NUTRITIONAL FACTS

Food with Care

Arroz con Pollo Dinner LC0005

Nutrition Facts

Servings Per Container 1

Serving Size 1 each (453.6g)

Amount Per Serving	
Calories	**325**
	% Daily Value*
Total Fat 5g	7%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 59mg	20%
Sodium 748mg	33%
Total Carbohydrate 40g	15%
Dietary Fiber 8g	29%
Sugars 6g	
Includes 0g Added Sugars	0%
Protein 26g	52%
Vitamin D 0ug	0%
Calcium 26.169mg	2%
Iron 2.943mg	16%
Potassium 661.643mg	14%

*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.

Ingredients: ARROZ CON POLLO: Chicken, 90% Soybean Oil, 10% Olive Pomace Oil, Olives, Water, Salt, Pimiento, Lactic Acid, Sodium Alginate, Guar Gum, Calcium Chloride, Potassium Sorbate (As A Preservative), Red Peppers, Green Peppers, Yellow Peppers, Onions, Vine Ripened Tomatoes, Citric Acid, Tomatoes, Tomato Juice, Less Than 2% of: Cumin, Garlic Powder, Sugar, Spices Including Oleoresin Turmeric, Silicon Dioxide, Potassium Chloride, Sodium Chloride, Magnesium Carbonate, Yellow Prussiate of Soda, Paprika, Garlic Granulated, Chopped Onion, Ground Black Peppercorns, Long Grain Parboiled Rice Enriched With Iron (Ferric Phosphate), Niacin, Thiamine Mononitrate, & Folic Acid, Dehydrated Onion, Bell Pepper, Garlic, Tomatoes; Salt Maltodextrin, Dextrose, Chicken Fat, Chicken Meat Powder, Yellow Lakes #5, Autolyzed Yeast, Disodium Guanylate, Inosinate, Ground Turmeric, Silicon Dioxide For Anticaking, & Saffron. BLACK BEANS: Prepared Black Beans, Water, Salt, Vegetable Oil (Canola & Olive), Onion Powder and Dehydrated Green Bell Peppers. MIXED VEGETABLES: Carrots, Corn, Green Beans, Peas.

Allergens: SOY

Reheat to minimum of 165° for 15 seconds

Baked Chicken Dinner AC0005

Nutrition Facts

Servings Per Container 1

Serving Size 1 each (375.5g)

Amount per serving	
Calories	**305**
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 90mg	30%
Sodium 725mg	31%
Total Carbohydrate 39g	14%
Dietary Fiber 7g	25%
Sugars 10g	
Includes 1g Added Sugars	2%
Protein 21g	42%
Vitamin D 0ug	0%
Calcium 64.401mg	5%
Iron 2.6mg	11%
Potassium 798.835mg	18%

Ingredients: CHICKEN: Chicken Drumsticks, Water, Contains 2% Or Less Of The Following: Brown Sugar, Canola Oil, Caramelized Sugar, Carrot Powder, Citric Acid, Garlic Powder, Maltodextrin, Modified Food Starch, Natural Flavors, Onion Powder, Salt, Sodium Phosphates, Spice, Sugar, Vegetable Stock (Onion, Celery, Carrot), Xanthan Gum, Yeast Extract. Blanched In Vegetable Oil. RICE: Long Grain Parboiled Rice Enriched With Iron (Ferric Phosphate), Niacin, Thiamine Mononitrate, & Folic Acid, Dehydrated Onion, Bell Pepper, Garlic, Tomatoes; Salt Maltodextrin, Sugar, Dextrose, Chicken Fat, Chicken Meat Powder, Yellow Lakes #5, Autolyzed Yeast, Disodium Guanylate, Inosinate, Ground Turmeric, Silicon Dioxide For Anticaking, & Saffron, Water. CARROTS: Carrots

Allergens: NONE

Reheat to a minimum of 165° for 15 seconds

Nutrition Facts

Servings Per Container 1

Serving Size 1 each (267.39g)

Amount Per Serving	
Calories	**291**
	% Daily Value*
Total Fat 13g	17%
Saturated Fat 2g	11%
Trans Fat 0g	
Cholesterol 80mg	27%
Sodium 751mg	33%
Total Carbohydrate 3g	1%
Dietary Fiber 3g	10%
Sugars 0g	
Includes 0g Added Sugars	0%
Protein 39g	49%
Vitamin D 1.8mcg	9%
Calcium 83.3mg	6%
Iron 1.1mg	6%
Potassium 614.1mg	15%

Baked Fish Dinner AC0010

Ingredients: POLLOCK: Pollock, Water, Sodium Tripolyphosphate, Liquid And Hydrogenated Soybean Oil, Water, Salt, Contains Less Than 2% of Vegetable Mono & Diglycerides, Soy Lecithin, Natural & Artificial Flavors, Beta Carotene (Color), Vitamin a Palmitate Added, Dried Onion, Dried Garlic, Spices, Dried Carrots, Dried Orange Peel, Dried Red Bell Pepper, Red Pepper, Natural Flavor. POTATOES: Potatoes, Dextrose, Disodium Pyrophosphate (Added To Maintain Color), Potassium Sorbate (Added To Maintain Freshness, Potassium Chloride, Sodium Chloride, Magnesium Carbonate, Yellow Prussiate of Soda, Garlic Granulated, Chopped Onion, Paprika, Ground Black Peppercorns, Corn starch, Dried Dill Weed, Soybean Oil, Hydrogenated Soybean Oil, Salt, Soy Lecithin, Natural and Artificial Flavors, Artificial Color. BROCCOLI: Broccoli.

Allergens: FISH, SOY

Reheat to a minimum of 165° for 15 seconds

Baked Salmon Meal AC0015

Nutrition Facts

Servings Per Container 1

Serving Size 1 each (281.66g)

Amount Per Serving

Calories 253

	% Daily Value*
Total Fat 37g	47%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 612mg	27%
Total Carbohydrate 27g	10%
Dietary Fiber 3g	10%
Sugars 4g	
Includes 1g Added Sugars	1%
Protein 20g	41%
Vitamin D 6.203ug	31%
Calcium 40.376mg	3%
Iron 1.49mg	8%
Potassium 552.311mg	12%

* 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.

Ingredients: SALMON: Keta Salmon And/or Pink Salmon, Water, Sodium Phosphates (To Preserve Moisture), Liquid and Hydrogenated Soybean Oil, Salt, Contains Less Than 2% Of Vegetable Mono & Diglycerides, Soy Lecithin, Natural & Artificial Flavors, Beta Carotene (Color), Vitamin A Palmitate Added. Contains: Soybean, Dextrose, Potassium Iodide (0.006%), Sodium Bicarbonate, Yellow Prussiate of Soda, Paprika, Black Pepper, Sugar, Molasses, Garlic Granulated. RICE: Long Grain Parboiled Rice Enriched With Iron (Ferric Phosphate), Niacin, Thiamine Mononitrate, & Folic Acid, Dehydrated Onion, Bell Pepper, Garlic, Tomatoes; Salt Maltodextrin, Sugar, Dextrose, Chicken Fat, Chicken Meat Powder, Yellow Lakes #5, Autolyzed Yeast, Disodium Guanylate, Inosinate, Ground Turmeric, Silicon Dioxide For Anticaking, & Saffron, Water. CARROTS: Carrots. BROCCOLI: Broccoli.

Allergens: SOY, FISH

Reheat to a minimum of 165° for 15 seconds

Nutrition Facts BBQ Pork Roast Dinner AC0020

Servings Per Container 1

Serving Size 1 each (421.79g)

Amount Per Serving	
Calories	**518**
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 4g	22%
Trans Fat 0g	
Cholesterol 69mg	23%
Sodium 1461mg	64%
Total Carbohydrate 66g	24%
Dietary Fiber 7g	24%
Sugars 28g	
Includes 21g Added Sugars	42%
Protein 41g	81%
Vitamin D 0µg	0%
Calcium 345.782mg	27%
Iron 2.857mg	16%
Potassium 1318.349mg	28%

Ingredients: MOJO PORK LOIN: Pork Loin, Water, Seasoning (Maltodextrin, Salt, Sugar, Dehydrated Onion, Garlic and Spices), Salt, Sodium Tripolyphosphate, Orange Concentrate, Garlic Salt, Black Pepper, Cumin, and Oregano, Tomato Puree, High Fructose Corn Syrup, Molasses, Vinegar, Modified Corn Starch, Less than 2% of: Natural Hickory Smoke Flavor, Natural Flavor, Xanthan Gum, Onion, Garlic, Caramel Color, Sodium Benzoate and Potassium Sorbate Added to Preserve Freshness, Turmeric, Paprika Extracts. MACARONI AND CHEESE: Water, Cooked Macaroni (Enriched Macaroni [Semolina, Egg White, Glycerol Monostearate, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid]), Pasteurized Process Cheese (Cheddar Cheese [Pasteurized Milk, Cheese Culture, Enzymes], Cream, Seasoning [Potassium Chloride, Flavor (Contains Maltodextrin)]), Potassium Citrate, Salt, Paprika Extract, Annatto Extract, Nonfat Dry Milk, Contains Less Than 2% Of Cheese Flavor (Whey, Cheddar Cheese [Milk, Cheese Cultures, Enzymes], Buttermilk Solids, Butter), Modified Food Starch, Butter Flavoring (Whey Solids, Enzyme-Modified Butter [Buttermilk Powder, Enzymes], Maltodextrin, Dehydrated Butter [Buttermilk Powder], Guar Gum, Annatto And Turmeric [For Color]), Sodium Phosphates And Potassium Phosphates. BEANS: Prepared Navy Beans, Water, Brown Sugar. Contains 2% or less of: Salt, Mustard (Vinegar, Mustard Seed, Paprika, Turmeric), Modified Corn Starch, Onion Powder, Caramel Color, Spice, Garlic Powder, Natural Flavor.

Allergens: EGG, MILK, WHEAT

Reheat to a minimum of 165° for 15 seconds

Biscuit and Gravy Meal BB0005

Nutrition Facts

Servings Per Container 1

Serving Size 1 each (294.8g)

Amount Per Serving	
Calories	**431**
	% Daily Value*
Total Fat 20g	28%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 22mg	7%
Sodium 1294mg	56%
Total Carbohydrate 37g	13%
Dietary Fiber 2g	7%
Sugars 2g	
Includes 2g Added Sugars	4%
Protein 18g	22%
Vitamin D 0.6mcg	0%
Calcium 97.1mg	1%
Iron 2.62mg	15%
Potassium 479.1mg	10%

*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.

Ingredients: BISCUIT/GRAVY: Enriched Flour (Wheat Flour, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Palm Oil, Palm Kernel Oil, Sugar, Buttermilk, Sodium Aluminum Phosphate, Baking Soda, Salt, Sodium Acid Pyrophosphate, Dextrose, Dough Conditioner, Enzymes, Enriched Bleached Flour (Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic acid), Maltodextrin, Food Starch-Modified, Salt, Corn Syrup Solids, Contains Less Than 2% Of: Black Pepper, Sodium Caseinate, Mono & Diglycerides, Whey Protein Concentrate, Annatto, Pork, Chili Pepper, Natural Flavors, BHA, BHT, Citric Acid, Aged Cayenne Red Peppers, Distilled Vinegar, Garlic Powder. POTATOES: Potatoes, Dextrose, Disodium Pyrophosphate (Added To Maintain Color), Potassium Sorbate (Added To Maintain Freshness), Potassium Chloride, Sodium Chloride, Magnesium Carbonate, Yellow Prussiate of Soda, Garlic Granulated, Chopped Onion, Paprika, Ground Black Peppercorns, Corn starch, Soybean Oil, Hydrogenated Soybean Oil, Salt, Soy Lecithin, Natural and Artificial Flavors, Artificial Color.

Allergens: MILK, WHEAT, SOY

Reheat to a minimum of 165° for 15 seconds

Nutrition Facts Cheese Omelet Meal BB0010

Servings Per Container 1

Serving Size 1 each (277.8g)

Amount Per Serving

Calories 416

	% Daily Value*
Total Fat 23g	29%
Saturated Fat 9g	47%
Trans Fat 0g	
Cholesterol 176mg	59%
Sodium 826mg	36%
Total Carbohydrate 16g	6%
Dietary Fiber 3g	11%
Sugars 1g	
Includes 1g Added Sugars	2%
Protein 18g	31%
Vitamin D 0.101µg	1%
Calcium 156.334mg	15%
Iron 2.402mg	13%
Potassium 620.81mg	13%

*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.

Ingredients: OMELET: Whole Eggs, Water, Soybean Oil, Modified Food Starch, Salt, Whey Solids, Nonfat Dried Milk and Citric Acid. Filling: Pasteurized Process Colby Cheese (Colby Cheese (Milk, Cheese Culture), Cream, Sodium Phosphate, Sorbic Acid (Preservative), Paprika and Annatto (For Color), Cheddar Cheese (Cultured Pasteurized Milk, Color Added), Monterey Jack Cheese (Cultured Pasteurized Milk), Anticake (Potato Starch, Powdered Cellulose, Enzymes). BISCUIT: Enriched Flour (Wheat Flour, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Palm Oil, Palm Kernel Oil, Sugar, Buttermilk, Sodium Aluminum Phosphate, Baking Soda, Salt, Sodium Acid Pyrophosphate, Dextrose, Dough Conditioner (Enzymes). POTATOES: Potatoes, Dextrose, Disodium Pyrophosphate (Added To Maintain Color), Potassium Sorbate (Added To Maintain Freshness), Potassium Chloride, Sodium Chloride, Magnesium Carbonate, Yellow Prussiate of Soda, Garlic Granulated, Chopped Onion, Paprika, Ground Black Peppercorns, Corn starch, Soybean Oil, Hydrogenated Soybean Oil, Salt, Soy Lecithin, Natural and Artificial Flavors, Artificial Color.

Allergens: EGG, MILK, WHEAT, SOY

Reheat to a minimum of 165° for at least 15 seconds

Nutrition Facts

Servings Per Container 1

Serving Size 1 each (335.54g)

Calories	531
	% Daily Value*
Total Fat 16g	21%
Saturated Fat 5g	40%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 950mg	41%
Total Carbohydrate 57g	24%
Dietary Fiber 6g	20%
Sugars 6g	
Includes 1g Added Sugars	1%
Protein 30g	60%
Vitamin D 2.5mcg	15%
Calcium 487.723mg	36%
Iron 4.042mg	22%
Potassium 75.374mg	2%

* 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.

Cheese Ravioli Dinner ED0005

Ingredients: Ingredients: RAVIOLI: Ultra Grain Durum Semolina(51/49) blend (Whole Wheat Flour, Semolina (Wheat, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid), Low Fat Ricotta Cheese (Milk, Whey, Skim Milk, Vinegar, Xanthan Gum, Locust Bean Gum, Guar Gum, (Stabilizer), Water, LMPS Mozzarella Cheese (Pasteurized Milk, Cheese Culture Salt, Enzymes, Cellulose Powder to prevent caking), Whey Protein Concentrate, Romano Cheese (Pasteurized Cow's Milk, Cheese Cultures, Salt, Enzymes), Cornstarch (100% Maize), Dietary Fiber, Salt, Vine-Ripened Fresh Tomatoes, Blend Of Extra Virgin Olive Oil And Sunflower Oil, Salt, Onions, Sugar, Black Pepper, Basil, Oregano, Parsley, And Naturally Derived Citric Acid, Pasteurized Milk, Skim Milk, Cheese Cultures, Salt, Enzymes, Powdered Cellulose (Added To Prevent Caking), Natamycin (Added As A Mold Inhibitor). ROLL: Whole Wheat Flour, Water, Unbleached Enriched Flour (Wheat, Malted Barley, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Enriched Wheat Flour (Thiamine Mononitrate), Contains Less Than 2% Of Salt, Soy Oil, Sugar, Yeast, Conditioner (Ascorbic Acid, Enzymes), Canola Oil, Sunflower Lecithin, Natural Flavor, Garlic Oil, Annatto (Color), Propellant. GREEN BEANS: Green Beans.

Allergens: MILK, WHEAT

Reheat to a minimum of 165° for 15 seconds

Chicken and Broccoli Dinner ED0015

Nutrition Facts

Servings Per Container 1

Serving Size 1 each (460.9g)

Amount Per Serving

Calories **372**

% Daily Value*

Total Fat 11g	13%
Saturated Fat 5g	40%
Trans Fat 0g	
Cholesterol 76mg	25%
Sodium 1483mg	64%
Total Carbohydrate 47g	17%
Dietary Fiber 3g	10%
Sugars 10g	
Includes 4g Added Sugars	8%
Protein 22g	44%
Vitamin D 0.126µg	1%
Calcium 68.433mg	5%
Iron 2.558mg	14%
Potassium 452.889mg	10%

* 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.

Ingredients: CHICKEN AND BROCCOLI: Chicken Leg Meat, Water, Isolated Soy Protein (With Less Than 2% Lecithin), Seasoning [Soy Sauce (Soybeans, Salt, Sugar, Corn Starch), Molasses, Yeast Extract, Maltodextrin, Natural Flavor, Lactic Acid, Xanthan Gum], Seasoning (Black Pepper, Ground Mustard Seed, Ground Celery Seed, Garlic Powder, Fructose, Thyme, Basil, Autolyzed Yeast Extract, Soybean Oil, Salt), Sodium Phosphates, Food Starch-Modified, Coconut Oil, Whey, Hydrolyzed Corn Protein, Annatto, Dipotassium Phosphate, Mono and Diglycerides (With Citric Acid To Preserve Freshness), Sodium Caseinate, Spice, Roasted Chicken Dark Meat with Chicken Juices, Chicken Fat, Onion Powder, Turmeric, Flavorings, Disodium Inosinate, Disodium Guanylate, Chicken Broth, Hydrolyzed Soy Protein, Caramel Color, Broccoli. RICE: Long Grain Parboiled Rice Enriched With Iron (Ferric Phosphate), Niacin, Thiamine Mononitrate, & Folic Acid, Dehydrated Onion, Bell Pepper, Garlic, Tomatoes; Salt Maltodextrin, Sugar, Dextrose, Chicken Fat, Chicken Meat Powder, Yellow Lakes #5, Autolyzed Yeast, Disodium Guanylate, Inosinate, Ground Turmeric, Silicon Dioxide For Anticaking, & Saffron, Water. CARROTS: Carrots.

Allergens: SOY, MILK

Reheat to a minimum of 165° for 15 seconds

Nutrition Facts Chicken Alfredo Dinner ED0010

Servings Per Container 1

Serving Size 1 each (425.59g)

Amount Per Serving	
Calories	**504**
	% Daily Value*
Total Fat 13g	16%
Saturated Fat 3g	17%
Trans Fat 0g	
Cholesterol 79mg	26%
Sodium 843mg	37%
Total Carbohydrate 63g	23%
Dietary Fiber 5g	17%
Sugars 5g	
Includes 0g Added Sugars	0%
Protein 34g	68%
Vitamin D 0.025ug	0%
Calcium 91.269mg	7%
Iron 2.025mg	11%
Potassium 360.374mg	8%

* 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.

Ingredients: CHICKEN ALFREDO: Chicken Leg Meat, Water, Isolated Soy Protein (With Less Than 2% Lecithin), Seasoning [Soy Sauce (Soybeans, Corn Starch), Molasses, Contains Less Than 2% Of, And], Seasoning (Black Pepper, Ground Mustard Seed, Ground Celery Seed, Fructose, Thyme, Basil, Autolyzed Yeast Extract, Soybean Oil), Sodium Phosphates, Yeast Extract, Semolina (Wheat), Durum Wheat Flour, Vitamin B3 (Niacin), Iron (Ferrous Sulfate), Vitamin B1 (Thiamine Mononitrate), Vitamin B2 (Riboflavin), Folic Acid, 90% Soybean Oil, 10% Olive Pomace Oil, Palm Oil, Food Starch-Modified, Parmesan Cheese (Pasteurized Milk, Cheese Cultures), Enriched Bleached Flour (Wheat Flour, Thiamin Mononitrate), Corn Syrup Solids, Contains Less Than 2% Of: Blue Cheese (Cultured Pasteurized Milk), Whey, Onion Powder, Sodium Caseinate, Citric Acid, Mono & Diglycerides, Parmesan Cheese: (Pasteurized Part-Skim Cow's Milk), Imitation Parmesan: (Corn Starch, Cellulose, Caseinate, Sorbic Acid (as a preservative), Annatto), Powdered Cellulose added to prevent caking, Natamycin (A Natural Mold Inhibitor. ROLL: Whole Wheat Flour, Water, Unbleached Enriched Flour (Wheat, Malted Barley, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Enriched Wheat Flour (Thiamine Mononitrate), Contains Less Than 2% Of Salt, Soy Oil, Sugar, Yeast, Conditioner (Ascorbic Acid, Enzymes), Canola Oil, Sunflower Lecithin, Natural Flavor, Garlic Oil, Annatto (Color), Propellant. SCANDINAVIAN VEGETABLE: Peas, Zucchini, Green Beans, Carrots, Onions.

Allergens: SOY, WHEAT, MILK

Reheat to a minimum of 165° for 15 seconds

Grilled Chicken Finger Meal AC0025

Nutrition Facts

Servings Per Container 1

Serving Size 1 each (339.29g)

Amount Per Serving

Calories 268

% Daily Value*

Total Fat 3g	4%
Saturated Fat 0g	2%
Trans Fat 0g	
Cholesterol 52mg	17%
Sodium 685mg	29%
Total Carbohydrate 25g	11%
Dietary Fiber 3g	11%
Sugars 5g	
Includes 0g Added Sugars	0%
Protein 23g	47%
Vitamin D 0µg	0%
Calcium 20.604mg	2%
Iron 1.221mg	7%
Potassium 201.165mg	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.

Ingredients: CHICKEN FINGERS: Raw Chicken, Paprika, Chopped Onion, Salt, Garlic Powder, Sugar, Oleoresin Turmeric, Silicon Dioxide, Ground Black Peppercorns, Dextrose, Potassium Iodide (0.006%), Sodium Bicarbonate, Yellow Prussiate of Soda, 90% Soybean Oil, 10% Olive Pomace Oil. RICE: Long Grain Parboiled Rice Enriched With Iron (Ferric Phosphate), Niacin, Thiamine Mononitrate, & Folic Acid, Dehydrated Onion, Bell Pepper, Garlic, Tomatoes; Salt Maltodextrin, Sugar, Dextrose, Chicken Fat, Chicken Meat Powder, Yellow Lakes #5, Autolyzed Yeast, Disodium Guanylate, Inosinate, Ground Turmeric, Silicon Dioxide For Anticaking, & Saffron, Water. SCANDINAVIAN VEGETABLE: Peas, Zucchini, Green Beans, Carrots, Onions. CARROTS: Carrots.

Allergens: SOY

Reheat to a minimum of 165° for at least 15 seconds

Nutrition Facts

Servings Per Container 1

Serving Size 1 each (976.66g)

Amount Per Serving

Calories 545

	% Daily Value*
Total Fat 13g	17%
Saturated Fat 6g	28%
Trans Fat 0g	
Cholesterol 184mg	61%
Sodium 1044mg	45%
Total Carbohydrate 60g	22%
Dietary Fiber 8g	27%
Sugars 22g	
Includes 9g Added Sugars	17%
Protein 48g	95%
Vitamin D 0.446µg	2%
Calcium 79.904mg	6%
Iron 4.036mg	22%
Potassium 774.019mg	16%

* 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.

Chicken Noodle Soup Meal AC0031

Ingredients: CHICKEN NOODLE SOUP: Chicken, Celery, Carrots, Onion, 90% Soybean Oil, 10% Olive Pomace Oil, Ground Black Peppercorns, Parsley, Garlic Granulated, Water, Roasted Chicken Dark Meat With Chicken Juices, Maltodextrin, Sugar, Chicken Fat, Salt, Hydrolyzed Corn Protein, Contains Less Than 2% Of Yeast Extract, Onion Powder, Turmeric, Flavorings, Disodium Inosinate, Disodium Guanylate, Natural Flavorings, Chicken Broth, Hydrolyzed Soy Protein, Caramel Color, Durum Wheat Semolina, Durum Wheat Flour, Eggs, Niacin, Iron (Ferrous Sulfate), Thiamin Mononitrate, Riboflavin, Folic Acid. CRACKERS: Unbleached Wheat Flour, Water, Canola Oil, Cane Sugar, Salt, Yeast, Baking Soda. MIXED VEGETABLES: Carrots, Corn, Green Beans, Peas.

Allergens: EGG, WHEAT, SOY

Reheat to a minimum of 165° for at least 15 seconds

Chicken Nugget Meal AC0035

Nutrition Facts

Servings Per Container 1

Serving Size 1 each (243.75g)

Amount Per Serving

Calories 309

	% Daily Value*
Total Fat 13g	16%
Saturated Fat 3g	13%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 511mg	22%
Total Carbohydrate 32g	12%
Dietary Fiber 5g	18%
Sugars 3g	
Includes 0g Added Sugars	0%
Protein 15g	30%
Vitamin D 0µg	0%
Calcium 20mg	2%
Iron 0.680mg	4%
Potassium 567.5mg	12%

* 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.

Ingredients: CHICKEN NUGGETS: Chicken, Water, Isolated Soy Protein, Sugar, Reduced Sodium Sea Salt (Potassium Chloride, Rice Flour), Sodium Phosphates, White Pepper, Onion Powder, Garlic Powder, Whole Wheat Flour, Enriched Wheat Flour (Enriched With Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Spice, Ascorbic Acid (Vitamin C), Dextrose, Extractives Of Paprika, Modified Corn Starch, Chicken Broth, Maltodextrin, Yeast Extract, Natural And Artificial Flavors, Lactic Acid. POTATOES: Potatoes, Water, Margarine (Liquid and Hydrogenated Soybean Oil, Water, Salt, Contains Less Than 2% of Vegetable Mono and Diglycerides, Soy Lecithin, Citric Acid, Natural and Artificial Flavor, Vitamin A Palmitate Added), Nonfat Milk and Nonfat Milk Solids, Potassium Sorbate (Preservative), Titanium Dioxide (Color), Modified Corn Starch, Sodium Acid Pyrophosphate (Leavening), Salt, Glucono Delta Lactone, Xanthan Gum. MIXED VEGETABLES: Carrots, Corn, Green Beans, Peas.

Allergens: SOY, WHEAT, MILK

Reheat to a minimum of 165° for 15 seconds

Chicken Pot Pie Dinner AC0040

Nutrition Facts

Servings Per Container 1

Serving Size 1 each (470.9g)

Amount Per Serving	
Calories	**490**
	% Daily Value*
Total Fat 15g	20%
Saturated Fat 8g	37%
Trans Fat 0g	
Cholesterol 74mg	25%
Sodium 1315mg	57%
Total Carbohydrate 66g	24%
Dietary Fiber 4g	13%
Sugars 30g	
Includes 13g Added Sugars	26%
Protein 24g	48%
Vitamin D 0.125ug	1%
Calcium 43.733mg	3%
Iron 2.42mg	13%
Potassium 385.971mg	8%

*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.

Ingredients: CHICKEN POT PIE: Chicken, Roasted Chicken Dark Meat with Chicken Juices, Maltodextrin, Sugar, Chicken Fat, Salt, Hydrolyzed Corn Protein, Contains less than 2% of Yeast Extract, Onion Powder, Turmeric, Flavorings, Disodium Inosinate, Disodium Guanylate, Natural Flavorings, Chicken Broth, Hydrolyzed Soy Protein, Caramel Color, Water, Food Starch-Modified, Coconut Oil, Whey, Contains less than 2% of the following: Annatto, Dipotassium Phosphate, Garlic Powder, Mono and Diglycerides (With Citric Acid To Preserve Freshness), Sodium Caseinate, Soybean Oil, Spice, Xanthan Gum, Carrots, Corn, Green Beans, Peas. BISCUIT: Enriched Flour (Wheat Flour, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Palm Oil, Palm Kernel Oil, Sugar, Buttermilk, Sodium Aluminum Phosphate, Baking Soda, Salt, Sodium Acid Pyrophosphate, Dextrose, Dough Conditioner (Enzymes). BROCCOLI: Broccoli. CINNAMON APPLES: Apple Slices, Water, High Fructose Corn Syrup, Food Starch-Modified (Corn), Apple Juice Concentrate, Natural Fruit Flavor, Potassium Sorbate (Preservative), Citric Acid, Spices, Ascorbic Acid To Protect Color.

Allergens: WHEAT, SOY, MILK

Reheat to a minimum of 165° for 15 seconds

Chicken Wing Meal AC0045

Nutrition Facts

Servings Per Container 1

Serving Size 1 each (282.39g)

Amount Per Serving	
Calories	**360**
	% Daily Value*
Total Fat 17g	22%
Saturated Fat 4g	21%
Trans Fat 0g	
Cholesterol 101mg	34%
Sodium 530mg	23%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	11%
Sugars 10g	
Includes 10g Added Sugars	20%
Protein 19g	38%
Vitamin D 0mcg	0%
Calcium 34.72mg	3%
Iron 0.83mg	4%
Potassium 457.18mg	9%

*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.

Ingredients: CHICKEN WINGS: Chicken, Liquid And Hydrogenated Soybean Oil, Water, Salt, Contains Less Than 2% Of Vegetable Mono & Diglycerides, Soy Lecithin, Natural & Artificial Flavors, Beta Carotene (Color), Vitamin A Palmitate Added, Dextrose, Potassium Iodide (0.006%), Sodium Bicarbonate, Yellow Prussiate Of Soda, Paprika, Ground Black Peppercorns, Cane Sugar, Garlic Granulated, Tomato Puree, High Fructose Corn Syrup, Molasses, Vinegar, Modified Corn Starch, Less Than 2% Of: Spices, Natural Hickory Smoke Flavor, Natural Flavor, Xanthan Gum, Onion, Caramel Color, Sodium Benzoate And Potassium Sorbate Added To Preserve Freshness, Turmeric. POTATOES: Potatoes, Dextrose, Disodium Pyrophosphate (Added To Maintain Color), Potassium Sorbate (Added To Maintain Freshness, Potassium Chloride, Sodium Chloride, Magnesium Carbonate, Yellow Prussiate of Soda, Garlic Granulated, Chopped Onion, Paprika, Ground Black Peppercorns, Corn starch, Soybean Oil, Hydrogenated Soybean Oil, Salt, Soy Lecithin, Natural and Artificial Flavors, Artificial Color, Dried Dill Weed. GREEN BEANS: Green Beans

Allergens: SOY

Reheat to a minimum of 165° for 15 seconds

Nutrition Facts

Servings Per Container 1

Serving Size 1 each (354.45g)

Amount Per Serving

Calories **386**

% Daily Value*

Total Fat 9g	12%
Saturated Fat 3g	16%
Trans Fat 0g	
Cholesterol 43mg	14%
Sodium 751mg	33%
Total Carbohydrate 51g	19%
Dietary Fiber 9g	34%
Sugars 7g	
Includes 2g Added Sugars	3%
Protein 22g	43%
Vitamin D 0µg	0%
Calcium 51.446mg	4%
Iron 4.017mg	22%
Potassium 745.067mg	16%

Chili con Carne Meal AC0050

Ingredients: CHILI: Red Beans, Tomatoes, Chili Pepper, Onion, Sugar, Maltodextrin, Modified Food Starch, Spices, Green Bell Pepper, Garlic, Turmeric Extract, Calcium Chloride, Citric Acid, Water, Tomatoes, Tomato Juice, Less Than 2% of: Salt, Calcium Chloride, Ground Beef (Not More Than 20% Fat), Caramel Color. RICE: Long Grain Parboiled Rice Enriched With Iron (Ferric Phosphate), Niacin, Thiamine, Mononitrate and Folic Acid, Water. MIXED VEGETABLES: Carrots, Corn, Green Beans, Peas.

Allergens: NONE

Reheat to a minimum of 165° for 15 seconds

Chopped Sirloin Dinner AC0055

Nutrition Facts

Servings Per Container 1

Serving Size 1 each (544.03g)

Amount Per Serving

Calories 318

	% Daily Value*
Total Fat 12g	16%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 59mg	20%
Sodium 413mg	18%
Total Carbohydrate 31g	11%
Dietary Fiber 8g	21%
Sugars 3g	
Includes 2g Added Sugars	4%
Protein 16g	32%
Vitamin D 0.068µg	0%
Calcium 54.892mg	4%
Iron 2.432mg	14%
Potassium 317.05mg	7%

* 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.

Ingredients: CHOPPED SIRLOIN: Beef, Water, Textured Vegetable Protein (Soy Flour, Caramel Color), Ketchup (Tomato Concentrate From Red Ripe Tomatoes, Distilled Vinegar, Cane Sugar, Salt, Onion Powder, Spice, Natural Flavoring), Soy Protein Concentrate, Soy Fines (Soybeans), Diced Green Peppers (Green Sweet Pepper, Water, Citric Acid), Diced Red Peppers (Red Sweet Peppers, Water, Citric Acid), Salt, Dehydrated Chopped Onion, Seasoning (Hydrolyzed Soy Protein, Modified Corn Starch, Sodium Phosphates, Dextrose, Yeast Extract), Caramel Color, Enriched Bleached Flour (Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic acid), Maltodextrin, Food Starch-Modified, Palm Oil, Corn Syrup Solids, Contains Less Than 2% Of: Black Pepper, Sodium Caseinate, Mono & Diglycerides, Whey Protein Concentrate, Annatto. EGG NOODLE: Durum Wheat Semolina, Durum Wheat Flour, Eggs, Niacin, Iron (Ferrous Sulfate), Thiamin Mononitrate, Riboflavin, Folic Acid, 90% Soybean Oil, 10% Olive Pomace Oil, Water. GREEN BEANS: Green Beans.

Allergens: SOY, MILK, WHEAT, EGG

Reheat to a minimum of 165° for 15 seconds

Corned Beef Hash Meal BB0015

Nutrition Facts

Servings Per Container 1

Serving Size 1 each (313.9g)

Amount Per Serving	
Calories	**528**
	% Daily Value*
Total Fat 31g	40%
Saturated Fat 12g	61%
Trans Fat 1g	
Cholesterol 155mg	52%
Sodium 1775mg	51%
Total Carbohydrate 37g	11%
Dietary Fiber 4g	13%
Sugars 3g	
Includes 2g Added Sugars	4%
Protein 18g	35%
Vitamin D 0.6µg	3%
Calcium 341.7mg	3%
Iron 3.23mg	15%
Potassium 488.65mg	14%

* 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.

Ingredients: CORNED BEEF HASH: Beef and Cooked Corned Beef (Beef, Water, Salt, Sugar, Sodium Nitrite), Rehydrated Potatoes, Water, 2% Or Less of Salt, Sugar, Dried Onions, Ascorbic Acid, Gum Arabic, Natural Flavor, Sodium Nitrite, Sulfiting Agents. EGG PATTY: Egg Whites, Egg Yolks, Soybean Oil, Water, Contains 2% Or Less of The Following: Modified Corn Starch, Black Pepper, Salt, Natural Butter Flavor, Cellulose Gum, Xanthan Gum, Citric Acid. BISCUIT: Enriched Flour (Wheat Flour, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Palm Oil, Palm Kernel Oil, Sugar, Buttermilk, Sodium Aluminum Phosphate, Baking Soda, Salt, Sodium Acid Pyrophosphate, Dextrose, Dough Conditioner Enzymes. POTATOES: Potatoes, Dextrose, Disodium Pyrophosphate (Added To Maintain Color), Potassium Sorbate (Added To Maintain Freshness, Soybean Oil, Hydrogenated Soybean Oil, Salt, Soy Lecithin, Natural and Artificial Flavors, Artificial Color, Potassium Chloride, Sodium Chloride, Magnesium Carbonate, Yellow Prussiate of Soda, Garlic Granulated, Chopped Onion, Paprika, Ground Black Peppercorns, Corn Starch.

Allergens: EGG, MILK, WHEAT, SOY

Reheat to a minimum of 165° for 15 seconds

Country Fried Chicken Dinner AC0060

Nutrition Facts

Servings Per Container 1

Serving Size 1 each (268.57g)

Amount Per Serving	
Calories	**344**
	% Daily Value*
Total Fat 15g	19%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 85mg	27%
Sodium 645mg	28%
Total Carbohydrate 32g	12%
Dietary Fiber 5g	19%
Sugars 4g	
Includes 1g Added Sugars	2%
Protein 22g	45%
Vitamin D 0µg	0%
Calcium 10mg	1%
Iron 2.25mg	12%
Potassium 365.13mg	12%

*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.

Ingredients: CHICKEN: Chicken Drumstick, Water, Whole Wheat Flour, Enriched Wheat Flour (Enriched With Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Contains 2% Or Less Of: Brown Sugar, Canola Oil, Carrot Powder, Citric Acid, Extractives Of Paprika And Turmeric, Garlic Powder, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Monocalcium Phosphate), Maltodextrin, Modified Food Starch, Modified Wheat Starch, Natural Flavor, Onion Powder, Salt, Sodium Phosphates, Spices (Including Celery Seed), Vegetable Stock (Onion, Celery, Carrot), Wheat Gluten, Whole Grain Yellow Corn Flour, Yeast Extract, Vegetable Oil. MASHED POTATOES: Potatoes, Water, Margarine (Liquid and Hydrogenated Soybean Oil, Salt, Contains Less Than 2% of Vegetable Mono and Diglycerides, Soy Lecithin, Citric Acid, Natural and Artificial Flavor, Vitamin A Palmitate Added), Nonfat Milk and Nonfat Milk Solids, Potassium Sorbate (Preservative), Titanium Dioxide (Color), Modified Corn Starch, Sodium Acid Pyrophosphate (Leavening), Glucono Delta Lactone, Xanthan Gum. PEAS: Green Peas.

Allergens: MILK, SOY, WHEAT

Reheat to a minimum of 165° for 15 seconds

Nutrition Facts Country Fried Steak Dinner AC0065

Servings Per Container 1

Serving Size 1 each (332.43g)

Amount Per Serving

Calories 464

	% Daily Value*
Total Fat 28g	36%
Saturated Fat 6g	31%
Trans Fat 0g	
Cholesterol 64mg	21%
Sodium 1092mg	47%
Total Carbohydrate 30g	11%
Dietary Fiber 5g	19%
Sugars 3g	
Includes 1g Added Sugars	2%
Protein 18g	35%
Vitamin D 0.125µg	1%
Calcium 45.755mg	4%
Iron 2.876mg	16%
Potassium 605.187mg	13%

*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.

Ingredients: MEATLOAF: Beef, Water, Textured Vegetable Protein (Soy Flour, Caramel Color), Ketchup (Tomato Concentrate From Red Ripe Tomatoes, Distilled Vinegar, Cane Sugar, Salt, Onion Powder, Spice, Natural Flavoring), Soy Protein Concentrate, Soy Fines (Soybeans), Diced Green Peppers (Green Sweet Pepper, Water, Citric Acid), Diced Red Peppers (Red Sweet Peppers, Water, Citric Acid), Salt, Dehydrated Chopped Onion, Seasoning (Hydrolyzed Soy Protein, Modified Corn Starch, Sodium Phosphates, Dextrose, Yeast Extract), Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid, Whole Eggs, Egg Whites, Whey, Skim Milk, Soybean Oil, Xanthan Gum, Garlic Powder, Sugar, Spices Including Oleoresin Turmeric, Silicon Dioxide, Olive Pomace Oil. MASHED POTATOES: Potatoes, Water, Margarine (Liquid and Hydrogenated Soybean Oil, Water, Salt, Contains Less Than 2% of Vegetable Mono and Diglycerides, Soy Lecithin, Citric Acid, Natural and Artificial Flavor, Vitamin A Palmitate Added), Nonfat Milk and Nonfat Milk Solids, Potassium Sorbate (Preservative), Titanium Dioxide (Color), Modified Corn Starch, Sodium Acid Pyrophosphate (Leavening), Salt, Glucono Delta Lactone, Xanthan Gum. GRAVY: Enriched Bleached Flour (Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic acid), Maltodextrin, Food Starch-Modified, Palm Oil, Salt, Corn Syrup Solids, Contains Less Than2% Of: Black Pepper, Sodium Caseinate, Mono & Diglycerides, Whey Protein Concentrate, Annatto, Water. GREEN BEANS: Green Beans.

Allergens: MILK, SOY, WHEAT, EGG

Reheat to a minimum of 165° for 15 seconds

Nutrition Facts Crab Cake Meal AC0071

Servings Per Container 1

Serving Size 1 each (299.58g)

Amount Per Serving

Calories **446**

	% Daily Value*
Total Fat 15g	19%
Saturated Fat 8g	39%
Trans Fat 0g	
Cholesterol 44mg	15%
Sodium 1109mg	48%
Total Carbohydrate 58g	21%
Dietary Fiber 6g	22%
Sugars 12g	
Includes 1g Added Sugars	2%
Protein 21g	42%
Vitamin D 0µg	0%
Calcium 276.656mg	21%
Iron 2.917mg	16%
Potassium 760.25mg	16%

* 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.

Ingredients: CRAB CAKE: Imitation Crab Meat, Fish Protein, Alaska Pollock, Pacific Whiting, Water, Wheat Starch, Egg Whites, Sorbitol, Sugar, Salt, Snow Crab, Mirin, Rice, Alcohol, Enzyme, Koji, Fructose, Dextrose, Hydrolyzed Protein, Wheat, Corn, Soy, Natural Flavor, Sodium Tripolyphosphate, Tetrasodium Pyrophosphate, Corn Syrup Solids, Artificial Flavor, Whey, Lactose, Disodium Guanylate, Disodium Inosinate, Sodium Citrate, Carmine, Paprika Extract, Bleached Wheat Flour, Enriched Wheat Flour, Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Cream, Milk, Onion, Enriched Bleached Wheat Flour, Butter, Modified Corn Starch, Cottonseed Oil, Soybean Oil, Red Bell Pepper, Corn Starch, Egg White Powder, Worcestershire Sauce, Distilled Vinegar, Molasses, Corn Syrup, Caramel Color, Garlic Powder, Spices, Anchovies, Tamarind, Leavening, Sodium Aluminum Phosphate, Sodium Bicarbonate, Nonfat Milk, Yeast, Modified Tapioca Starch, Carrageenan, Modified Cellulose Gum, Parsley, Sodium Phosphates, Cellulose Gum, Durum Flour, Red Vinegar, Locust Bean Gum, Invert Sugar Syrup, Guar Gum, And Xanthan Gum. MACARONI AND CHEESE: Water, Cooked Macaroni (Enriched Macaroni [Semolina, Egg White, Glycerol Monostearate, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid]), Pasteurized Process Cheese (Cheddar Cheese [Pasteurized Milk, Cheese Culture, Salt, Enzymes], Cream, Seasoning [Potassium Chloride, Flavor (Contains Maltodextrin)], Sodium Phosphates And Potassium Phosphates, Potassium Citrate, Paprika Extract, Annatto Extract), Nonfat Dry Milk, Contains Less Than 2% Of Cheese Flavor (Whey, Cheese Cultures, Buttermilk Solids, Butter), Modified Food Starch, Butter Flavoring (Whey Solids, Enzyme-Modified Butter, Maltodextrin, Guar Gum, Annatto And Turmeric [For Color]). PEAS: Green Peas.

Allergens: EGG, MILK, WHEAT, FISH, SHELLFISH, SOY

Reheat to a minimum of 165° for at least 15 seconds

Egg and Cheese Muffin Meal BB0020

Nutrition Facts

Servings Per Container 1

Serving Size 1 each (354.32g)

Amount Per Serving	
Calories	**531**
	% Daily Value*
Total Fat 21g	26%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 144mg	48%
Sodium 903mg	39%
Total Carbohydrate 56g	20%
Dietary Fiber 4g	16%
Sugars 23g	
Includes 9g Added Sugars	18%
Protein 17g	34%
Vitamin D 0.2µg	1%
Calcium 153.902mg	12%
Iron 1.385mg	8%
Potassium 560.584mg	12%

* 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.

Ingredients: EGG AND CHEESE MUFFIN: Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine mononitrate, Riboflavin, Folic Acid), Water, Soybean Oil, Yeast, Yellow Corn Meal, Contains 2% Or Less Of The Following: Sugar, Wheat Gluten, Salt, Cultured Wheat Flour, Citric Acid, Fumaric Acid, Enzymes, Ascorbic Acid (Added As A Dough Conditioner), Calcium Sulfate. Milk, Cream, Sodium Citrate, Cheese Culture, Sorbic Acid (Preservative), Soy Lecithin, Color Added, Egg Whites, Egg Yolks, Modified Corn Starch, Black Pepper, Natural Butter Flavor, Cellulose Gum, Xanthan Gum. POTATOES: Dextrose, Disodium Pyrophosphate (Added to Maintain Color), Potassium Sorbate (Added to Maintain Freshness), Soybean Oil, Hydrogenated Soybean Oil, Salt, Soy Lecithin, Natural and Artificial Flavors, Artificial Color. Potassium Chloride, Sodium Chloride, Magnesium Carbonate, Yellow Prussiate of Soda, Garlic Granulated, Chopped Onion, Paprika, Ground Black Peppercorns, Corn Starch. CINNAMON APPLES: Sliced Apples, Water, High Fructose Corn Syrup, Food Starch-Modified (Corn), Apple Juice Concentrate, Natural Fruit Flavor, Potassium Sorbate (Preservative), Citric Acid, Spices, Ascorbic Acid to Protect Color.

Allergens: WHEAT, MILK, SOY, EGG

Reheat to a minimum of 165° for at least 15 seconds

Fish Fry Meal AC0075

Nutrition Facts

Servings Per Container 1

Serving Size 1 each (255.54g)

Amount Per Serving

Calories 342

	% Daily Value*
Total Fat 11g	15%
Saturated Fat 2g	9%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 480mg	21%
Total Carbohydrate 27g	10%
Dietary Fiber 4g	15%
Sugars 3g	
Includes 0g Added Sugars	0%
Protein 17g	34%
Vitamin D 0µg	0%
Calcium 32.200mg	2%
Iron 1.45mg	8%
Potassium 718.387mg	15%

* 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.

Ingredients: FISH STICKS: Alaska Pollock, Enriched Bleached Wheat Flour (Flour, Niacin, Ferrous Sulfate, Thiamine mononitrate, Riboflavin, Folic Acid), Vegetable Oil (Canola Oil, Cottonseed Oil, And/or soybean Oil), Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Modified Corn Starch, Contains 2% Or Less Of: Water, Salt, Yellow corn Flour, Dextrose, Yeast, Garlic Powder, Onion Powder, Paprika Extract (Color), Guar gum, Natural Flavor. POTATOES: Potatoes, Dextrose, Disodium Pyrophosphate (Added To Maintain Color), Potassium Sorbate (Added To Maintain Freshness), Potassium Chloride, Sodium Chloride, Magnesium Carbonate, Yellow Prussiate of Soda, Garlic Granulated, Chopped Onion, Paprika, Ground Black Peppercorns, Corn starch, Soybean Oil, Hydrogenated Soybean Oil, Salt, Soy Lecithin, Natural and Artificial Flavors, Artificial Color, Dried Dill Weed. MIXED VEGETABLES: Carrots, Corn, Green Beans, Peas.

Allergens: SOY, FISH, WHEAT

Reheat to a minimum of 165° for 15 seconds

Nutrition Facts

Servings Per Container 1

Serving Size 1 each (339.6g)

Amount Per Serving

Calories 462

	% Daily Value*
Total Fat 12g	15%
Saturated Fat 4g	22%
Trans Fat 0g	
Cholesterol 14mg	5%
Sodium 555mg	24%
Total Carbohydrate 59g	21%
Dietary Fiber 5g	17%
Sugars 32g	
Includes 17g Added Sugars	35%
Protein 14g	27%
Vitamin D 1.418µg	7%
Calcium 162.733mg	13%
Iron 2.992mg	17%
Potassium 509.336mg	11%

* 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.

French Toast Meal BB0026

Ingredients: FRENCH TOAST: Enriched Wheat Flour (Flour, Malted Barley Flour, Reduced Iron, Niacin, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Water, Sugar, Soybean Oil, Yeast, Wheat Gluten, Salt, Calcium Propionate (Preservative), Datem, Corn Flour, Calcium Sulfate, Soy Lecithin, Spice & Coloring, Potassium Iodate, Whole Eggs, Whey (Milk). Contains 2% Or Less of The Following: Natural Vanilla Flavor, Xanthan Gum, Citric Acid. POTATOES: Potatoes, Dextrose, Disodium Pyrophosphate (Added To Maintain Color), Potassium Sorbate (Added To Maintain Freshness, Soybean Oil, Hydrogenated Soybean Oil, Salt, Soy Lecithin, Natural and Artificial Flavors, Artificial Color, Potassium Chloride, Sodium Chloride, Magnesium Carbonate, Yellow Prussiate of Soda, Garlic Granulated, Chopped Onion, Paprika, Ground Black Peppercorn, Corn Starch. CHEESE: Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Anticake (Potato Starch, Powdered Cellulose). CINNAMON APPLES: Apple Slices, Water, High Fructose Corn Syrup, Food Starch-Modified (Corn), Apple Juice Concentrate, Natural Fruit Flavor, Potassium Sorbate (Preservative), Citric Acid, Spices, Ascorbic Acid to Protect Color.

Allergens: EGG, MILK, SOY, WHEAT

Reheat to a minimum of 165° for at least 15 seconds

General Tso Chicken Dinner AF0005

Nutrition Facts

Servings Per Container 1

Serving Size 1 each (295.19g)

Amount Per serving	
Calories	**329**
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 561mg	22%
Total Carbohydrate 51g	18%
Dietary Fiber 4g	14%
Sugars 16g	
Includes 13g Added Sugars	26%
Protein 15g	30%
Vitamin D 0µg	0%
Calcium 36.325mg	3%
Iron 1.356mg	8%
Potassium 295.351mg	4%

* 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.

Ingredients: GENERAL TSO CHICKEN: Diced Chicken Leg Meat, Water, Sodium Phosphates, Whole Wheat Flour, Water, Corn Starch, Salt, Modified Corn Starch, Leavening (Sodium Aluminum Phosphate, Sodium Bicarbonate), Dextrose, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Garlic Powder, Onion Powder, Spices, Extractives of Paprika, Spice Extractives, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Whole Wheat Flour, Wheat Gluten, Dried Egg Whites, Salt, Sodium Acid Pyrophosphate, Leavening (Sodium Bicarbonate), Extractives of Paprika, Sugar, Water, Soy Sauce (Water, Soybeans, Salt, Wheat Flour), White Distilled Vinegar, Contains Less Than 2% Of Modified Corn Starch, Onion Powder, Garlic Powder, Sesame Seeds, Chili Peppers, Spices, Sesame Oil, Safflower Oil, Citric Acid, Sodium Citrate, Xanthan Gum, Cultured Dextrose, Natural Flavors (Milk). RICE: Long Grain Parboiled Rice Enriched with Iron (Ferric Phosphate), Niacin, Thiamine Mononitrate, Folic Acid, Water. ASIAN VEGETABLES: Green Beans, Broccoli, Onions, Mushrooms, Red Peppers. CARROTS: Carrots.

Allergens: MILK, EGG, WHEAT, SOY, SESAME

Reheat to a minimum of 165° for 15 seconds

Nutrition Facts

Servings Per Container 1

Serving Size 1 each (260.09g)

Amount Per Serving

Calories 426

	% Daily Value*
Total Fat 23g	30%
Saturated Fat 10g	52%
Trans Fat 0g	
Cholesterol 287mg	96%
Sodium 1051mg	47%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	7%
Sugars 2g	
Includes 1g Added Sugars	2%
Protein 23g	46%
Vitamin D 0.203µg	1%
Calcium 256.729mg	20%
Iron 2.307mg	13%
Potassium 460.077mg	10%

*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.

Ham and Cheese Egg Meal BB0031

Ingredients: SCRAMBLED EGGS: Whole Eggs, Modified Corn Starch, Salt, Citric Acid, Xanthan Gum. HAM: Cured With: Water, Dextrose, Salt, Contains 2% Or Less of Brown Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Lauric Arginate. CHEESE: Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Monterey Jack Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Anticake (Potato Starch, Powdered Cellulose. BISCUIT: Enriched Flour (Wheat Flour, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Palm Oil, Palm Kernel Oil, Sugar, Buttermilk, Sodium Aluminum Phosphate, Baking Soda, Salt, Sodium Acid Pyrophosphate, Dextrose, Dough Conditioner (Enzymes). WEDGES: Potatoes, Dextrose, Disodium Pyrophosphate (Added to Maintain Color), Potassium Sorbate (Added to Maintain Freshness. Potassium Chloride, Sodium Chloride, Magnesium Carbonate, Yellow Prussiate of Soda, Garlic Granulated, Chopped Onion, Paprika, Ground Black Peppercorns, Soybean Oil, Hydrogenated Soybean Oil, Salt, Soy Lecithin, Natural and Artificial Flavors, Artificial Color.

Allergens: MILK, WHEAT, SOY, EGG

Reheat to a minimum of 165° for at least 15 seconds

Ham Dinner AC0085

Nutrition Facts

Servings Per Container 1

Serving Size 1 each (366.82g)

Amount Per Serving	
Calories	**345**
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 1212mg	53%
Total Carbohydrate 52g	19%
Dietary Fiber 6g	22%
Sugars 41g	
Includes 22g Added Sugars	44%
Protein 17g	34%
Vitamin D 0.1ug	1%
Calcium 80.023mg	6%
Iron 1.134mg	6%
Potassium 807.305mg	17%

* 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.

Ingredients: HAM: Water, Dextrose, Salt, Contains 2% Or Less of Brown Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Lauric Arginate, Pineapple, Sugar, Citric Acid, Molasses, Corn Starch. BROCCOLI: Broccoli. SWEET POTATO: Cooked Sweet Potatoes, Whole Milk (Whole Milk, Vitamin D), Brown Sugar, Butter (Sweet Cream [Milk], Salt), Salt, Cinnamon, Nisin Preparation (Salt, Nisin [A Natural Antimicrobial]), Nutmeg.

Allergens: MILK

Reheat to a minimum of 165° for 15 seconds

Honey Barbequed Chicken Dinner AC0090

Nutrition Facts

Servings Per Container 1

Serving Size 1 each (403.85g)

Amount per Serving	
Calories	**448**
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 90mg	30%
Sodium 1158mg	50%
Total Carbohydrate 67g	24%
Dietary Fiber 8g	21%
Sugars 36g	
Includes 20g Added Sugars	40%
Protein 26g	51%
Vitamin D 0ug	0%
Calcium 86.685mg	5%
Iron 3.249mg	18%
Potassium 809.227mg	17%

* 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.

Ingredients: HONEY BBQ CHICKEN: Chicken Drumstick, Water, Contains 2% Or Less Of The Following: Brown Sugar, Canola Oil, Caramelized Sugar, Carrot Powder, Citric Acid, Garlic Powder, Maltodextrin, Modified Food Starch, Natural Flavors, Onion Powder, Salt, Sodium Phosphates, Sugar, Vegetable Stock (Onion, Celery, Carrot), Xanthan Gum, Yeast Extract. Blanched In Vegetable Oil, Tomato Puree, High Fructose Corn Syrup, Molasses, Vinegar, Modified Corn Starch, less than 2% of: Spices, Natural Hickory Smoke Flavor, Onion, Garlic, Caramel Color, Sodium Benzoate and Potassium Sorbate Added to Preserve Freshness, Turmeric, Paprika Extracts, Honey. RICE: Long Grain Parboiled Rice Enriched With Iron (Ferric Phosphate), Niacin, Thiamine Mononitrate, & Folic Acid, Dehydrated Onion, Bell Pepper, Garlic, Tomatoes; Salt Maltodextrin, Sugar, Dextrose, Chicken Fat, Chicken Meat Powder, Yellow Lakes #5, Autolyzed Yeast, Disodium Guanylate, Inosinate, Ground Turmeric, Silicon Dioxide For Anticaking, & Saffron, Water. BAKED BEANS: Prepared Navy Beans, Water, Brown Sugar. Contains 2% or less of: Salt, Mustard (Water, Vinegar, Mustard Seed, Salt, Paprika, Turmeric), Modified Corn Starch. Onion Powder, Caramel Color, Spice, Garlic Powder, Natural Flavor.

Allergens: NONE

Reheat to a minimum of 165° for 15 seconds

Nutrition Facts Lasagna Dinner ED0020

Servings Per Container 1

Serving Size 1 each (313.89g)

Amount Per Serving

Calories 519

	% Daily Value*
Total Fat 17g	22%
Saturated Fat 7g	34%
Trans Fat 0g	
Cholesterol 72mg	24%
Sodium 995mg	43%
Total Carbohydrate 58g	21%
Dietary Fiber 8g	21%
Sugars 5g	
Includes 0g Added Sugars	0%
Protein 31g	61%
Vitamin D 2.1µg	11%
Calcium 313.076mg	24%
Iron 2.868mg	16%
Potassium 132.858mg	3%

* 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.

Ingredients: LASAGNA: Ultra Grain Durum Semolina (51/49) Blend (Whole Wheat Flour, Semolina [Wheat, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid], Low Fat Ricotta Cheese [Milk, Whey, Skim Milk, Vinegar, Xanthan Gum, Locust Bean Gum, Guar Gum (Stabilizer)], Water, LMPS Mozzarella Cheese [Pasteurized Milk, Cheese Culture, Salt, Enzymes, Cellulose Powder to Prevent Caking], Whey Protein Concentrate, Romano Cheese [Pasteurized Cow's Milk, Cheese Cultures, Enzymes], Corn Starch (100% Maize), Dietary Fiber, Ground Beef (Not More Than 20% Fat), Caramel Color, Vine-Ripened Fresh Tomatoes, Blend of Extra Virgin Olive Oil and Sunflower Oil, Onions, Sugar, Black Pepper, Basil, Oregano, Parsley, Naturally Derived Citric Acid, Oil, Sunflower Lecithin, Natural Flavor, Garlic Oil, Annatto (Color), Propellant. Pasteurized Milk, Skim Milk, Cheese Cultures, Salt, Enzymes, Powdered Cellulose (Added to Prevent Caking), Natamycin (Added as a Mold Inhibitor). ROLL: Whole Wheat Flour, Water, Unbleached Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Contains Less Than 2% Of Salt, Soy Oil, Sugar, Yeast, Conditioner (Wheat Flour, Malted Barley Flour, Ascorbic Acid, Enzymes), Canola Oil, Sunflower Lecithin, Natural Flavor, Garlic Oil, Annatto (Color), And Propellant. BROCCOLI: Broccoli.

Allergens: MILK, WHEAT, SOY

Reheat to a minimum of 165° for 15 seconds

Macaroni and Cheese Meal AC0095

Nutrition Facts

Servings Per Container 1

Serving Size 1 each (243.3g)

Amount Per Serving	
Calories	**402**
	% Daily Value*
Total Fat 19g	25%
Saturated Fat 10g	52%
Trans Fat 0g	
Cholesterol 57mg	19%
Sodium 712mg	31%
Total Carbohydrate 34g	12%
Dietary Fiber 3g	9%
Sugars 9g	
Includes 0g Added Sugars	0%
Protein 22g	45%
Vitamin D 0.2mcg	1%
Calcium 565.435mg	43%
Iron 1.318mg	7%
Potassium 844.853mg	18%

* 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.

Ingredients: MACARONI AND CHEESE: Water, Cooked Macaroni (Enriched Macaroni [Semolina, Egg White, Glycerol Monostearate, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid]), Pasteurized Process Cheese (Cheddar Cheese [Pasteurized Milk, Cheese Culture, Salt, Enzymes], Cream, Seasoning [Potassium Chloride, Flavor (Contains Maltodextrin)], Potassium Citrate, Paprika Extract, Annatto Extract), Nonfat Dry Milk, Contains Less Than 2% Of Cheese Flavor (Whey, Buttermilk Solids, Butter), Modified Food Starch, Butter Flavoring (Whey Solids, Enzyme-Modified Butter, Guar Gum, Turmeric [For Color]), Cheddar Cheese (Cultured Pasteurized Milk), Monterey Jack Cheese (Cultured Pasteurized Milk), Anticake (Potato Starch, Powdered Cellulose). MIXED VEGETABLE: Carrots, Corn, Green Beans, Peas. BROCCOLI: Broccoli.

Allergens: EGG, MILK, WHEAT

Reheat to a minimum of 165° for 15 seconds

Nutrition Facts

Servings Per Container 1

Serving Size 1 each (819.12g)

Amount Per Serving

Calories **610**

	% Daily Value*
Total Fat 30g	38%
Saturated Fat 11g	57%
Trans Fat 1g	
Cholesterol 90mg	30%
Sodium 1055mg	46%
Total Carbohydrate 62g	23%
Dietary Fiber 9g	33%
Sugars 7g	
Includes 1g Added Sugars	2%
Protein 24g	48%
Vitamin D 0.102µg	1%
Calcium 94.162mg	7%
Iron 2.195mg	12%
Potassium 365.962mg	8%

* 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.

Meatball Stroganoff Meal ED0025

Ingredients: MEATBALL STROGANOFF: Beef, Chicken, Water, Textured Soy Flour, Soy Protein Concentrate, Contains Less Than 2% Of The Following: Wheat Flour, Dehydrated Onion, Flavorings, Hydrolyzed Soy Protein, Salt, Potassium Chloride, Sodium Phosphate, Paprika, Garlic Powder, Paprika Extract, Nonfat Dry Milk, Enriched Bleached Flour (Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Food Starch-Modified, Palm Oil, Color Added, Hydrolyzed Vegetable Protein (Corn, Soy, And/or Wheat), Sugar, Corn Syrup Solids, Onion, Contains Less Than 2%: Soy Sauce (Soybeans, Wheat), Yeast Extract, Natural Flavors, Succinic Acid, Glutamic Acid, Gum Arabic, Gum Acacia, Sodium Caseinate, Mono & Diglycerides, Disodium Guanylate, Disodium Inosinate, Mushrooms, Citric Acid, Ascorbic Acid, Liquid And Hydrogenated Soybean Oil, Soy Lecithin, Natural & Artificial Flavors, Beta Carotene (Color), Vitamin A Palmitate Added, Cultured Cream, Whey, Sodium Phosphate (Sodium Tripolyphosphate), Guar Gum, Carrageenan, Calcium Sulfate, Locust Bean Gum, Potassium Sorbate (To Preserve Freshness), Vine Ripened Tomatoes, Garlic Granulated, Ground Black Peppercorns, Chopped Onion, Durum Wheat Semolina, Durum Wheat Flour, Eggs, Niacin, Iron (Ferrous Sulfate), Thiamin Mononitrate, Riboflavin, Folic Acid, 90% Soybean Oil, 10% Olive Pomace Oil. ROLL: Water, Whole Wheat Flour, Wheat Flour, Wheat Gluten, Yeast, Sea Salt, Rye Flour, Raw Cane Sugar, Deactivated Yeast, Guar Gum, Fava Bean Flour, Malted Barley Flour, Dextrose, Sugar, Sunflower Lecithin, Calcium Phosphate, Malt Extract, Ascorbic Acid, Salt, Enzymes, Xanthan Gum, Niacin, Reduced Iron, Calcium Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid. PEAS: Green Peas.

Allergens: SOY, WHEAT, MILK, EGG

Reheat to a minimum of 165° for 15 seconds

Nutrition Facts Meatloaf Dinner AC0100

Servings Per Container 1

Serving Size 1 each (318.46g)

Amount Per serving	
Calories	**455**
	% Daily Value*
Total Fat 14g	18%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 942mg	41%
Total Carbohydrate 58g	21%
Dietary Fiber 5g	19%
Sugars 42g	
Includes 38g Added Sugars	75%
Protein 16g	33%
Vitamin D 0µg	0%
Calcium 45.255mg	3%
Iron 3.125mg	17%
Potassium 749.156mg	16%

* 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.

Ingredients: MEATLOAF: Beef, Water, Textured Vegetable Protein (Soy Flour, Caramel Color), Ketchup (Tomato Concentrate From Red Ripe Tomatoes, Distilled Vinegar, Cane Sugar, Salt, Onion Powder, Spice, Natural Flavoring), Soy Protein Concentrate, Soy Fines (Soybeans), Diced Green Peppers (Green Sweet Pepper, Citric Acid), Diced Red Peppers (Red Sweet Peppers, and Citric Acid), Dehydrated Chopped Onion, Seasoning (Hydrolyzed Soy Protein, Modified Corn Starch, Sodium Phosphates, Dextrose, Yeast Extract), Caramel Color, High Fructose Corn Syrup, Corn Syrup, Molasses, Onions, Anchovies, Garlic, Cloves, Tamarind Extract, Natural Flavorings, Chili Pepper Extract. MASHED POTATOES: Potatoes, Water, Margarine (Liquid and Hydrogenated Soybean Oil, Water, Salt, Contains Less Than 2% of Vegetable Mono and Diglycerides, Soy Lecithin, Citric Acid, Natural and Artificial Flavor, Vitamin A Palmitate Added), Nonfat Milk and Nonfat Milk Solids, Potassium Sorbate (Preservative), Titanium Dioxide (Color), Modified Corn Starch, Sodium Acid Pyrophosphate (Leavening), Salt, Glucono Delta Lactone, Xanthan Gum. GRAVY: Enriched Bleached Flour (Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic acid), Food Starch-Modified, Salt, Palm Oil, Color Added, Hydrolyzed Vegetable Protein (Corn, Soy, And/or Wheat), Sugar, Corn Syrup Solids, Onion, Contains Less Than 2%: Garlic, Soy sauce (Soybeans, Wheat, Salt), Yeast Extract, Natural Flavors, Succinic Acid, Glutamic Acid, Gum Arabic, Gum Acacia, Sodium Caseinate, Mono & Diglycerides, Disodium Guanylate, Disodium Inosinate, Water. PEAS: Green Peas.

Allergens: MILK, SOY, WHEAT

Reheat to a minimum of 165° for 15 seconds

Mojo Pork Dinner LC0010

Nutrition Facts

Servings Per Container 1

Serving Size 1 each (368.55g)

Amount Per Serving

Calories 523

	% Daily Value*
Total Fat 21g	27%
Saturated Fat 6g	38%
Trans Fat 0g	
Cholesterol 53mg	18%
Sodium 1125mg	49%
Total Carbohydrate 45g	16%
Dietary Fiber 10g	34%
Sugars 1g	
Protein 25g	50%
Vitamin D 0ug	0%
Calcium 28.535mg	2%
Iron 3.572mg	20%
Potassium 601.7mg	13%

*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.

Ingredients: MOJO PORK: Pork, Water, Seasoning (Maltodextrin, Salt, Sugar, Dehydrated Onion, Garlic and Spices), Salt, Sodium Tripolyphosphate, Orange Concentrate, Garlic Salt, Black Pepper, Cumin, and Oregano. RICE: Long Grain Parboiled Rice Enriched With Iron (Ferric Phosphate), Niacin, Thiamine Mononitrate, & Folic Acid, Dehydrated Onion, Bell Pepper, Garlic, Tomatoes; Salt Maltodextrin, Sugar, Dextrose, Chicken Fat, Chicken Meat Powder, Yellow Lakes #5, Autolyzed Yeast, Disodium Guanylate, Inosinate, Ground Turmeric, Silicon Dioxide For Anticaking, & Saffron, Water. BLACK BEANS: Prepared Black Beans, Water, Salt, Vegetable Oil (Canola & Olive), Onion Powder and Dehydrated Green Bell Peppers.

Allergens: NONE

Reheat to a minimum of 165° for 15 seconds

Pancakes With Sausage Meal BB0035

Nutrition Facts

Servings Per Container 1

Serving Size 1 each (271.4g)

Amount Per Serving	
Calories	**548**
	% Daily Value*
Total Fat 25g	32%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 788mg	34%
Total Carbohydrate 64g	23%
Dietary Fiber 3g	6%
Sugars 30g	
Includes 17g Added Sugars	34%
Protein 15g	33%
Vitamin D 0µg	0%
Calcium 80mg	6%
Iron 2.5mg	14%
Potassium 250.435mg	5%

Ingredients: PANCAKES: Water, Enriched, Unbleached Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Folic Acid], Dextrose, Sugar, Soybean Oil, Whole Eggs, Baking Powder [Sodium Acid Pyrophosphate, Bicarbonate of Soda, Corn Starch, Monocalcium Phosphate], Buttermilk, Salt. SAUSAGE PATTY: Pork, Water, Salt, Sugar, Spices, Chili Pepper, Natural Flavors, BHA, BHT, Citric Acid, Caramel Color. CINNAMON APPLES: Apple Slices, Water, High Fructose Corn Syrup, Food Starch-Modified (Corn), Apple Juice Concentrate, Natural Fruit Flavor, Potassium Sorbate (Preservative), Citric Acid, Spices, Ascorbic Acid to Protect Color.

Allergens: EGG, MILK, WHEAT

Reheat to a minimum of 165° for 15 seconds

Pasta with Meatballs Dinner ED0030

Nutrition Facts

Servings Per Container 1

Serving Size 1 each (456.02g)

Amount Per Serving

Calories **642**

	% Daily Value*
Total Fat 25g	33%
Saturated Fat 8g	40%
Trans Fat 1g	
Cholesterol 46mg	15%
Sodium 1008mg	44%
Total Carbohydrate 79g	29%
Dietary Fiber 6g	22%
Sugars 9g	
Includes 1g Added Sugars	2%
Protein 25g	50%
Vitamin D 0.025ug	0%
Calcium 119.113mg	9%
Iron 0.945mg	5%
Potassium 142.286mg	3%

* 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.

Ingredients: PASTA WITH MEATBALLS: Vine-Ripened Fresh Tomatoes, Blend Of Extra Virgin Olive Oil And Sunflower Oil, Salt, Onions, Sugar, Black Pepper, Basil, Oregano, Parsley, And Naturally Derived Citric Acid, Beef, Chicken, Textured Soy Flour, Soy Protein Concentrate, Contains Less Than 2% Of The Following: Wheat Flour, Dehydrated Onion, Flavorings, Hydrolyzed Soy Protein, Salt, Potassium Chloride, Sodium Phosphate, Paprika, Garlic Powder, Paprika Extract, Nonfat Dry Milk, Semolina (Wheat), Durum Wheat Flour, Vitamin B3 (Niacin), Iron (Ferrous Sulfate), Vitamin B1 (Thiamine Mononitrate), Vitamin B2 (Riboflavin), Folic Acid, 90% Soybean Oil, 10% Olive Pomace Oil, Water. BROCCOLI: Broccoli. ROLL: Whole Wheat Flour, Water, Unbleached Enriched Flour (Wheat, Malted Barley, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Enriched Wheat Flour (Thiamine Mononitrate), Contains Less Than 2% Of Salt, Soy Oil, Sugar, Yeast, Conditioner (Ascorbic Acid, Enzymes), Canola Oil, Sunflower Lecithin, Natural Flavor, Garlic Oil, Annatto (Color), Propellant.

Allergens: SOY, WHEAT, MILK

Reheat to a minimum of 165° for 15 seconds

Pepper Steak Dinner AF0010

Nutrition Facts

Servings Per Container 1

Serving Size 1 each (336.73g)

Amount Per Serving	
Calories	**193**
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 777mg	34%
Total Carbohydrate 21g	8%
Dietary Fiber 3g	9%
Sugars 4g	
Includes 0g Added Sugars	0%
Protein 16g	32%
Vitamin D 0µg	0%
Calcium 49.065mg	4%
Iron 2.102mg	12%
Potassium 431.79mg	9%

* 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.

Ingredients: PEPPER STEAK: Beef, Water, Egg Whites, Sodium Phosphates, Salt, White Pepper, Red Peppers, Green Peppers, Yellow Peppers, Onions, Soybeans, Wheat, Lactic Acid, Sodium Benzoate: Less Than 1/10 Of 1% As A Preservative, Garlic Granulated, Ground Black Peppercorns, Cooked Beef and Beef Broth, Hydrolyzed Vegetable Protein (Hydrolyzed Corn Gluten), Whey, Palm Oil, Dextrose, Hydrolyzed Vegetable Protein (Hydrolyzed Soy Protein), Caramel Color, Contains 2% or less of Onion Powder, Natural Flavor, Maltodextrin, Yeast Extract, Disodium Inosinate and Disodium Guanylate, Citric Acid, Enriched Bleached Flour (Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic acid), Food Starch-Modified, Color Added, Hydrolyzed Vegetable Protein (Corn, Soy, And/or Wheat), Corn Syrup Solids, Onion, Contains Less Than 2%: Garlic, Soy Sauce (Wheat), Natural Flavors, Succinic Acid, Glutamic Acid, Gum Arabic, Gum Acacia, Sodium Caseinate, Mono & Diglycerides, Corn Starch. RICE: Long Grain Parboiled Rice Enriched with Iron (Ferric Phosphate), Niacin, Thiamine, Mononitrate and Folic Acid, Water. ASIAN VEGETABLE: Green Beans, Broccoli, Onions, Mushrooms, Red Peppers. BROCCOLI: Broccoli.

Allergens: SOY, MILK, WHEAT, EGG

Reheat to a minimum of 165° for 15 seconds

Nutrition Facts

Servings Per Container 1

Serving Size 1 each (287.52g)

Amount Per Serving

Calories 300

% Daily Value*

Total Fat 10g	13%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 36mg	12%
Sodium 579mg	25%
Total Carbohydrate 36g	13%
Dietary Fiber 4g	13%
Sugars 3g	
Includes 0g Added Sugars	0%
Protein 15g	30%
Vitamin D 0ug	0%
Calcium 41.966mg	3%
Iron 3.24mg	18%
Potassium 696.368mg	15%

* 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.

Pot Roast Dinner AC0105

Ingredients: POT ROAST: Beef, Contains 2% Or Less of Spices, Dehydrated Garlic, Dehydrated Onion, Maltodextrin, Salt, Sugar, Natural Flavor, Enriched Bleached Flour (Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Food Starch-Modified, Palm Oil, Color Added, Hydrolyzed Vegetable Protein (Corn, Soy, And/or Wheat), Corn Syrup Solids, Onion, Contains Less Than 2%: Soy Sauce (Soybeans, Wheat), Yeast Extract, Succinic Acid, Glutamic Acid, Gum Arabic, Gum Acacia, Sodium Caseinate, Mono & Diglycerides, Disodium Guanylate, Disodium Inosinate, Potatoes, Water, Margarine (Liquid And Hydrogenated Soybean Oil, Soy Lecithin, Citric Acid, Natural And Artificial Flavor, Vitamin A Palmitate Added), Nonfat Milk And Nonfat Milk Solids, Potassium Sorbate (Preservative), Titanium Dioxide (Color), Modified Corn Starch, Sodium Acid Pyrophosphate (Leavening), Glucono Delta Lactone, Xanthan Gum. ROLL: Whole Wheat Flour, Water, Unbleached Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Contains Less Than 2% Of Salt, Soy Oil, Sugar, Yeast, Conditioner (Wheat Flour, Malted Barley Flour, Ascorbic Acid, Enzymes). CARROTS: Carrots.

Allergens: MILK, SOY, WHEAT

Reheat to a minimum of 165° for 15 seconds

Nutrition Facts

Servings Per Container 1

Serving Size 1 each (365.55g)

Amount Per Serving

Calories **393**

	% Daily Value*
Total Fat 18g	23%
Saturated Fat 6g	28%
Trans Fat 0g	
Cholesterol 100mg	33%
Sodium 885mg	38%
Total Carbohydrate 41g	15%
Dietary Fiber 4g	14%
Sugars 12g	
Includes 5g Added Sugars	10%
Protein 18g	36%
Vitamin D 0.4ug	2%
Calcium 120.801mg	9%
Iron 1.689mg	9%
Potassium 569.245mg	12%

* 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.

Puree Baked Chicken Meal PE0005

Ingredients: PUREE CHICKEN BREAST: Eggs, Milk (Contains Vitamin D3), Chicken, Isolated Soy Protein, Cheddar Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Annatto Vegetable Color), Chicken Base (Chicken Meat including Chicken Juices, Hydrolyzed Soy and Corn Protein, Potato Flour, Flavorings, Autolyzed Yeast Extract, Carrot Powder, Turmeric), Butter (Pasteurized Cream), Modified Cornstarch, Gelatin, Soy Sauce (Water, Soybeans, Wheat, Sodium Benzoate[Preservative]). POTATOES: Potatoes, Water, Margarine (Liquid and Hydrogenated Soybean Oil, Contains Less Than 2% of Vegetable Mono and Diglycerides, Soy Lecithin, Citric Acid, Natural and Artificial Flavor, Vitamin A Palmitate Added), Nonfat Milk and Nonfat Milk Solids, Potassium Sorbate (Preservative), Titanium Dioxide (Color), Modified Corn Starch, Sodium Acid Pyrophosphate (Leavening), Salt, Glucono Delta Lactone, Xanthan Gum. GRAVY: Modified Food Starch, Wheat Flour, Salt, Modified Whey, Maltodextrin, Hydrolyzed Soy Protein, Palm Oil, Sugar, Chicken Fat, Cooked Chicken, Chicken Flavors (Natural Flavors, Chicken Stock, Autolyzed Yeast Extract, Chicken Meat Powder, Lactic Acid, Calcium Lactate, Sodium Phosphate), Turkey Stock, Contains 2% or less of: Onion Powder, Yeast Extract, Sodium Caseinate, Chicken Broth, Dipotassium Phosphate, Disodium Inosinate, Disodium Guanylate, Mono & Diglycerides, Spices, Natural Flavor, Caramel Color, Silicon Dioxide (anti-caking agent), Sodium Hexametaphosphate, Extractive of Turmeric, Sunflower Oil, Water. PUREE CARROT: Carrot Puree, Modified Food Starch (Corn And/or Tapioca), Vegetable Oil (Canola, Corn And/or Soybean Oil, Tbhq and Citric Acid, Dimethylpolysiloxane), Sugar, Brown Sugar, Natural Butter Flavor (Concentrated Natural Butter Flavor, Dried on Maltodextrin, Whey Powder, Salt, Xanthan Gum, Natural Flavor).

Allergens: EGG, MILK, SOY, WHEAT

Reheat to a minimum of 165° for 15 seconds

Puree Roast Beef Meal PE0015

Nutrition Facts

Servings Per Container 1

Serving Size 1 each (360.85g)

Amount Per Serving	
Calories	**380**
	% Daily Value*
Total Fat 20g	25%
Saturated Fat 5g	23%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 1144mg	50%
Total Carbohydrate 33g	12%
Dietary Fiber 3g	11%
Sugars 4g	
Includes 3g Added Sugars	6%
Protein 19g	38%
Vitamin D 0µg	0%
Calcium 95.691mg	7%
Iron 2.328mg	13%
Potassium 515.334mg	11%

*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.

Ingredients: PUREE ROAST BEEF: Beef, Water, Pea Protein, Concentrated Beef Stock, Brown Rice Protein, Canola Oil, Contains 2% or less of Modified Cornstarch, Cultured Dextrose, Maltodextrin, Salt, Konjac Gum. PUREE GREEN BEAN: Green Bean Puree, Water, Soybean Oil, Modified Tapioca Starch, Contains 2% or less of Rice Flour, Sugar, Modified Cornstarch, Salt, Cultured Dextrose, Maltodextrin, Dried Egg Whites, Xanthan Gum. MASHED POTATOES: Potatoes, Water, Margarine (Liquid and Hydrogenated Soybean Oil, Salt, Contains Less Than 2% of Vegetable Mono and Diglycerides, Soy Lecithin, Citric Acid, Natural and Artificial Flavor, Vitamin A Palmitate Added), Nonfat Milk and Nonfat Milk Solids, Potassium Sorbate (Preservative), Titanium Dioxide (Color), Modified Corn Starch, Sodium Acid Pyrophosphate (Leavening), Glucono Delta Lactone, Xanthan Gum. GRAVY: Enriched Bleached Flour (Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic acid), Food Starch-Modified, Salt, Palm Oil, Color Added, Hydrolyzed Vegetable Protein (Corn, Soy, And/or Wheat), Sugar, Corn Syrup Solids, Onion, Contains Less Than 2%: Garlic, Soy sauce (Soybeans, Wheat), Yeast Extract, Natural Flavors, Succinic Acid, Glutamic Acid, Gum Arabic, Gum Acacia, Sodium Caseinate, Mono & Diglycerides, Disodium Guanylate, Disodium Inosinate, Water.

Allergens: EGG, MILK, SOY, WHEAT

Reheat to a minimum of 165° for 15 seconds

Puree Baked Ham Meal PE0010

Nutrition Facts

Servings Per Container 1

Serving Size 1 each (315.74g)

Amount Per Serving	
Calories	**410**
	% Daily Value*
Total Fat 18g	22%
Saturated Fat 5g	23%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 1030mg	45%
Total Carbohydrate 43g	16%
Dietary Fiber 7g	25%
Sugars 22g	
Includes 10g Added Sugars	20%
Protein 15g	30%
Vitamin D 0.1µg	1%
Calcium 90mg	7%
Iron 2.5mg	13%
Potassium 700mg	15%

* 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.

Ingredients: PUREE HAM: Cooked Ham Meat, Water, Isolated Soy Protein (Contains Soy Lecithin), Dried Egg Whites, Contains 2% or less of Salt, Sugar, Rice Flour, Soybean Oil, Modified Cornstarch, Cultured Dextrose, Maltodextrin, Xanthan Gum, Smoke Flavor (Contains Polysorbate 80),Maltodextrin, Glycerol, Sodium Erythorbate, Invert Sugar, Spices, Canola Oil, Sodium Nitrite, Natural and Artificial Flavors. PUREE PEAS: Pea Puree, Vegetable Oil (Canola, Corn And/or Soybean Oil, Tbhq and Citric Acid, Dimethylpolysiloxane), Modified Food Starch (Corn And/or Tapioca), Water, Sugar, Natural Butter Flavor (Concentrated Natural Butter Flavor, Dried on Maltodextrin, Whey Powder, Salt, Xanthan Gum, Natural Flavor). SWEET POTATO MASH: Cooked Sweet Potatoes, Whole Milk, Vitamin D, Brown Sugar, Butter (Sweet Cream [Milk], Salt), Cinnamon, Nisin Preparation (Nisin [A Natural Antimicrobial]), Nutmeg.

Allergens: EGG, SOY, MILK, WHEAT

Reheat to a minimum of 165° for 15 seconds

Puree Roast Pork Meal PE0020

Nutrition Facts

Servings Per Container 1

Serving Size 1 each (360.85g)

Amount Per Serving

Calories 403

	% Daily Value*
Total Fat 19g	24%
Saturated Fat 5g	23%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 875mg	38%
Total Carbohydrate 38g	14%
Dietary Fiber 4g	14%
Sugars 9g	
Includes 5g Added Sugars	10%
Protein 18g	36%
Vitamin D 0µg	0%
Calcium 42.746mg	3%
Iron 0.5mg	3%
Potassium 560.397mg	12%

* 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.

Ingredients: PUREE PORK ROAST: Pork, Water, Pea Protein, Pork Broth, Brown Rice Protein, Contains 2% or less of Canola Oil, Modified Cornstarch, Cultured Dextrose (Cultured Dextrose, Maltodextrin), Salt, Konjac Gum. MASHED POTATOES: Potatoes, Water, Margarine (Liquid and Hydrogenated Soybean Oil, Salt, Contains Less Than 2% of Vegetable Mono and Diglycerides, Soy Lecithin, Citric Acid, Natural and Artificial Flavor, Vitamin A Palmitate Added), Nonfat Milk and Nonfat Milk Solids, Potassium Sorbate (Preservative), Titanium Dioxide (Color), Modified Corn Starch, Sodium Acid Pyrophosphate (Leavening), Glucono Delta Lactone, Xanthan Gum. GRAVY: Enriched Bleached Flour (Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic acid), Food Starch-Modified, Salt, Palm Oil, Color Added, Hydrolyzed Vegetable Protein (Corn, Soy, And/or Wheat), Sugar, Corn Syrup Solids, Onion, Contains Less Than 2%: Garlic, Soy sauce (Soybeans, Wheat), Yeast Extract, Natural Flavors, Succinic Acid, Glutamic Acid, Gum Arabic, Gum Acacia, Sodium Caseinate, Mono & Diglycerides, Disodium Guanylate, Disodium Inosinate, Water. PUREE, CARROT: Carrot Puree, Modified Food Starch (Corn And/or Tapioca), Vegetable Oil (Canola, Corn And/or Soybean Oil, Tbhq and Citric Acid, Dimethylpolysiloxane), Sugar, Brown Sugar, Natural Butter Flavor (Concentrated Natural Butter Flavor, Dried on Maltodextrin, Whey Powder, Salt, Xanthan Gum, Natural Flavor).

Allergens: MILK, SOY, WHEAT

Reheat to a minimum of 165° for 15 seconds

Nutrition Facts

Servings Per Container 1

Serving Size 1 each (330.51g)

Amount Per Serving

Calories **315**

	% Daily Value*
Total Fat 10g	13%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 1032mg	45%
Total Carbohydrate 35g	13%
Dietary Fiber 4g	15%
Sugars 5g	
Includes 1g Added Sugars	3%
Protein 25g	49%
Vitamin D 0µg	0%
Calcium 20.379mg	2%
Iron 2.044mg	11%
Potassium 608.45mg	13%

* 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.

Roast Turkey Meal AC0110

Ingredients: TURKEY ROAST: Turkey Breast Meat, Turkey Broth, Contains 2% or less Salt, Dextrose, Carrageenan, Sodium Phosphate, Vegetable Oil. STUFFING: Breadcrumbs [Enriched Wheat Flour (Enriched With Reduced Iron, Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid), High Fructose Corn Syrup, Palm Oil, Salt, Contains 2% or Less of Each of the Following: Yeast, Calcium Propionate (Preservative), Caramel Color, Soy Lecithin], Seasoning [Dehydrated Vegetables (Onion, Celery, Garlic), Maltodextrin, Salt, Sugar, Parsley, Natural & Artificial Flavor, Color (Caramel Color, Turmeric Extract, Turmeric), Celery Seed, Disodium Inosinate & Guanylate, Spice, Hydrolyzed Corn & Soy Protein, Yeast Extract, Citric Acid, Spice Extractives, Contains 2% Or Less Silicon Dioxide (Anticaking)], Water, Soybean Oil, Hydrogenated Soybean Oil, Soy Lecithin, Natural and Artificial Flavors, Artificial Color. TURKEY GRAVY: Modified Food Starch, Wheat Flour, Salt, Modified Whey, Maltodextrin, Hydrolyzed Soy Protein, Palm Oil, Sugar, Chicken Fat, Cooked Chicken, Chicken Flavors (Natural Flavors, Chicken Stock, Autolyzed Yeast Extract, Chicken Meat Powder, Lactic Acid, Calcium Lactate, Sodium Phosphate), Turkey Stock, Contains 2% or less of: Onion Powder, Yeast Extract, Sodium Caseinate, Chicken Broth, Dipotassium Phosphate, Disodium Inosinate, Disodium Guanylate, Mono & Diglycerides, Spices, Natural Flavor, Caramel Color, Silicon Dioxide (anti-caking agent), Sodium Hexametaphosphate, Extractive of Turmeric, Sunflower Oil, Water. MASHED POTATOES: Potatoes, Water, Margarine (Liquid and Hydrogenated Soybean Oil, Water, Salt, Contains Less Than 2% of Vegetable Mono and Diglycerides, Soy Lecithin, Citric Acid, Natural and Artificial Flavor, Vitamin A Palmitate Added), Nonfat Milk and Nonfat Milk Solids, Potassium Sorbate (Preservative), Titanium Dioxide (Color), Modified Corn Starch, Sodium Acid Pyrophosphate (Leavening), Glucono Delta Lactone, Xanthan Gum. GREEN PEAS: Green Peas.

Allergens: MILK, SOY, WHEAT

Reheat to a minimum of 165° for 15 seconds

Ropa Vieja Dinner LC0015

Nutrition Facts

Servings Per Container 1

Serving Size 1 each (298.95g)

Amount Per Serving

Calories 278

	% Daily Value*
Total Fat 10g	12%
Saturated Fat 3g	14%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 596mg	26%
Total Carbohydrate 28g	10%
Dietary Fiber 7g	24%
Sugars 8g	
Includes 0g Added Sugars	0%
Protein 18g	36%
Vitamin D 0µg	0%
Calcium 33.129mg	3%
Iron 3.217mg	18%
Potassium 589.25mg	13%

Ingredients: ROPA VIEJA: Beef, Contains 2% or less of Spices, Dehydrated Garlic, Dehydrated Onion, Maltodextrin, Salt, Sugar, Natural Flavor, Red Peppers, Green Peppers, Yellow Peppers, Onions, 90% Soybean Oil, 10% Olive Pomace Oil, Green Pepper, Onion, Garlic, Cilantro, Culantro, Potassium Chloride, Sodium Chloride, Magnesium Carbonate, Yellow Prussiate of Soda, Water, Chopped Onion, Garlic Granulated, Cumin, Dextrose, Potassium Iodide (0.006%), Sodium Bicarbonate, Vine Ripened Tomatoes, Citric Acid. RICE: Long Grain Parboiled Rice Enriched with Iron (Ferric Phosphate), Niacin, Thiamine, Mononitrate and Folic Acid, Water. BLACK BEANS: Prepared Black Beans, Water, Salt, Vegetable Oil (Canola & Olive), Onion Powder and Dehydrated Green Bell Peppers. MIXED VEGETABLES: Carrots, Corn, Green Beans, Peas.

Allergens: SOY

Reheat to a minimum of 165° for 15 seconds

Nutrition Facts

Servings Per Container 1

Serving Size 1 each (274.99g)

Amount Per Serving

Calories **290**

	% Daily Value*
Total Fat 14g	18%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 668mg	29%
Total Carbohydrate 24g	9%
Dietary Fiber 4g	15%
Sugars 4g	
Includes 0g Added Sugars	0%
Protein 15g	30%
Vitamin D 0ug	0%
Calcium 45.126mg	3%
Iron 2.725mg	15%
Potassium 626.976mg	13%

* 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.

Salisbury Steak Dinner AC0115

Ingredients: SALISBURY STEAK: Beef, Water, Textured Vegetable Protein (Soy Flour, Caramel Color), Ketchup (Tomato Concentrate From Red Ripe Tomatoes, Distilled Vinegar, Cane Sugar, Salt, Onion Powder, Spice), Soy Protein Concentrate, Soy Fines (Soybeans), Diced Green Peppers, Citric Acid, Diced Red Peppers, Dehydrated Chopped Onion, Seasoning (Hydrolyzed Soy Protein, Modified Corn Starch, Sodium Phosphates, Dextrose, Yeast Extract), Enriched Bleached Flour (Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic acid), Food Starch-Modified, Palm Oil, Color Added, Hydrolyzed Vegetable Protein (Corn, Soy, And/or Wheat), Sugar, Corn Syrup Solids, Onion, Contains Less Than 2%: Garlic, Soy sauce (Soybeans, Wheat), Natural Flavors, Succinic Acid, Glutamic Acid, Gum Arabic, Gum Acacia, Sodium Caseinate, Mono & Diglycerides, Disodium Guanylate, Disodium Inosinate, Mushrooms, Ascorbic Acid. MASHED POTATOES: Potatoes, Margarine (Liquid and Hydrogenated Soybean Oil, Contains Less Than 2% of Vegetable Mono and Diglycerides, Soy Lecithin, Citric Acid, Natural and Artificial Flavor, Vitamin A Palmitate Added), Nonfat Milk and Nonfat Milk Solids, Potassium Sorbate (Preservative), Titanium Dioxide (Color), Modified Corn Starch, Sodium Acid Pyrophosphate (Leavening), Glaucon Delta Lactone, Xanthan Gum. MIXED VEGETABLES: Carrots, Corn, Green Beans, Peas.

Allergens: MILK, SOY, WHEAT

Reheat to a minimum of 165° for 15 seconds

Nutrition Facts

Servings Per Container 1

Serving Size 1 each (245.94g)

Amount Per Serving

Calories 531

	% Daily Value*
Total Fat 29g	37%
Saturated Fat 13g	63%
Trans Fat 0g	
Cholesterol 48mg	16%
Sodium 854mg	37%
Total Carbohydrate 51g	19%
Dietary Fiber 3g	9%
Sugars 24g	
Includes 9g Added Sugars	18%
Protein 14g	28%
Vitamin D 0.1µg	1%
Calcium 206.353mg	16%
Iron 1.897mg	11%
Potassium 468.182mg	10%

*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.

Sausage and Cheese Biscuit Meal BB0041

Ingredients: BISCUIT: Enriched Flour Bleached (Wheat Flour, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Soybean Oil, Hydrogenated Soybean Oil, Buttermilk, Sugar, Sodium Aluminum Phosphate, Salt, Baking Soda, Datem, Calcium Acid Pyrophosphate, Potassium Bicarbonate, Wheat Protein Isolate, Pectin, Cream, Natural Flavor. AMERICAN CHEESE: Milk, Cream, Water, Sodium Citrate, Salt, Cheese Culture, Sorbic Acid (Preservative), Citric Acid, Enzymes, Soy Lecithin, Color Added. SAUSAGE: Pork, Water, Salt, Sugar, Spices, Chili Pepper, Natural Flavors, BHA, BHT, Citric Acid, Caramel Color. POTATOES: Potatoes, Dextrose, Disodium, Pyrophosphate (Added To Maintain Color), Potassium Sorbate (Added To Maintain Freshness, Soybean Oil, Hydrogenated Soybean Oil, Salt, Soy Lecithin, Natural and Artificial Flavors, Artificial Color, Potassium Chloride, Sodium Chloride, Magnesium Carbonate, Yellow Prussiate of Soda, Garlic Granulated, Chopped Onion, Paprika, Ground Black Peppercorns, Corn Starch. CINNAMON APPLES: Apple Slices, Water, High Fructose Corn Syrup, Food Starch-Modified (Corn), Apple Juice Concentrate, Natural Fruit Flavor, Potassium Sorbate (Preservative), Citric Acid, Spices, Ascorbic Acid to Protect Color.

Allergens: MILK, SOY, WHEAT

Reheat to a minimum of 165° for at least 15 seconds

Nutrition Facts

Servings Per Container 1

Serving Size 1 each (419.85g)

Amount Per Serving

Calories 606

	% Daily Value*
Total Fat 18g	23%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 100mg	33%
Sodium 1548mg	67%
Total Carbohydrate 68g	25%
Dietary Fiber 12g	42%
Sugars 2g	
Includes 0g Added Sugars	0%
Protein 38g	76%
Vitamin D 0.203µg	1%
Calcium 256.158mg	23%
Iron 4.615mg	26%
Potassium 637.327mg	14%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

Soft Chicken Taco Meal LC0020

Ingredients: CHICKEN TINGA: Chicken Breast With Rib Meat, Chicken Leg Meat, Solution (Water, Soybean Oil, Salt, Distilled Vinegar, Rice Starch, Garlic Powder), Seasoning (Paprika, Dried Chili Peppers, Spices, Tapioca Starch, Dried Garlic, Dried Onion, Sugar, Paprika Extract, Natural Smoke Flavor), White Onions, Black Pepper, Oregano, Tomato Paste (Tomatoes, Citric Acid, Cheddar Cheese (Cultured Pasteurized Milk, Enzymes, Color Added), Monterey Jack Cheese (Cultured Pasteurized Milk), Anti-Caking Agents (Potato Starch, Powdered Cellulose). RICE: Long-Grain Parboiled Rice Enriched With Iron (Ferric Phosphate), Niacin, Thiamine Mononitrate, And Folic Acid; Dehydrated Onion, Bell Pepper, Garlic, Tomatoes; Salt, Maltodextrin, Sugar, Dextrose, Chicken Fat, Chicken Meat Powder, Yellow Lake #5, Autolyzed Yeast, Disodium Guanylate, Disodium Inosinate, Ground Turmeric, Silicon Dioxide (Anti-Caking Agent), Saffron, Water. BLACK BEANS: Prepared Black Beans, Water, Salt, Vegetable Oil (Canola and Olive), Onion Powder, Dehydrated Green Bell Peppers. TORTILLA: Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Water, Vegetable Shortening, Palm Oil, Olive Oil, Salt, Aluminum-Free Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Wheat Protein, Preservatives (Calcium Propionate, Sorbic Acid, Fumaric Acid), Gum Blend, Dough Conditioner, Lecithin, Mono And Diglycerides, Sodium Metabisulphite.

Allergens: MILK, WHEAT

Reheat to a minimum of 165° for 15 seconds

Sweet and Sour Chicken Dinner AF0015

Nutrition Facts

Servings Per Container 1

Serving Size 1 each (295.19g)

Amount Per Serving

Calories 329

% Daily Value*

Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 411mg	18%
Total Carbohydrate 53g	19%
Dietary Fiber 4g	14%
Sugars 17g	
Includes 13g Added Sugars	26%
Protein 14g	28%
Vitamin D 0µg	0%
Calcium 36.325mg	3%
Iron 1.156mg	6%
Potassium 205.351mg	4%

* 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.

Ingredients: SWEET AND SOUR CHICKEN: Diced Chicken Leg Meat, Water, Sodium Phosphates, Whole Wheat Flour, Corn Starch, Salt, Modified Corn Starch, Leavening (Sodium Aluminum Phosphate, Sodium Bicarbonate), Dextrose, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Garlic Powder, Onion Powder, Spices, Extractives Of Paprika, Spice Extractives, Wheat Gluten, Dried Egg Whites, Sodium Acid Pyrophosphate, Sugar, Distilled White Vinegar, Tomato Paste, Contains Less Than 2% Cherry Juice Concentrate, Orange Juice Concentrate, Maltodextrin, Cultured Dextrose, Citric Acid, Paprika, Sodium Citrate, Xanthan Gum, Natural Flavor. RICE: Long Grain Parboiled Rice Enriched with Iron (Ferric Phosphate), Niacin, Thiamine, Mononitrate & Folic Acid, Water. ASIAN VEGETABLE: Green Beans, Broccoli, Onions, Mushrooms, Red Peppers. CARROTS: Carrots

Allergens: EGG, WHEAT

Reheat to a minimum of 165° for 15 seconds

Tangerine Chicken Dinner AF0020

Nutrition Facts

Servings Per Container 1

Serving Size 1 each (295.19g)

Amount Per Serving

Calories 329

	% Daily Value*
Total Fat 7g	9%
Saturated Fat 2g	8%
Trans Fat 0g	
Cholesterol 59mg	17%
Sodium 461mg	20%
Total Carbohydrate 52g	19%
Dietary Fiber 4g	14%
Sugars 16g	
Includes 13g Added Sugars	26%
Protein 15g	30%
Vitamin D 0µg	0%
Calcium 36.325mg	3%
Iron 1.158mg	6%
Potassium 205.351mg	4%

*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.

Ingredients: TANGERINE CHICKEN: Diced Chicken Leg Meat, Water, Sodium Phosphates, Battered And Breaded With: Whole Wheat Flour, Corn Starch, Salt, Modified Corn Starch, Leavening (Sodium Aluminum Phosphate, Sodium Bicarbonate), Dextrose, Enriched Wheat Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Garlic Powder, Onion Powder, Spices, Extractives Of Paprika, Spice Extractives, Pre-dusted With: Wheat Gluten, Dried Egg Whites, Sodium Acid Pyrophosphate, Brown Sugar, Distilled White Vinegar, Soy Sauce (Soybeans), Contains Less Than 2% Of Tangerine Juice Concentrate, Crushed Chili Peppers, Yeast Extract, Citric Acid, Maltodextrin, Xanthan Gum. RICE: Long Grain Parboiled Rice Enriched with Iron (Ferric Phosphate), Niacin, Thiamine Mononitrate & Folic Acid, Water. ASIAN VEGETABLE: Green Beans, Broccoli, Onions, Mushrooms, Red Peppers. CARROTS: Carrots.

Allergens: EGG, WHEAT, SOY

Reheat to a minimum of 165° for 15 seconds

Teriyaki Stir Fry Dinner AF0025

Nutrition Facts

Servings Per Container 1

Serving Size 1 each (330.75g)

Amount Per Serving

Calories **369**

% Daily Value*

Total Fat 4g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 637mg	28%
Total Carbohydrate 63g	23%
Dietary Fiber 3g	10%
Sugars 37g	
Includes 33g Added Sugars	65%
Protein 20g	39%
Vitamin D 0ug	0%
Calcium 103 151mg	8%
Iron 3 173mg	10%
Potassium 530 42mg	11%

* 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.

Ingredients: STIR FRY CHICKEN: Chicken Leg Meat, Water, Isolated Soy Protein (With Less Than 2% Lecithin), Seasoning [Soy Sauce (Soybeans), Contains Less Than 2% Of Yeast Extract, Maltodextrin, Natural Flavor, And Xanthan Gum], Seasoning (Black Pepper, Ground Mustard Seed, Ground Celery Seed, Garlic Powder, Fructose, Thyme, Basil, Autolyzed Yeast Extract, Soybean Oil), Sodium Phosphates, Potassium Chloride, Sesame Oil, Modified Corn Starch, Green Beans, Broccoli, Onions, Mushrooms, Red Peppers. RICE: Long Grain Parboiled Rice Enriched with Iron (Ferric Phosphate), Niacin, Thiamine, Mononitrate and Folic Acid, Water. BROCCOLI: Broccoli. CARROTS: Carrots.

Allergens: SOY, SESAME

Reheat to a minimum of 165° for 15 seconds

Uncrustable Meal w/ Vanilla Cracker AC0125

Nutrition Facts

Servings Per Container 1

Serving Size 1 each (247.14g)

Amount Per Serving	
Calories	**551**
	% Daily Value*
Total Fat 20g	25%
Saturated Fat 7g	34%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 577mg	25%
Total Carbohydrate 65g	24%
Dietary Fiber 5g	17%
Sugars 34g	
Includes 19g Added Sugars	37%
Protein 17g	33%
Vitamin D 0ug	0%
Calcium 351.624mg	27%
Iron 3.07mg	17%
Potassium 421.995mg	9%

* 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.

Ingredients: SANDWICH, PEANUT BUTTER & GRAPE JELLY: Peanuts, Sugar, Contains 2% Or Less Of: Molasses, Fully Hydrogenated Vegetable Oils (Rapeseed And Soybean), Mono And Diglycerides, Salt, Unbleached Whole Wheat Flour, Enriched Unbleached Flour (Wheat Flour, Malted Barley Flour, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Yeast, Contains 2% Or Less Of: Wheat Gluten, Soybean Oil, Dough Conditioners (Sodium Stearoyl Lactylate, Datem, Enzymes, Ascorbic Acid, Calcium Peroxide), Grape Juice, Contains 2% Or Less Of: Pectin, Citric Acid, Potassium Sorbate (Preservative). STRING CHEESE: Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes. VANILLA GOLDFISH CRACKERS: Whole Wheat Flour, Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Soybean and Palm Oils, Fructose, Contains 2% Or Less Of: Calcium Carbonate, Salt, Natural Flavors, Baking Soda, Vanilla Extract, Cornstarch, Ferric Orthophosphate, Vitamin A Palmitate. VEGETABLE JUICE: 100% Vegetable Juice (Water sufficient to reconstitute Sweet Potato, Carrot Juice Concentrates), Natural Flavors and Citric Acid.

Allergens: PEANUT, WHEAT, MILK

Thaw and Serve

Nutrition Facts Vegetable Lasagna Dinner ED0035

Servings Per Container 1

Serving Size 1 each (396.88g)

Amount Per Serving

Calories 484

	% Daily Value*
Total Fat 13g	16%
Saturated Fat 5g	27%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 1102mg	48%
Total Carbohydrate 66g	24%
Dietary Fiber 8g	30%
Sugars 2g	
Includes 1g Added Sugars	1%
Protein 23g	45%
Vitamin D 2.1µg	11%
Calcium 310.535mg	24%
Iron 3.592mg	20%
Potassium 320.889mg	7%

* 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.

Ingredients: VEGETABLE LASAGNA: Ultra Grain Durum Semolina (51 49) Blend (Whole Wheat Flour, Semolina (Wheat, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid), Low Fat Ricotta Cheese (Milk, Whey, Skim Milk, Vinegar, Xanthan Gum, Locust Bean Gum, Guar Gum (Stabilizer)), LMPS Mozzarella Cheese (Pasteurized Milk, Cheese Culture, Cellulose Powder To Prevent Caking), Whey Protein Concentrate, Romano Cheese (Pasteurized Cow's Milk), Corn Starch (100% Maize), Dietary Fiber, Canola Oil, Sunflower Lecithin, Natural Flavor, Garlic Oil, Annatto (Color), And Propellant, Palm Oil, Food Starch-Modified, Parmesan Cheese, Enriched Bleached Flour (Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Maltodextrin, Corn Syrup Solids, Blue Cheese (Cultured Pasteurized Milk), Whey, Onion Powder, Spices, Lactic Acid, Sodium Caseinate, Mono & Diglycerides, Spinach, Mushrooms, Peas, Zucchini, Green Beans, Carrots, Onions, Liquid And Hydrogenated Soybean Oil, Soy Lecithin, Natural & Artificial Flavors, Beta Carotene (Color), Vitamin A Palmitate, Sugar, Oleoresin Turmeric, Silicon Dioxide, Garlic Granulated, Marjoram, Oregano, Thyme, Rosemary, Savory, Basil, Sage). ROLL: Whole Wheat Flour, Water, Unbleached Enriched Flour (Wheat, Malted Barley, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Enriched Wheat Flour (Thiamine Mononitrate), Contains Less Than 2% Of Salt, Soy Oil, Sugar, Yeast, Conditioner (Ascorbic Acid, Enzymes), Canola Oil, Sunflower Lecithin, Natural Flavor, Garlic Oil, Annatto (Color), Propellant. GREEN BEANS: Green Beans.

Allergens: MILK, WHEAT, SOY

Reheat to a minimum of 165° for 15 seconds

Waffle With Sausage Meal BB0045

Nutrition Facts

Servings Per Container 1

Serving Size 1 each (239.4g)

Amount Per Serving	
Calories	**503**
	% Daily Value*
Total Fat 27g	35%
Saturated Fat 9g	47%
Trans Fat 0g	
Cholesterol 51mg	17%
Sodium 696mg	30%
Total Carbohydrate 54g	19%
Dietary Fiber 5g	18%
Sugars 26g	
Includes 13g Added Sugars	26%
Protein 14g	28%
Vitamin D 0µg	0%
Calcium 279.98mg	22%
Iron 3.97mg	22%
Potassium 282.835mg	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.

Ingredients: WAFFLES: Water, Whole Wheat Flour, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Vitamin B1 [Thiamin Mononitrate], Vitamin B2 [Riboflavin], Folic Acid), Vegetable Oil (Soybean, Palm, Canola And/or Cottonseed), Sugar, Contains 2% Or Less Of Leavening (Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate), Fructose, Cinnamon, Nutmeg, Whey, Salt, Eggs, Soy Lecithin. Vitamins And Minerals: Calcium Carbonate, Iron, Vitamin A Palmitate, Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B12. SAUSAGE: Pork, Water, Salt, Sugar, Spices, Chili Pepper, Natural Flavors, BHA, BHT, Citric Acid, Caramel Color. CINNAMON APPLES: Apple Slices, Water, High Fructose Corn Syrup, Food Starch-Modified (Corn), Apple Juice Concentrate, Natural Fruit Flavor, Potassium Sorbate (Preservative), Citric Acid, Spices, Ascorbic Acid to Protect Color.

Allergens: EGG, MILK, SOY, WHEAT

Reheat to a minimum of 165° for 15 seconds

Western Pork Chop Dinner AC0130

Nutrition Facts

Servings Per Container 1

Serving Size 1 each (301.11g)

Amount Per Serving	
Calories	**241**
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 46mg	15%
Sodium 541mg	24%
Total Carbohydrate 10g	4%
Dietary Fiber 5g	18%
Sugars 4g	
Includes 0g Added Sugars	0%
Protein 27g	54%
Vitamin D 0µg	2%
Calcium 29.942mg	2%
Iron 0.931mg	5%
Potassium 740.154mg	17%

Ingredients: WESTERN PORK CHOP: Pork Loin, Water, Seasoning (Maltodextrin, Salt, Sugar, Dehydrated Onion, Garlic and Spices), Sodium Tripolyphosphate, Orange Concentrate, Garlic Salt, Black Pepper, Cumin, and Oregano, Red Peppers, Green Peppers, Yellow Peppers, Onions. POTATOES: Potatoes, Dextrose, Disodium Pyrophosphate (Added To Maintain Color), Potassium Sorbate (Added To Maintain Freshness, Potassium Chloride, Sodium Chloride, Magnesium Carbonate, Yellow Prussiate of Soda, Garlic Granulated, Chopped Onion, Paprika, Ground Black Peppercorns, Corn starch, Dried Dill Weed, Soybean Oil, Hydrogenated Soybean Oil, Salt, Soy Lecithin, Natural and Artificial Flavors, Artificial Color. PEAS: Green Peas.

Allergens: SOY

Reheat to a minimum of 165° for 15 seconds

Nutrition Facts

Servings Per Container 1

Serving Size 1 each (269.75g)

Amount Per Serving

Calories 502

	% Daily Value*
Total Fat 26g	33%
Saturated Fat 7g	36%
Trans Fat 1g	
Cholesterol 35mg	12%
Sodium 1240mg	54%
Total Carbohydrate 57g	21%
Dietary Fiber 5g	16%
Sugars 9g	
Includes 7g Added Sugars	14%
Protein 14g	29%
Vitamin D 0µg	0%
Calcium 85.177mg	7%
Iron 3.125mg	17%
Potassium 743.415mg	16%

* 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.

Hotdog Plate LT0005

Ingredients: BEEF FRANK: Beef, Water, Salt, Less Than 2% Of the Following: Flavoring, Potassium Lactate, Sodium Diacetate, Sodium Phosphate, Sugar, Sodium Erythorbate, Sodium Nitrite, Oleoresin of Paprika. BUN: Enriched Flour [Unbleached Wheat Flour, Malted Barley Flour, Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Niacin (Vitamin B3), Folic Acid], Water, High Fructose Corn Syrup, Yeast, Wheat Gluten, Soybean Oil, Salt, Calcium Propionate (A Preservative), Vinegar, Monoglycerides, Wheat Starch, Calcium Sulfate, Calcium Phosphate, Ascorbic Acid, Sesame. BAKED BEAN: Prepared Navy Beans, Water, Brown Sugar. Contains 2% or less of: Salt, Mustard (Water, Vinegar, Mustard Seed, Salt, Paprika, Turmeric), Modified Corn Starch, Onion Powder, Caramel Color, Spice, Garlic Powder, Natural Flavor. CURLY FRIES: Potatoes, Vegetable Oil (Contains One Or More of The Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn), Bleached Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid). Contains 2% or less of Caramel Color, Cocoa Powder (Processed With Alkali), Degermed Yellow Corn Meal, Dextrin, Dextrose, Garlic Powder, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Natural Garlic Flavor, Onion Powder, Paprika Extract (color), Rice Flour, Salt, Sodium Acid Pyrophosphate Added To Maintain Color, Spices, Tapioca Starch, Tapioca Starch - Modified, Xanthan Gum.

Allergens: SESAME, WHEAT

Reheat to a minimum of 165° for at least 15 seconds

Nutrition Facts Cheeseburger Plate LT0010

Servings Per Container 1

Serving Size 1 each (286.05g)

Amount Per Serving

Calories 492

	% Daily value*
Total Fat 20g	26%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 38mg	13%
Sodium 1025mg	45%
Total Carbohydrate 57g	21%
Dietary Fiber 6g	20%
Sugars 10g	
Includes 8g Added Sugars	16%
Protein 23g	46%
Vitamin D 0.1µg	1%
Calcium 126.287mg	10%
Iron 2.405mg	13%
Potassium 528.415mg	11%

* 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.

Ingredients: BEEF PATTY: Ground Beef (Not More Than 20% Fat), Water, Textured Vegetable Protein Product (Soy Protein Concentrate, Caramel Color), Dextrose, Potassium Phosphates, Natural Flavors, Lite Salt (Salt, Potassium Chloride), Caramel Color. BUN: Whole Grain Wheat Flour, Enriched Flour [Unbleached Wheat Flour, Malted Barley Flour, Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Niacin (Vitamin B3), Folic Acid], Water, Sugar, Yeast, Wheat Gluten, Soybean Oil, Wheat Bran, Whole Grain Rolled Oats, Salt, Rye Flour, Molasses, Barley Flakes, Vinegar, Monoglycerides, Calcium Propionate (A Preservative), Sodium Stearoyl Lactylate, Calcium Sulfate, Calcium Phosphate, Ascorbic Acid, Sesame. CHEESE: Milk, Cream, Water, Sodium Citrate, Salt, Cheese Culture, Sorbic Acid (Preservative), Citric Acid, Enzymes, Soy Lecithin, Color Added. BAKED BEAN: Prepared Navy Beans, Water, Brown Sugar. Contains 2% or less of: Salt, Mustard (Water, Vinegar, Mustard Seed, Salt, Paprika, Turmeric), Modified Corn Starch, Onion Powder, Caramel Color, Spice, Garlic Powder, Natural Flavor. CURLY FRIES: Potatoes, Vegetable Oil (Contains One Or More of the Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn), Bleached Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid). Contains 2% or less of Caramel Color, Cocoa Powder (Processed With Alkali), Degermed Yellow Corn Meal, Dextrin, Dextrose, Garlic Powder, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Natural Garlic Flavor, Onion Powder, Paprika Extract (color), Rice Flour, Salt, Sodium Acid Pyrophosphate Added To Maintain Color, Spices, Tapioca Starch, Tapioca Starch - Modified, Xanthan Gum.

Allergens: SOY, SESAME, WHEAT, MILK

Reheat to a minimum of 165° for at least 15 seconds

Nutrition Facts Rib-A-Que Plate LT0015

Servings Per Container 1

Serving Size 1 each (325.4g)

Amount Per Serving

Calories 571

	% Daily Value*
Total Fat 22g	28%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 1396mg	61%
Total Carbohydrate 76g	27%
Dietary Fiber 6g	20%
Sugars 24g	
Includes 16g Added Sugars	32%
Protein 22g	45%
Vitamin D 0µg	0%
Calcium 88.436mg	7%
Iron 2.355mg	13%
Potassium 531.454mg	11%

* 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.

Ingredients: PORK RIB PATTY: Pork, Barbecue Sauce [Tomato Ketchup (Tomato Concentrate, Corn Syrup, Distilled Vinegar, Salt, Natural Flavorings, Onion Powder, Spice, Garlic Powder), Brown Sugar, Sugar, Mustard (Distilled Vinegar, Water, Mustard Seed, Salt, Turmeric, Paprika, Spice, Garlic Powder), Dextrose, Vinegar, Clove], Water, Textured Vegetable Protein Product [Soy Protein Concentrate, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), Cyanocobalamin (B12)], Smoke Flavoring, Salt, Modified Food Starch, Sodium Phosphate. BBQ: Tomato Puree, High Fructose Corn Syrup, Molasses, Vinegar, Water, Modified Corn Starch, less than 2% of: Spices, Natural Hickory Smoke Flavor, Natural Flavor, Salt, Xanthan Gum, Onion, Garlic, Caramel Color, Sodium Benzoate and Potassium Sorbate Added to Preserve Freshness, Turmeric, Paprika Extracts. BUN: Enriched Flour [Unbleached Wheat Flour, Malted Barley Flour, Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Niacin (Vitamin B3), Folic Acid], Water, High Fructose Corn Syrup, Yeast, Wheat Gluten, Soybean Oil, Salt, Calcium Propionate (A Preservative), Vinegar, Monoglycerides, Wheat Starch, Calcium Sulfate, Calcium Phosphate, Ascorbic Acid, Sesame. BAKED BEANS: Prepared Navy Beans, Water, Brown Sugar. Contains 2% or less of: Salt, Mustard (Water, Vinegar, Mustard Seed, Salt, Paprika, Turmeric), Modified Corn Starch, Onion Powder, Caramel Color, Spice, Garlic Powder, Natural Flavor. CURLY FRIES: Potatoes, Vegetable Oil (Contains One Or More of The Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn), Bleached Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid). Contains 2% or less of Caramel Color, Cocoa Powder (Processed With Alkali), Degermed Yellow Corn Meal, Dextrin, Dextrose, Garlic Powder, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Natural Garlic Flavor, Onion Powder, Paprika Extract (color), Rice Flour, Salt, Sodium Acid Pyrophosphate Added To Maintain Color, Spices, Tapioca Starch, Tapioca Starch - Modified, Xanthan Gum.

Allergens: SOY, SESAME, WHEAT

Reheat to a minimum of 165° for at least 15 seconds

Nutrition Facts

Servings Per Container 1

Serving Size 1 each (394.5g)

Amount Per Serving

Calories 362

	% Daily Value*
Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 46mg	15%
Sodium 435mg	19%
Total Carbohydrate 58g	21%
Dietary Fiber 5g	18%
Sugars 26g	
Includes 22g Added Sugars	44%
Protein 14g	28%
Vitamin D 0µg	0%
Calcium 67.72mg	5%
Iron 2.139mg	12%
Potassium 386.33mg	8%

* 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.

Asian Firecracker Chicken LT0020

Ingredients: FIRECRACKER CHICKEN: Diced Chicken Leg Meat, Water, Sodium Phosphates, Whole Wheat Flour, Corn Starch, Salt, Modified Corn Starch, Leavening (Sodium Aluminum Phosphate, Sodium Bicarbonate), Dextrose, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Garlic Powder, Onion Powder, Spices, Extractives of Paprika, Spice Extractives, Wheat Gluten, Dried Egg Whites, Sodium Acid Pyrophosphate, Leavening (Sodium Bicarbonate), Sugar, Chili Peppers, Maltodextrin, Garlic, Distilled Vinegar, Honey, Orange Juice Concentrate, Xanthan Gum, Citric Acid, Natural Flavor, Distilled White Vinegar, Tomato Paste, Cherry Juice Concentrate, Cultured Dextrose, Paprika, Sodium Citrate. RICE: Long Grain Parboiled Rice Enriched with Iron (Ferric Phosphate), Niacin, Thiamine, Mononitrate and Folic Acid, Water. ASIAN VEGETABLE: Green Beans, Broccoli, Onions, Mushrooms, Red Peppers. FORTUNE COOKIE: Whole wheat flour (51%), enriched wheat flour [flour, niacin, reduced iron, thiamine mononitrate (Vitamin B1), riboflavin (Vitamin B2), folic acid], sugar, water, soy lecithin, soybean oil and hydrogenated soybean oil, natural orange flavor, sodium bicarbonate.

Allergens: EGG, WHEAT, SOY

Reheat to a minimum of 165° for at least 15 seconds