2mg	<b>10%</b>
Potassium 291mg	<b>6%</b>
<small>*The % Daily Value 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.</small>	

## Potatoes O'Brien

### INGREDIENTS:

Potato Dices (Potato, Sodium Bisulfite), Onions, Red and Green Bell Peppers, Garlic.

Nutrition Facts	
8 Servings Per Container	
<b>Serving size</b>	<b>1/2 cup (36g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>130</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 25mg	<b>1%</b>
<b>Total Carbohydrate</b> 29g	<b>11%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	<b>0%</b>
Calcium 21mg	<b>2%</b>
Iron 1mg	<b>6%</b>
Potassium 359mg	<b>8%</b>
<small>*The % Daily Value 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.</small>	



## Sweetberry Cream of Wheat

### INGREDIENTS:

Ground Wheat Cereal, Sugar, Non-dairy Creamer (Coconut Oil, Maltodextrin, Modified Food Starch, Mono & Diglycerides), Natural Flavor, Salt.

Contains Wheat and Coconut

Nutrition Facts	
8 Servings Per Container	
Serving size	1/4 cup (55g)
Amount per serving	
Calories	210
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 43g	16%
Dietary Fiber 1g	4%
Total Sugars 12g	
Includes 11g Added Sugars	22%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 7mg	0%
Iron 1mg	6%
Potassium 46mg	0%
*The % Daily Value 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.	

## Amber Waves 9-Grain Cereal

### INGREDIENTS:

9 Grain Cracked Cereal (Hard red wheat, white wheat, barley, rye, oats, corn, millet, hulled buckwheat, flax seed).

Contains Wheat

Nutrition Facts	
4 Servings Per Container	
Serving size	1/3 cup (40g)
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 28g	10%
Dietary Fiber 5g	18%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 12mg	0%
Iron 1mg	6%
Potassium 139mg	2%
*The % Daily Value 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.	

## Dinner Bell Broccoli Bake

### INGREDIENTS:

Potato Dices (Potato, Sodium Bisulfite), Non-dairy Creamer (Coconut Oil, Maltodextrin, Modified Food Starch, Mono & Diglycerides), Cornstarch, Cheddar Cheese Powder (Pasteurized Milk, Salt, Cheese Culture, Enzymes), Sweet Whey, Broccoli, Salt, Onions, Tomato Powder, Natural Cream Flavor, Garlic, Natural Butter Flavor (Whey Solids, Enzyme Modified Butter, Maltodextrin, Salt, Dehydrated Butter, Guar Gum, Annatto and Turmeric [for color]), Cheese Blend (Whey Solids, Maltodextrin, Milkfat, Salt, Buttermilk, Cheese [Pasteurized Milk, Cultures, Salt, and Enzymes], Di-sodium Phosphate, Xanthan Gum, Artificial Flavoring and Coloring [Yellow #5 and #6]), Citric Acid, Xanthan Gum, Spices, Onion Powder.

**Contains Milk and Coconut**

## Nutrition Facts

8 Servings Per Container  
**Serving size** 1/2 cup (68g)

**Amount per serving**  
**Calories** 280

	% Daily Value*
<b>Total Fat</b> 9g	12%
Saturated Fat 7g	35%
Trans Fat 0g	
<b>Cholesterol</b> 15mg	5%
<b>Sodium</b> 1080mg	47%
<b>Total Carbohydrate</b> 43g	16%
Dietary Fiber 2g	7%
Total Sugars 7g	
Includes 0g Added Sugars	0%
<b>Protein</b> 7g	
Vitamin D 0mcg	0%
Calcium 142mg	10%
Iron 1mg	6%
Potassium 431mg	10%

\*The % Daily Value 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.

## Ma's Homestyle Chili Mac

### INGREDIENTS:

Instant Pinto Beans, Elbow Macaroni (Durum Wheat Semolina Enriched with Iron [Ferrous Sulfate] and B Vitamins [Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid]), Tomato Powder, Instant Black Beans, Cornstarch, Instant Red Beans, Salt, Onions, Spices, Red and Green Bell Peppers, Sugar, Garlic, Honey Crystals (Refinery Syrup and Honey), Onion Powder.

**Contains Wheat**

## Nutrition Facts

8 Servings Per Container  
**Serving size** 1/2 cup (64g)

**Amount per serving**  
**Calories** 220

	% Daily Value*
<b>Total Fat</b> 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 680mg	30%
<b>Total Carbohydrate</b> 44g	16%
Dietary Fiber 10g	36%
Total Sugars 5g	
Includes 1g Added Sugars	2%
<b>Protein</b> 10g	
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 3mg	15%
Potassium 568mg	10%

\*The % Daily Value 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.

## Classic Bean Chili

### INGREDIENTS:

Instant Pinto Beans, Tomato Powder, Instant Black Beans, Cornstarch, Instant Red Beans, Salt, Onions, Chili Powder, Red and Green Bell Peppers, Sugar, Spices, Garlic, Honey Crystals (Refinery Syrup and Honey), Onion Powder.

Nutrition Facts	
8 Servings Per Container	
<b>Serving size</b>	<b>1/3 cup (48g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>160</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 680mg	<b>30%</b>
<b>Total Carbohydrate</b> 32g	<b>12%</b>
Dietary Fiber 10g	<b>36%</b>
Total Sugars 4g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 8g	
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 2mg	10%
Potassium 530mg	10%
<small>*The % Daily Value 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.</small>	

## Creamy Chicken Soup

### INGREDIENTS:

Instant White Rice (Precooked long grain rice, niacin (niacinamide), iron (ferric orthophosphate), thiamine (thiamine mononitrate), folic acid), Non-dairy Creamer (Coconut Oil, Maltodextrin, Modified Food Starch, Mono & Diglycerides), Cornstarch, Vegetarian Chicken Bouillon (Salt, Maltodextrin, Natural Flavor, Yeast Extract, Onion Powder, Garlic Powder, Celery Powder, Carrot Powder, Turmeric Extract, Spice), Potato Flour, Celery, Carrots, Tomatoes, Natural Cream Flavor, Sugar, Spices, Garlic, Onion Powder.

**Contains Milk and Coconut**

Nutrition Facts	
8 Servings Per Container	
<b>Serving size</b>	<b>1/4 cup (36g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>150</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 730mg	<b>32%</b>
<b>Total Carbohydrate</b> 25g	<b>9%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 14mg	2%
Iron 1mg	6%
Potassium 73mg	2%
<small>*The % Daily Value 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.</small>	

## Aztec Chili with Mango

### INGREDIENTS:

Instant Pinto Beans, Tomato Powder, Instant Black Beans, Cornstarch, Instant Red Beans, Mango Dices (Mango, Cane Sugar, Citric Acid, Sodium Metabisulphite [as SO<sub>2</sub>], FD&C Yellow No. 6), Salt, Onions, Chili Powder, Red and Green Bell Peppers, Sugar, Spices, Garlic, Honey Crystals (Refinery Syrup and Honey), Onion Powder, Habanero Powder.

## Nutrition Facts

8 Servings Per Container  
**Serving size** 1/3 cup (54g)

**Amount per serving**  
**Calories** 180

	% Daily Value*
<b>Total Fat</b> 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 650mg	28%
<b>Total Carbohydrate</b> 36g	13%
Dietary Fiber 11g	39%
Total Sugars 5g	
Includes 1g Added Sugars	2%
<b>Protein</b> 9g	
Vitamin D 0mcg	0%
Calcium 57mg	4%
Iron 2mg	10%
Potassium 571mg	10%

\*The % Daily Value 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.

## Farmers Market Corn Chowder

### INGREDIENTS:

Non-dairy Creamer (Coconut Oil, Maltodextrin, Modified Food Starch, Mono & Diglycerides), Cornstarch, Corn, Sweet Whey, Potato Flour, Onions, Salt, Vegetarian Chicken Bouillon (Salt, Maltodextrin, Natural Flavor, Yeast Extract, Onion Powder, Garlic Powder, Celery Powder, Carrot Powder, Turmeric Extract, Spice), Celery, Natural Flavor, Natural Color, Natural Butter Flavor (Whey Solids, Enzyme Modified Butter, Maltodextrin, Salt, Dehydrated Butter, Guar Gum, Annatto and Turmeric [for color]), Spices, Garlic, Cayenne Pepper.

**Contains Milk and Coconut**

## Nutrition Facts

8 Servings Per Container  
**Serving size** 1/4 cup (36g)

**Amount per serving**  
**Calories** 150

	% Daily Value*
<b>Total Fat</b> 5g	6%
Saturated Fat 4.5g	23%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 550mg	24%
<b>Total Carbohydrate</b> 24g	9%
Dietary Fiber 1g	4%
Total Sugars 6g	
Includes 0g Added Sugars	0%
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 36mg	2%
Iron 0mg	0%
Potassium 149mg	4%

\*The % Daily Value 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.