

Nutrition Facts		4 Pouches Brown Sugar Oatmeal		2 Pouches Buttermilk Pancake/Waffle		3 Pouches Strawberry- Flavored Farina Creamy Wheat		4 Pouches Creamy Rice & Vegetables		2 Pouches Cheesy Broccoli Rice		3 Pouches Spanish Rice		2 Pouches Fettuccine Alfredo		2 Pouches Macaroni and cheese		2 Pouches Lasagna Style Marinara		4 Pouches Creamy Potato Soup		1 Pouch Cheesy Broccoli Soup		2 Pouches Vegetable Stew		1 Pouch Chocolate Pudding		2 Pouches Whey Milk Drink	
Servings per container: Serving size (dry):		32 1/2 cup (55g)		16 1/3 cup (45g)		24 1/4 cup (46g)		32 1/2 cup (68g)		16 1/3 cup (67g)		24 1/4 cup (57g)		8 2/3 cup (75g)		16 1/2 cup (69g)		8 2/3 cup (69g)		32 1/2 cup (54g)		8 1/3 cup (40g)		16 1/3 cup (68g)		5 1/3 cup (56g)		44 2 Tbsp (17g)	
Amount per serving Calories		220		160		170		260		250		200		290		260		250		210		160		210		220		70	
% Daily Value*																													
Total Fat		4g 5%		0.5g 1%		2.5g 3%		4.5g 6%		3.5g 4%		0.5g 1%		7g 9%		3.5g 4%		2g 3%		5g 6%		6g 8%		1g 1%		3.5g 4%		2.5g 3%	
Saturated Fat		1.5g 8%		0g 0%		2g 10%		3.5g 18%		1.5g 8%		0g 0%		5g 25%		1.5g 8%		0.5g 5%		4g 20%		4.5g 23%		0g 0%		3g 15%		2g 10%	
Trans Fat		0g		0g		0g		0g		0g		0g		0g		0g		0g		0g		0g		0g		0g		0g	
Cholesterol		0mg 0%		5mg 2%		0mg 0%		5mg 2%		0mg 0%		0mg 0%		5mg 2%		0mg 0%		5mg 2%		0mg 0%		5mg 2%		0mg 0%		5mg 2%		0mg 0%	
Sodium		260mg 11%		480mg 21%		95mg 4%		690mg 30%		680mg 30%		710mg 31%		860mg 37%		620mg 27%		420mg 18%		1100mg 48%		970mg 42%		1250mg 54%		105mg 5%		125mg 5%	
Total Carbohydrate		38g 14%		34g 12%		35g 13%		48g 17%		48g 17%		43g 16%		50g 18%		48g 17%		50g 18%		36g 13%		24g 9%		47g 17%		44g 16%		11g 4%	
Dietary Fiber		5g 18%		1g 4%		1g 4%		1g 4%		1g 4%		1g 4%		2g 7%		2g 7%		3g 11%		2g 7%		1g 4%		9g 32%		1g 4%		0g 0%	
Total Sugars		8g		5g		10g		5g		7g		1g		6g		6g		8g		6g		7g		4g		29g		8g	
Includes Added Sugars		8g 16%		4g 8%		10g 20%		0g 0%		0g 0%		<1g 2%		<1g 2%		0g 0%		<1g 2%		<1g 2%		<1g 2%		<1g 2%		24g 48%		<1g 2%	
Protein		8g 9%		4g 4%		4g 2%		6g 10%		6g 9%		4g 5%		9g 9%		8g 7%		9g 6%		5g 10%		9g 8%		9g 14%		5g 10%		3g 6%	
*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.		Vitamin D		0mcg 0%		0mcg 0%		0mcg 0%		0mcg 0%		0mcg 0%		0mcg 0%		0mcg 0%		0mcg 0%		0mcg 0%		0mcg 0%		0mcg 0%		0mcg 0%		2.6mcg 15%	
Calcium		30mg 2%		80mg 6%		0mg 0%		90mg 6%		120mg 10%		30mg 2%		80mg 6%		80mg 6%		60mg 4%		80mg 6%		110mg 8%		30mg 2%		140mg 10%		100mg 8%	
Iron		2.1mg 10%		2.7mg 15%		1.6mg 8%		0.6mg 4%		0.7mg 4%		0.9mg 6%		1.9mg 10%		1.8mg 10%		2.8mg 15%		0.9mg 6%		0.7mg 4%		2.3mg 15%		0.9mg 6%		0mg 0%	
Potassium		220mg 4%		60mg 2%		70mg 2%		270mg 6%		310mg 6%		140mg 2%		290mg 6%		260mg 6%		530mg 10%		500mg 10%		350mg 8%		440mg 10%		380mg 8%		290mg 6%	

Brown Sugar Oatmeal (Up to 25 Year Shelf Life)
INGREDIENTS: Oats, Sugar, Creamer (Coconut Oil, Corn Syrup Solids, Sodium Caseinate [a milk derivative], Dipotassium Phosphate, Sugar, Mono and Diglycerides, Silicon Dioxide, Polysorbate 80, Tetrasodium Pyrophosphate, Soy Lecithin), Brown Sugar, Salt, Natural Flavor. **CONTAINS:** MILK, SOY.

Buttermilk Pancakes & Waffle Mix (Up to 30 Year Shelf Life)
INGREDIENTS: Enriched Flour (bleached Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Enriched Wheat Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Enzyme), Dextrose, Buttermilk Powder (Pasteurized Cream), Cornstarch, Baking Soda, Salt, Sodium Acid Pyrophosphate, Monocalcium Phosphate Monohydrate, Pasteurized Whole Egg. **CONTAINS:** EGGS, MILK, WHEAT.

Strawberry-Flavored Farina Creamy Wheat (Up to 25 Year Shelf Life)
INGREDIENTS: Enriched Farina, (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Powdered Creamer (Hydrogenated Coconut Oil, Corn Syrup Solids, Sodium Caseinate [a Milk Derivative]), Dipotassium Phosphate, Mono and Diglycerides, Silicon Dioxide, Soy Lecithin), Natural and Artificial Flavors, Salt, Natural Red Color Powder (Carmine, Caramel Color, Maltodextrin). **CONTAINS:** MILK, SOY, WHEAT.

Creamy Rice and Vegetables (Up to 25 Year Shelf Life)
INGREDIENTS: Long Grain Rice (enriched with iron [Ferric Orthophosphate], Niacin, Thiamine [Thiamine Mononitrate] and Folate [Folic Acid]), Creamer (Coconut Oil, Corn Syrup Solids, Sodium Caseinate [a milk derivative]), Dipotassium Phosphate, Sugar, Mono and Diglycerides, Silicon Dioxide, Polysorbate 80, Tetrasodium Pyrophosphate, Soy Lecithin), Nonfat Dry Milk, Whey, Butter Powder (Butter [Cream, Salt], Nonfat Dry Milk, Natural Vitamin E and Vitamin C Ester added to preserve freshness), Salt, Cornstarch, Carrots, Natural Flavors (Baker's Yeast, Salt), Onion Powder, Onion, Green Peas, Garlic Powder, Yeast Extract, Parsley, Turneric. **CONTAINS:** MILK, SOY.

Cheesy Broccoli Rice (Up to 25 Year Shelf Life)
INGREDIENTS: Long Grain Rice (enriched with iron [Ferric Orthophosphate], Niacin, Thiamine [Thiamine Mononitrate] and Folate [Folic Acid]), Cheddar Cheese Blend (Cheddar Cheese [Pasteurized Milk, Salt, Annatto, Cheese Cultures, Enzymes], Whey, Palm Oil, Maltodextrin, Salt, Blue Cheese [Pasteurized Milk, Salt, Cheese Cultures, Enzymes], Natural Flavors, Lactic Acid, Citric Acid, Disodium Inosinate And Disodium Guanylate, Yellow 5, Yellow 6), Whey, Cornstarch, Broccoli, Nonfat Dry Milk, Salt, Onion, Sugar, Onion Powder, Lactic Acid Powder (Lactic Acid, Calcium Lactate), Parsley. **CONTAINS:** MILK.