AMERICAN CLASSIC

LATIN CUISINE

BREAKFAST

EURO DELIGHTS

ASIAN FUSION

PUREE DIET

FOOD WITH CARE

NUTRITIONAL INFORMATION

AMERICAN CLASSIC

LATIN CUISINE

BREAKFAST

EURO DELIGHTS

ASIAN FUSION

PUREE DIET

Arroz con Pollo Dinner LC0005

Nutrition Facts

Servings Per Container 1

Serving Size 1 each (414.75g)

Amount Per Serving	
Calories	**308**
	% Daily Value*
Total Fat 5g	7%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 50mg	20%
Sodium 775mg	34%
Total Carbohydrate 36g	13%
Dietary Fiber 7g	25%
Sugars 4g	
Includes 0g Added Sugars	0%
Protein 28g	51%
Vitamin D 0µg	0%
Calcium 28.085mg	2%
Iron 2.812mg	16%
Potassium 630.506mg	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: 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 a minimum of 165° for at least 15 seconds

Baked Chicken Dinner AC0005

Nutrition Facts

Servings Per Container 1

Serving Size 1 each (301.4g)

Amount Per Serving	
Calories	**279**
	% Daily Value*
Total Fat 5g	10%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 90mg	30%
Sodium 670mg	29%
Total Carbohydrate 31g	11%
Dietary Fiber 4g	14%
Sugars 7g	
Includes 1g Added Sugars	2%
Protein 20g	40%
Vitamin D 0µg	0%
Calcium 37.378mg	3%
Iron 1.738mg	10%
Potassium 591.681mg	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: 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 at least 15 seconds

Baked Fish Dinner AC0010

Nutrition Facts

Servings Per Container 1

Serving Size 1 each (267.48g)

Amount Per Serving	
Calories	**300**
	% Daily Value*
Total Fat 15g	19%
Saturated Fat 2g	12%
Trans Fat 0g	
Cholesterol 80mg	27%
Sodium 341mg	15%
Total Carbohydrate 19g	7%
Dietary Fiber 3g	10%
Sugars 0g	
Includes 0g Added Sugars	0%
Protein 25g	49%
Vitamin D 1.895µg	9%
Calcium 83.323mg	6%
Iron 0.993mg	6%
Potassium 833.991mg	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: 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 at least 15 seconds

BBQ Pork Roast Dinner AC0021

Nutrition Facts

Servings Per Container 1

Serving Size 1 each (339.78g)

Amount Per Serving

Calories 347

	% Daily Value*
Total Fat 8g	7%
Saturated Fat 1g	3%
Trans Fat 0g	
Cholesterol 46mg	15%
Sodium 645mg	28%
Total Carbohydrate 45g	16%
Dietary Fiber 4g	15%
Sugars 15g	
Includes 8g Added Sugars	16%
Protein 28g	56%
Vitamin D 0ug	0%
Calcium 38.981mg	3%
Iron 1.288mg	7%
Potassium 1138.795mg	24%

* 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 Loin, Water, Seasoning (Maltodextrin, Salt, Sugar, Dehydrated Onion, Garlic and Spices), Salt, Sodium Tripolyphosphate, Orange Concentrate, Garlic Salt, Black Pepper, Cumin, and Oregano. BBQ SAUCE: Tomato Puree, Sugar, Red Wine Vinegar, Distilled Vinegar, Water, Modified Food Starch, Worcestershire Sauce Concentrate, Distilled Vinegar, Molasses, Corn Syrup, Water, Salt, Caramel Color, Garlic Powder, Sugar, Spices, Tamarind, Natural Flavors, Sulfating Agents, Mustard Flour, Soybean Oil, Natural Flavors, Potassium Chloride, Sea Salt, Xanthan Gum, Torula Yeast Extract, Caramel Color, Sodium Benzoate, Potassium Sorbate, Preservatives, Dehydrated Garlic, Chili Powder, Dehydrated Onions, Salt, Spices. 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. CHUCKWAGON CORN: Corn, Green Peppers, Onions, Red Peppers.

Allergens: MILK, SOY

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

Nutrition Facts

Servings Per Container 1

Serving Size 1 each (289.17g)

Amount Per Serving

Calories 547

	% Daily Value*
Total Fat 26g	36%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 23mg	8%
Sodium 614mg	27%
Total Carbohydrate 48g	17%
Dietary Fiber 2g	11%
Sugars 0g	
Includes 0g Added Sugars	0%
Protein 10g	20%
Vitamin D 0µg	0%
Calcium 32.577mg	3%
Iron 2.834mg	16%
Potassium 944.931mg	20%

* 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.

Biscuit and Gravy Meal BB0006

Ingredients: BISCUIT: Enriched bleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), shortening powder (palm oil, corn syrup solids, sodium caseinate, dipotassium phosphate, monoglycerides, sodium silicoaluminate), maltodextrin, potassium bicarbonate, sodium aluminum phosphate, emulsifier (propylene glycol mono and diesters of fats and fatty acids, mono and diglycerides, nonfat milk, palm oil and disodium phosphate), Water. Soybean Oil, Hydrogenated Soybean Oil, Soy Lecithin, Natural and Artificial Flavors, Artificial Color. SAUSAGE GRAVY: Pork, Water, Salt, Sugar, Spices, Chili Pepper, Natural Flavors, BHA, BHT, Citric Acid, Caramel Color, Aged Cayenne Red Peppers, Distilled Vinegar, Natural Flavor And Garlic Powder, Maltodextrin, Palm Oil, Food Starch-Modified, Enriched Bleached Flour (Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup Solids, Contains Less Than 2%: Black Pepper, Guar Gum, Sodium Caseinate, Potassium Chloride, Whey Protein Concentrate, Mono & Diglycerides, Color Added. 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 at least 15 seconds

Nutrition Facts Cheese Omelet Meal BB0010

Servings Per Container 1

Serving Size 1 each (266.48g)

Amount Per Serving

Calories 399

	% Daily Value*
Total Fat 19g	25%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 184mg	55%
Sodium 460mg	20%
Total Carbohydrate 20g	7%
Dietary Fiber 4g	13%
Sugars 0g	
Includes 0g Added Sugars	0%
Protein 12g	24%
Vitamin D 0µg	0%
Calcium 97.252mg	7%
Iron 2.83mg	16%
Potassium 831.486mg	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: 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). 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. BISCUIT: Enriched bleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), shortening powder (palm oil, corn syrup solids, sodium caseinate, dipotassium phosphate, monoglycerides, sodium silicoaluminate), maltodextrin, potassium bicarbonate, sodium aluminum phosphate, emulsifier (propylene glycol mono and diesters of fats and fatty acids, mono and diglycerides, nonfat milk, palm oil and disodium phosphate), Water, Soybean Oil, Hydrogenated Soybean Oil, Soy Lecithin, Natural and Artificial Flavors, Artificial Color.

Allergens: EGG, MILK, SOY, WHEAT

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

Nutrition Facts Cheese Ravioli Dinner ED0006

Servings Per Container 1

Serving Size 1 each (322.28g)

Amount Per Serving

Calories 458

	% Daily Value*
Total Fat 10g	13%
Saturated Fat 5g	23%
Trans Fat 0g	
Cholesterol 41mg	14%
Sodium 617mg	27%
Total Carbohydrate 66g	24%
Dietary Fiber 6g	20%
Sugars 6g	
Includes 1g Added Sugars	2%
Protein 26g	52%
Vitamin D 2.506µg	13%
Calcium 359.875mg	27%
Iron 4.072mg	23%
Potassium 228.219mg	5%

* 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: CHEESE 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. MARINARA SAUCE: 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, Tomato Concentrate, Diced Tomatoes in Juice, Sugar, Soybean Oil, Natural Flavors, Onion Powder, Garlic Powder, Spices, Salt, Olive Oil, Citric Acid. CHEESE: Pasteurized Milk, Skim Milk, Cheese Cultures, Salt, Enzymes, Powdered Cellulose (Added to Prevent Caking), Natamycin (Added as a Mold Inhibitor. GREEN BEANS: Green Beans. 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, Canola Oil, Sunflower Lecithin, Natural Flavor, Garlic Oil, Annatto (Color), And Propellant.

Allergens: MILK, WHEAT

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

Nutrition Facts Chicken Alfredo Dinner ED0011

Servings Per Container 1

Serving Size 1 each (421.09g)

Amount Per Serving

Calories 483

	% Daily Value*
Total Fat 11g	15%
Saturated Fat 3g	13%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 753mg	33%
Total Carbohydrate 62g	23%
Dietary Fiber 5g	17%
Sugars 5g	
Includes 0g Added Sugars	0%
Protein 32g	65%
Vitamin D 0µg	0%
Calcium 48.62mg	4%
Iron 2mg	11%
Potassium 351.374mg	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: CHICKEN: Chicken Leg Meat, Water, Isolated Soy Protein (With Less Than 2% Lecithin), Seasoning [Water, Soy Sauce (Water, Soybeans, Salt, Sugar, Corn Starch), Sugar, Molasses, Salt, Contains Less Than 2% Of Yeast Extract, Maltodextrin, Natural Flavor, Lactic Acid, And Xanthan Gum], Seasoning (Sugar, Black Pepper, Ground Mustard Seed, Ground Celery Seed, Garlic Powder, Fructose, Xanthan Gum, Thyme, Basil, Maltodextrin, Autolyzed Yeast Extract, Soybean Oil, Salt), Sodium Phosphates, Yeast Extract. PENNE: 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. ALFREDO SAUCE: Palm Oil, Food Starch-Modified, Parmesan Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Enriched Bleached Flour (Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Maltodextrin, Corn Syrup Solids, Salt, Contains Less Than 2% Of: Blue Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Whey, Garlic Powder, Onion Powder, Spices, Natural Flavor, Lactic Acid, Sodium Caseinate, Citric Acid, Mono & Diglycerides, Water. PARSLEY: Parsley. 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 at least 15 seconds

Chicken and Broccoli Meal ED0016

Nutrition Facts

Servings Per Container 1

Serving Size 1 each (636.23g)

Amount Per Serving	
Calories	**262**
	% Daily Value*
Total Fat 5g	7%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 83mg	28%
Sodium 506mg	22%
Total Carbohydrate 30g	11%
Dietary Fiber 3g	11%
Sugars 6g	
Includes 0g Added Sugars	0%
Protein 22g	44%
Vitamin D 0.068µg	0%
Calcium 73.109mg	6%
Iron 2.015mg	11%
Potassium 490.051mg	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 [Water, Soy Sauce (Water, Soybeans, Salt, Sugar, Corn Starch), Sugar, Molasses, Salt, Contains Less Than 2% Of Yeast Extract, Maltodextrin, Natural Flavor, Lactic Acid, And Xanthan Gum], Seasoning (Sugar, Black Pepper, Ground Mustard Seed, Ground Celery Seed, Garlic Powder, Fructose, Xanthan Gum, Thyme, Basil, Maltodextrin, Autolyzed Yeast Extract, Soybean Oil, Salt), Sodium Phosphates, Yeast Extract, Modified Corn Starch, Palm Oil, Maltodextrin, Buttermilk, Corn Syrup Solids, Sugar, Salt, Buttermilk Powder, Soybean Oil, Onion Powder, Potassium Chloride, Natural Flavor, Disodium Guanylate, Disodium Inosinate, Modified Food Starch, Whey, Hydrolyzed Corn And Wheat Proteins, Chicken Fat, 2% Or Less Of Soybean Oil, Nonfat Milk, Potassium Salt, Dried Chicken Meat, Sodium Caseinate (A Milk Derivative), Citric Acid, Beta Carotene (Color), Dried Malted Barley Extract, Spices, Natural Flavors. BROCCOLI: Broccoli. EGG NOODLE: Durum Wheat Semolina, Durum Wheat Flour, Eggs, Niacin, Iron (Ferrous Sulfate), Thiamin Mononitrate, Riboflavin, Folic Acid. CARROTS: Carrots.

Allergens: SOY, MILK, WHEAT, EGG

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

Nutrition Facts

Servings Per Container 1

Serving Size 1 each (974.53g)

Amount Per Serving

Calories **539**

	% Daily Value*
Total Fat 13g	16%
Saturated Fat 5g	23%
Trans Fat 0g	
Cholesterol 170mg	57%
Sodium 784mg	33%
Total Carbohydrate 59g	22%
Dietary Fiber 8g	27%
Sugars 18g	
Includes 5g Added Sugars	11%
Protein 45g	85%
Vitamin D 0.304µg	2%
Calcium 78.132mg	6%
Iron 3.736mg	21%
Potassium 771.530mg	16%

Chicken Noodle Soup Meal AC0030

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: SOY, EGG, WHEAT

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 15g	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 19g	38%
Vitamin D 0µg	0%
Calcium 20mg	2%
Iron 0.686mg	4%
Potassium 587.5mg	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 at least 15 seconds

Nutrition Facts Chicken Pot Pie Dinner AC0041

Servings Per Container 1

Serving Size 1 each (473.75g)

Amount Per Serving	
Calories	**393**
	% Daily Value*
Total Fat 9g	11%
Saturated Fat 3g	13%
Trans Fat 0g	
Cholesterol 64mg	21%
Sodium 511mg	22%
Total Carbohydrate 58g	20%
Dietary Fiber 3g	12%
Sugars 23g	
Includes 8g Added Sugars	16%
Protein 21g	43%
Vitamin D 0µg	0%
Calcium 52.861mg	4%
Iron 2.883mg	16%
Potassium 604.364mg	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: CHICKEN POT PIE: Chicken Leg Meat, Water, Isolated Soy Protein (With Less Than 2% Lecithin), Seasoning [Soy Sauce (Soybeans, Salt, Sugar, Corn Starch), Molasses, Contains Less Than 2% Of 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, Modified Corn Starch, Palm Oil, Buttermilk, Corn Syrup Solids, Buttermilk Powder, Onion Powder, Potassium Chloride, Disodium Guanylate, Disodium Inosinate, Modified Food Starch, Whey, Hydrolyzed Corn And Wheat Proteins, Chicken Fat, 2% Or Less Of Soybean Oil, Nonfat Milk, Potassium Salt, Dried Chicken Meat, Sodium Caseinate (A Milk Derivative), Citric Acid, Beta Carotene (Color), Dried Malted Barley Extract, Spices, Natural Flavors, Carrots, Corn, Green Beans, Peas. BISCUIT: Enriched bleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), shortening powder (palm oil, corn syrup solids, sodium caseinate, dipotassium phosphate, monoglycerides, sodium silicoaluminate), maltodextrin, potassium bicarbonate, sodium aluminum phosphate, emulsifier (propylene glycol mono and diesters of fats and fatty acids, mono and diglycerides, nonfat milk, palm oil and disodium phosphate), Water. Soybean Oil, Hydrogenated Soybean Oil, Soy Lecithin, Natural and Artificial Flavors, Artificial Color. CINNAMON APPLES: Sliced Apples, Water, 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. BROCCOLI: Broccoli.

Allergens: SOY, MILK, WHEAT

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

Nutrition Facts Chicken Wing Meal AC0046

Servings Per Container 1

Serving Size 1 each (282.48g)

Amount Per Serving

Calories 363

	% Daily Value*
Total Fat 18g	24%
Saturated Fat 5g	23%
Trans Fat 0g	
Cholesterol 101mg	34%
Sodium 413mg	18%
Total Carbohydrate 14g	5%
Dietary Fiber 3g	11%
Sugars 10g	
Includes 8g Added Sugars	16%
Protein 19g	38%
Vitamin D 0µg	0%
Calcium 41.472mg	3%
Iron 1.417mg	8%
Potassium 703.841mg	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: 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, Salt, Dextrose, Potassium Iodide (0.006%), Sodium Bicarbonate, Yellow Prussiate of Soda, Spices, Paprika, Ground Black Peppercorns, Cane sugar, Garlic Granulated. BBQ: Tomato Puree, Sugar, Red Wine Vinegar, Distilled Vinegar, Water, Modified Food Starch, Worcestershire Sauce Concentrate, Distilled Vinegar, Molasses, Corn Syrup, Water, Salt, Caramel Color, Garlic Powder, Sugar, Spices, Tamarind, Natural Flavors, Sulfating Agents, Mustard Flour, Soybean Oil, Natural Flavors, Potassium Chloride, Sea Salt, Xanthan Gum, Torula Yeast Extract, Caramel Color, Sodium Benzoate, Potassium Sorbate, Preservatives, Dehydrated Garlic, Chili Powder, Dehydrated Onions, Salt, Spices. 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 at least 15 seconds

Chili con Carne Meal AC0050

Nutrition Facts

Servings Per Container 1

Serving Size 1 each (354.45g)

Amount Per Serving	
Calories	**324**
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 3g	16%
Trans Fat 0g	
Cholesterol 43mg	14%
Sodium 751mg	33%
Total Carbohydrate 38g	14%
Dietary Fiber 0g	34%
Sugars 7g	
Includes 2g Added Sugars	3%
Protein 20g	40%
Vitamin D 0ug	0%
Calcium 51.448mg	4%
Iron 3.499mg	19%
Potassium 719.306mg	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: 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 at least 15 seconds

Chopped Sirloin Dinner AC0056

Nutrition Facts

Servings Per Container 1

Serving Size 1 each (499.1g)

Amount Per Serving	
Calories	**306**
	% Daily Value*
Total Fat 12g	16%
Saturated Fat 4g	21%
Trans Fat 0g	
Cholesterol 59mg	20%
Sodium 493mg	21%
Total Carbohydrate 29g	10%
Dietary Fiber 4g	14%
Sugars 3g	
Includes 2g Added Sugars	3%
Protein 15g	31%
Vitamin D 0.068µg	0%
Calcium 55.675mg	4%
Iron 2.431mg	14%
Potassium 327.094mg	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, and Citric Acid), Salt, Dehydrated Chopped Onion, Seasoning (Hydrolyzed Soy Protein, Modified Corn Starch, Sodium Phosphates, Salt, Dextrose, Yeast Extract), Brown Rice Flour (Rice Flour, Rice Bran), Food Starch - Modified, Maltodextrin, Corn Syrup Solids, Coconut Oil, Sugar, Canola Oil, With 2% Or Less Hydrolyzed Corn Protein, Sodium Caseinate, Dipotassium Phosphate, Black Pepper, Mono & Diglycerides, Silicon Dioxide (Anti-Caking Agent), Natural Flavors (With Milk), Extractives Of Annatto And Turmeric (Color). 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, EGG, WHEAT, MILK

Reheat to a minimum of 165° for at least 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 80mg	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 2.125mg	12%
Potassium 581.138mg	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 Drumsticks, 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 at least 15 seconds

Nutrition Facts

Servings Per Container 1

Serving Size 1 each (360.72g)

Amount Per Serving	
Calories	**479**
	% Daily Value*
Total Fat 29g	37%
Saturated Fat 6g	32%
Trans Fat 0g	
Cholesterol 64mg	21%
Sodium 645mg	28%
Total Carbohydrate 33g	12%
Dietary Fiber 5g	19%
Sugars 4g	
Includes 1g Added Sugars	3%
Protein 18g	35%
Vitamin D 0.125µg	1%
Calcium 46.602mg	4%
Iron 2.877mg	16%
Potassium 630.194mg	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.

Country Fried Steak Dinner AC0066

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, and Citric Acid), Salt, Dehydrated Chopped Onion, Seasoning (Hydrolyzed Soy Protein, Modified Corn Starch, Sodium Phosphates, Salt, 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, Citric Acid, 0.15% Water Added as Carrier for Citric Acid, Spice, 90% Soybean Oil, 10% Olive Pomace Oil, Potassium Chloride, Sodium Chloride, Magnesium Carbonate, Yellow Prussiate of Soda, Garlic Granulated, Chopped Onion, Ground Black Peppercorns, Paprika, Brown Rice Flour (Rice Flour, Rice Bran), Food Starch - Modified, Maltodextrin, Corn Syrup Solids, Coconut Oil, Sugar, Canola Oil, With 2% Or Less Hydrolyzed Corn Protein, Sodium Caseinate, Dipotassium Phosphate, Black Pepper, Mono & Diglycerides, Silicon Dioxide (Anti-Caking Agent), Natural Flavors (With Milk), Extractives Of Annatto And Turmeric (Color). 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. GREEN BEANS: Green Beans.

Allergens: MILK, SOY, WHEAT, EGG

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

Nutrition Facts Crab Cake Meal AC0071

Servings Per Container 1

Serving Size 1 each (333.06g)

Amount Per Serving	
Calories	**294**
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 4g	18%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 757mg	33%
Total Carbohydrate 47g	17%
Dietary Fiber 6g	20%
Sugars 7g	
Includes 1g Added Sugars	2%
Protein 11g	23%
Vitamin D 0µg	0%
Calcium 23.863mg	2%
Iron 2.601mg	14%
Potassium 240.197mg	5%

* 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. CILANTRO LIME RICE: Long Grain Parboiled Rice Enriched With Iron (Ferric Phosphate), Niacin, Thiamine, Mononitrate and Folic Acid, Water, Sauteed Vegetable Puree Mix (Carrots, Onions, Celery), Corn Starch, Maltodextrin, Vegetable Oil (Corn and/or Canola Oil), Hydrolyzed Corn Protein, Yeast Extract, Tomato Powder, Water, Onion Powder, 2% Or Less Of Disodium Inosinate And Disodium Guanylate, Salt, Garlic Powder, Paprika (Color), Natural Flavors, Lactic Acid, Natural Flavor, Modified Cornstarch, Citric Acid, Lime Juice, Cilantro. PEAS: Green Peas

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

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 (340.8g)

Amount Per Serving

Calories **482**

	% Daily Value*
Total Fat 16g	21%
Saturated Fat 4g	22%
Trans Fat 0g	
Cholesterol 133mg	44%
Sodium 656mg	28%
Total Carbohydrate 55g	20%
Dietary Fiber 4g	16%
Sugars 23g	
Includes 9g Added Sugars	18%
Protein 15g	30%
Vitamin D 0.1µg	1%
Calcium 89.112mg	7%
Iron 1.358mg	8%
Potassium 521.27mg	11%

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 (255.63g)

Amount Per Serving	
Calories	**353**
	% Daily Value*
Total Fat 18g	16%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 494mg	21%
Total Carbohydrate 27g	10%
Dietary Fiber 4g	15%
Sugars 3g	
Includes 0g Added Sugars	0%
Protein 17g	34%
Vitamin D 0ug	0%
Calcium 32.232mg	2%
Iron 1.49mg	8%
Potassium 716.387mg	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 at least 15 seconds

French Toast Meal BB0025

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 6g	17%
Sugars 32g	
Includes 17g Added Sugars	35%
Protein 14g	27%
Vitamin D 1.418ug	7%
Calcium 182.733mg	13%
Iron 2.992mg	17%
Potassium 509.338mg	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: 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 267

	% Daily Value*
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 431mg	21%
Total Carbohydrate 38g	14%
Dietary Fiber 4g	14%
Sugars 17g	
Includes 14g Added Sugars	28%
Protein 13g	25%
Vitamin D 0µg	0%
Calcium 56.325mg	4%
Iron 1.828mg	10%
Potassium 351.68mg	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: 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 at least 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 665mg	29%
Total Carbohydrate 20g	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 201.766mg	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: 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

Ham and Cheese Omelet Meal BB0031

Nutrition Facts

Servings Per Container 1

Serving Size 1 each (238.13g)

Amount Per Serving	
Calories	**383**
	% Daily Value*
Total Fat 19g	24%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 174mg	58%
Sodium 679mg	30%
Total Carbohydrate 21g	8%
Dietary Fiber 3g	10%
Sugars 1g	
Includes 1g Added Sugars	1%
Protein 15g	30%
Vitamin D 0.051µg	0%
Calcium 94.698mg	7%
Iron 2.779mg	15%
Potassium 778.828mg	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 AND CHEESE OMELET: Whole Eggs, Water, Soybean Oil, Modified Food Starch, Salt, Whey Solids, Nonfat Dried Milk And Citric Acid, Pasteurized Process Colby Cheese (Colby Cheese (Milk, Cheese Culture, Salt, Enzymes), Water, Cream, Sodium Phosphate, Sorbic Acid (Preservative), Paprika And Annatto (For Color)), Ham, Water, Modified Food Starch, Salt, Dextrose, Potassium Lactate, Sodium Diacetate, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite. 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. BISCUIT: Enriched bleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), shortening powder (palm oil, corn syrup solids, sodium caseinate, dipotassium phosphate, monoglycerides, sodium silicoaluminate), maltodextrin, potassium bicarbonate, sodium aluminum phosphate, emulsifier (propylene glycol mono and diesters of fats and fatty acids, mono and diglycerides, nonfat milk, palm oil and disodium phosphate), Water, Soybean Oil, Hydrogenated Soybean Oil, Soy Lecithin, Natural and Artificial Flavors, Artificial Color.

Allergens: SOY, EGG, MILK, WHEAT

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

Nutrition Facts

Servings Per Container 1

Serving Size 1 each (321.5g)

Amount Per Serving

Calories 294

	% Daily Value*
Total Fat 5g	7%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 744mg	32%
Total Carbohydrate 27g	10%
Dietary Fiber 5g	18%
Sugars 25g	
Includes 19g Added Sugars	38%
Protein 15g	30%
Vitamin D 0.127µg	1%
Calcium 45.125mg	3%
Iron 1.093mg	6%
Potassium 992.541mg	21%

* 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 Dinner AC0086

Ingredients: HAM: Cured With: Water, Modified Food Starch, Salt, Dextrose, Potassium Lactate, Sodium Diacetate, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite. GLAZE: Pineapple, Water, Sugar, Citric Acid, Sugar, Molasses, Corn starch. POTATO WEDGES: Potatoes, Dextrose, Disodium Pyrophosphate, Potassium Sorbate, Potassium Chloride, Sodium Chloride, Magnesium Carbonate, Yellow Prussiate of Soda, Garlic Granulated, Chopped Onion, Spices, 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: SOY

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

Honey Barbequed Chicken Dinner AC0091

Nutrition Facts

Servings Per Container 1

Serving Size 1 each (346.73g)

Amount Per Serving	
Calories	**425**
	% Daily Value*
Total Fat 12g	15%
Saturated Fat 3g	13%
Trans Fat 0g	
Cholesterol 90mg	30%
Sodium 556mg	24%
Total Carbohydrate 55g	20%
Dietary Fiber 4g	15%
Sugars 22g	
Includes 13g Added Sugars	26%
Protein 22g	45%
Vitamin D 0µg	0%
Calcium 32.69mg	3%
Iron 2.329mg	13%
Potassium 1390.431mg	29%

* 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: DRUMSTICK: 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. HONEY BBQ: Honey, Tomato Puree, Sugar, Red Wine Vinegar, Distilled Vinegar, Water, Modified Food Starch, Worcestershire Sauce Concentrate, Distilled Vinegar, Molasses, Corn Syrup, Water, Salt, Caramel Color, Garlic Powder, Sugar, Spices, Tamarind, Natural Flavors, Sulfating Agents, Mustard Flour, Soybean Oil, Natural Flavors, Potassium Chloride, Sea Salt, Xanthan Gum, Torula Yeast Extract, Caramel Color, Sodium Benzoate, Potassium Sorbate, Preservatives, Dehydrated Garlic, Chili Powder, Dehydrated Onions, Salt, Spices. 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. CHUCKWAGON CORN: Corn, Green Peppers, Onions, Red Peppers.

Allergens: MILK, SOY

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

Nutrition Facts Lasagna Dinner ED0021

Servings Per Container 1

Serving Size 1 each (306.46g)

Amount Per Serving	
Calories	**489**
	% Daily Value*
Total Fat 14g	19%
Saturated Fat 6g	29%
Trans Fat 0g	
Cholesterol 66mg	22%
Sodium 784mg	34%
Total Carbohydrate 58g	21%
Dietary Fiber 6g	21%
Sugars 4g	
Includes 0g Added Sugars	1%
Protein 29g	58%
Vitamin D 2.1µg	11%
Calcium 270.554mg	21%
Iron 2.835mg	16%
Potassium 250.893mg	5%

* 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, Salt, Enzymes), Corn Starch (100% Maize), Dietary Fiber, Ground Beef (Not More Than 20% Fat), Caramel Color, Canola Oil, Sunflower Lecithin, Natural Flavor, Garlic Oil, Annatto (Color), Propellant, Vine-Ripened Fresh Tomatoes, Blend of Extra Virgin Olive Oil and Sunflower Oil, Onions, Sugar, Black Pepper, Basil, Oregano, Parsley, Naturally Derived Citric Acid, Tomato Concentrate, Diced Tomatoes in Juice, Soybean Oil, Natural Flavors, Onion Powder, Garlic Powder, Spices, Olive Oil, Citric Acid, Powdered Cellulose (Added to Prevent Caking), Natamycin (Added as a Mold Inhibitor). BROCCOLI: Broccoli. 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.

Allergens: SOY, WHEAT, MILK

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

Nutrition Facts Macaroni and Cheese Meal AC0095

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 8g	
Includes 0g Added Sugars	0%
Protein 22g	45%
Vitamin D 0.203µg	1%
Calcium 565.435mg	43%
Iron 1.319mg	7%
Potassium 944.993mg	18%

*This % 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 at least 15 seconds

Meatball Stroganoff Meal ED0026

Nutrition Facts

Servings Per Container 1

Serving Size 1 each (757.38g)

Amount Per Serving	
Calories	**519**
	% Daily Value*
Total Fat 29g	37%
Saturated Fat 11g	57%
Trans Fat 1g	
Cholesterol 90mg	30%
Sodium 617mg	27%
Total Carbohydrate 47g	17%
Dietary Fiber 7g	24%
Sugars 8g	
Includes 1g Added Sugars	2%
Protein 20g	41%
Vitamin D 0.102µg	1%
Calcium 86.65mg	7%
Iron 1.528mg	8%
Potassium 283.151mg	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: MEATBALL STROGANOFF: Beef, Chicken, Water, Textured Soy Flour, Soy Protein Concentrate, 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, 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, Liquid And Hydrogenated Soybean Oil, Vegetable Mono & Diglycerides, Soy Lecithin, Natural & Artificial Flavors, Beta Carotene (Color), Vitamin A Palmitate Added, Cultured Cream, Whey, Guar Gum, Carrageenan, Calcium Sulfate, Locust Bean Gum, Potassium Sorbate (To Preserve Freshness), Vine Ripened Tomatoes, Citric Acid, Garlic Granulated, Ground Black Peppercorns, Spices, Chopped Onion, Durum Wheat Semolina, Durum Wheat Flour, Eggs, Ferrous Sulfate, 90% Soybean Oil, 10% Olive Pomace Oil. GREEN PEAS: Green Peas. CARROTS: Carrots.

Allergens: EGG, WHEAT, SOY, MILK

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

Nutrition Facts Meatloaf Dinner AC0101

Servings Per Container 1

Serving Size 1 each (319.09g)

Amount Per Serving

Calories **448**

	% Daily Value*
Total Fat 14g	17%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 653mg	28%
Total Carbohydrate 57g	21%
Dietary Fiber 5g	19%
Sugars 41g	
Includes 36g Added Sugars	72%
Protein 17g	33%
Vitamin D 0µg	0%
Calcium 39.835mg	3%
Iron 3.125mg	17%
Potassium 757.328mg	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, Water, Citric Acid), Diced Red Peppers (Red Sweet Peppers, Water, and Citric Acid), Salt, Dehydrated Chopped Onion, Seasoning (Hydrolyzed Soy Protein, Modified Corn Starch, Sodium Phosphates, Salt, Dextrose, Yeast Extract), Tomato Concentrate, High Fructose Corn Syrup, Distilled Vinegar, Corn Syrup, Spices, Natural Flavors, Sugar, Molasses, Distilled White Vinegar, Onions, Anchovies, Garlic, Cloves, Tamarind Extract, Natural Flavorings, Chili Pepper Extract, Maltodextrin, Modified Cornstarch, Wheat Flour, Hydrolyzed Corn, Soy And Wheat Proteins, Beef Fat (Beef Fat, Tocopherol, Citric Acid), Whey, 2% Or Less Of Dried Malted Barley Extract, Yeast Extract, Garlic Powder, Potassium Chloride, Disodium Inosinate, Citric Acid, Disodium Guanylate. 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. PEAS: Green Peas.

Allergens: MILK, SOY, WHEAT

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

Mojo Pork Dinner LC0010

Nutrition Facts

Servings Per Container 1

Serving Size 1 each (348.99g)

Amount Per Serving

Calories 251

	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 38mg	13%
Sodium 735mg	32%
Total Carbohydrate 27g	10%
Dietary Fiber 6g	23%
Sugars 2g	
Includes 0g Added Sugars	0%
Protein 26g	51%
Vitamin D 0µg	0%
Calcium 32.785mg	3%
Iron 1.738mg	10%
Potassium 483.202mg	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: MOJO PORK: Pork Loin, Water, Seasoning (Maltodextrin, Salt, Sugar, Dehydrated Onion, Garlic and Spices), Salt, Sodium Tripolyphosphate, Orange Concentrate, Garlic Salt, Black Pepper, Cumin, and Oregano. CILANTRO LIME RICE: Long Grain Parboiled Rice Enriched With Iron (Ferric Phosphate), Niacin, Thiamine, Mononitrate and Folic Acid, Water, Sauteed Vegetable Puree Mix (Carrots, Onions, Celery), Corn Starch, Maltodextrin, Vegetable Oil (Corn and/or Canola Oil), Hydrolyzed Corn Protein, Yeast Extract, Tomato Powder, Water, Onion Powder, 2% Or Less Of Disodium Inosinate And Disodium Guanylate, Salt, Garlic Powder, Paprika (Color), Natural Flavors, Lactic Acid, Natural Flavor, Modified Cornstarch, Citric Acid, Lime Juice, Cilantro. 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: NONE

Reheat to a minimum of 165° for at least 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 789mg	34%
Total Carbohydrate 64g	23%
Dietary Fiber 1g	5%
Sugars 30g	
Includes 17g Added Sugars	34%
Protein 16g	33%
Vitamin D 0µg	0%
Calcium 90mg	6%
Iron 2.5mg	14%
Potassium 250.435mg	5%

* 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: 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 at least 15 seconds

Nutrition Facts Pasta with Meatballs Dinner ED0031

Servings Per Container 1

Serving Size 1 each (460.69g)

Amount Per Serving	
Calories	**623**
	% Daily Value*
Total Fat 23g	30%
Saturated Fat 7g	37%
Trans Fat 1g	
Cholesterol 43mg	14%
Sodium 760mg	33%
Total Carbohydrate 78g	28%
Dietary Fiber 6g	22%
Sugars 9g	
Includes 1g Added Sugars	3%
Protein 24g	48%
Vitamin D 0.008µg	0%
Calcium 101.111mg	8%
Iron 0.961mg	5%
Potassium 312.523mg	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: MEATBALLS: 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. PENNE: 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. MARINARA SAUCE: 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, Tomato Concentrate, Diced Tomatoes in Juice, Sugar, Soybean Oil, Natural Flavors, Onion Powder, Garlic Powder, Spices, Salt, Olive Oil, Citric Acid. PARMESAN CHEESE: Parmesan Cheese: (Pasteurized Part-Skim Cow's Milk, Cheese Cultures, Salt, Enzymes), Imitation Parmesan: (Corn Starch, Water, Palm Oil, Cellulose, Salt, Natural Flavor, Caseinate, Sorbic Acid (as a preservative), Annatto), Powdered Cellulose added to prevent caking, Natamycin (A Natural Mold Inhibitor). 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 at least 15 seconds

Pot Roast Dinner AC00105

Nutrition Facts

Servings Per Container 1

Serving Size 1 each (288.15g)

Amount Per Serving	
Calories	**302**
	% Daily Value*
Total Fat 10g	12%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 36mg	12%
Sodium 527mg	23%
Total Carbohydrate 36g	13%
Dietary Fiber 5g	17%
Sugars 4g	
Includes 0g Added Sugars	0%
Protein 17g	34%
Vitamin D 0µg	0%
Calcium 38.546mg	3%
Iron 2.24mg	12%
Potassium 710.04mg	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: BEEF: Beef, Contains 2% or less of Spices, Dehydrated Garlic, Dehydrated Onion, Maltodextrin, Salt, Sugar, Natural Flavor. GRAVY: Maltodextrin, Modified Cornstarch, Wheat Flour, Hydrolyzed Corn, Soy and Wheat Proteins, Beef Fat (Beef Fat, Tocopherol, Citric Acid), Whey, Onion Powder, 2% Or Less of Dried Malted Barley Extract, Sugar, Yeast Extract, Garlic Powder, Spices, Potassium Chloride, Disodium Inosinate, Citric Acid, Natural Flavors, Disodium Guanylate, Caramel Color, Salt, 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), Salt, 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 at least 15 seconds

Nutrition Facts

Roast Turkey Meal AC0111

Servings Per Container 1

Serving Size 1 each (331.8g)

Amount Per Serving

Calories **261**

	% Daily Value*
Total Fat 5g	7%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 732mg	32%
Total Carbohydrate 32g	12%
Dietary Fiber 5g	16%
Sugars 4g	
Includes 0g Added Sugars	1%
Protein 23g	46%
Vitamin D 0µg	0%
Calcium 15.978mg	1%
Iron 1.867mg	10%
Potassium 617.417mg	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: TURKEY ROAST: Turkey Breast Meat, Turkey Broth, Salt, Dextrose, Carrageenan, Sodium Phosphate, Vegetable Oil, Breadcrumbs [Enriched Wheat Flour (Enriched With Reduced Iron, Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid), High Fructose Corn Syrup, Palm Oil, Yeast, Calcium Propionate (Preservative), Caramel Color, Soy Lecithin], Seasoning [Dehydrated Vegetables (Onion, Celery, Garlic), Maltodextrin, Sugar, Parsley, Natural & Artificial Flavor, Turmeric Extract, Turmeric, Celery Seed, Disodium Inosinate & Guanylate, Spice, Hydrolyzed Corn & Soy Protein, Yeast Extract, Citric Acid, Spice Extractives, Silicon Dioxide (Anticaking)], Water, Soybean Oil, Hydrogenated Soybean Oil, 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, Onion Powder, Yeast Extract, Sodium Caseinate, Chicken Broth, Dipotassium Phosphate, Disodium Inosinate, Disodium Guanylate, Mono & Diglycerides, Spices, 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 at least 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 590mg	26%
Total Carbohydrate 28g	10%
Dietary Fiber 7g	24%
Sugars 3g	
Includes 0g Added Sugars	0%
Protein 15g	30%
Vitamin D 0µg	0%
Calcium 33.126mg	3%
Iron 3.217mg	18%
Potassium 590.26mg	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: 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 at least 15 seconds

Nutrition Facts Salisbury Steak Dinner AC0115

Servings Per Container 1

Serving Size 1 each (271.1g)

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 0µg	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.

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), Glucono Delta Lactone, Xanthan Gum. MIXED VEGETABLES: Carrots, Corn, Green Beans, Peas.

Allergens: MILK, SOY, WHEAT

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

Sausage and Cheese Biscuit Meal BB0041

Nutrition Facts

Servings Per Container 1

Serving Size 1 each (345.17g)

Amount Per Serving

Calories 657

	% Daily Value*
Total Fat 33g	43%
Saturated Fat 12g	61%
Trans Fat 0g	
Cholesterol 48mg	16%
Sodium 586mg	25%
Total Carbohydrate 59g	21%
Dietary Fiber 5g	16%
Sugars 22g	
Includes 8g Added Sugars	16%
Protein 15g	31%
Vitamin D 0.1µg	1%
Calcium 102.348mg	8%
Iron 2.98mg	17%
Potassium 1002.932mg	21%

* 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: 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. BISCUIT: Enriched bleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), shortening powder (palm oil, corn syrup solids, sodium caseinate, dipotassium phosphate, monoglycerides, sodium silicoaluminate), maltodextrin, potassium bicarbonate, sodium aluminum phosphate, emulsifier (propylene glycol mono and diesters of fats and fatty acids, mono and diglycerides, nonfat milk, palm oil and disodium phosphate), Water, Soybean Oil, Hydrogenated Soybean Oil, Soy Lecithin, Natural and Artificial Flavors, Artificial Color.

Allergens: MILK, SOY, WHEAT

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

Nutrition Facts Soft Chicken Taco Meal LC0021

Servings Per Container 1

Serving Size 1 each (336.55g)

Amount Per Serving	
Calories	**369**
	% Daily Value*
Total Fat 12g	16%
Saturated Fat 5g	24%
Trans Fat 0g	
Cholesterol 88mg	29%
Sodium 729mg	32%
Total Carbohydrate 40g	15%
Dietary Fiber 4g	15%
Sugars 4g	
Includes 0g Added Sugars	0%
Protein 26g	52%
Vitamin D 0.201µg	1%
Calcium 165.174mg	13%
Iron 2.477mg	14%
Potassium 341.049mg	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: 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 at least 15 seconds

Sweet and Sour Chicken Dinner AF0015

Nutrition Facts

Servings Per Container 1

Serving Size 1 each (295.19g)

Amount Per Serving

Calories 267

	% Daily Value*
Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 391mg	17%
Total Carbohydrate 38g	14%
Dietary Fiber 4g	14%
Sugars 17g	
Includes 13g Added Sugars	26%
Protein 14g	27%
Vitamin D 0µg	0%
Calcium 44.225mg	3%
Iron 1.828mg	10%
Potassium 339.66mg	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: 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 at least 15 seconds

Tangerine Chicken Dinner AF0020

Nutrition Facts

Servings Per Container 1

Serving Size 1 each (295.19g)

Amount Per Serving	
Calories	**267**
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 2g	8%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 441mg	19%
Total Carbohydrate 38g	14%
Dietary Fiber 5g	17%
Sugars 16g	
Includes 13g Added Sugars	26%
Protein 15g	29%
Vitamin D 0µg	0%
Calcium 46.325mg	4%
Iron 1.823mg	10%
Potassium 309.65mg	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: 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 at least 15 seconds

Teriyaki Stir Fry Dinner AF0025

Nutrition Facts

Servings Per Container 1

Serving Size 1 each (330.75g)

Amount Per Serving	
Calories	**307**
	% Daily Value*
Total Fat 4g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 637mg	28%
Total Carbohydrate 40g	15%
Dietary Fiber 3g	10%
Sugars 37g	
Includes 33g Added Sugars	65%
Protein 18g	36%
Vitamin D 0ug	0%
Calcium 103.151mg	8%
Iron 2.645mg	15%
Potassium 504.749mg	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 at least 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 ED0036

Servings Per Container 1

Serving Size 1 each (316.28g)

Amount Per Serving

Calories **452**

	% Daily Value*
Total Fat 12g	15%
Saturated Fat 5g	26%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 758mg	33%
Total Carbohydrate 63g	23%
Dietary Fiber 7g	26%
Sugars 2g	
Includes 1g Added Sugars	1%
Protein 21g	42%
Vitamin D 2.1µg	11%
Calcium 231.893mg	18%
Iron 2.267mg	13%
Potassium 77.298mg	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.

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), 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), Corn Starch (100% Maize), Dietary Fiber, Salt, Canola Oil, Sunflower Lecithin, Natural Flavor, Garlic Oil, Annatto (Color), And Propellant, Palm Oil, Food Starch-Modified, Parmesan Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Enriched Bleached Flour (Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Maltodextrin, Corn Syrup Solids, Salt, Contains Less Than 2% Of: Blue Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Whey, Garlic Powder, Onion Powder, Spices, Natural Flavor, Lactic Acid, Sodium Caseinate, Citric Acid, Mono & Diglycerides, Water, Peas, Zucchini, Green Beans, Carrots, Onions. 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 at least 15 seconds

Waffle With Sausage Meal BB0045

Nutrition Facts

Servings Per Container 1

Serving Size 1 each (239.4g)

Amount Per Serving

Calories 518

	% Daily Value*
Total Fat 27g	34%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 719mg	31%
Total Carbohydrate 56g	20%
Dietary Fiber 2g	9%
Sugars 20g	
Includes 13g Added Sugars	26%
Protein 14g	29%
Vitamin D 0µg	0%
Calcium 280mg	22%
Iron 4mg	22%
Potassium 220.435mg	5%

* 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 at least 15 seconds

Western Pork Chop Dinner AC0130

Nutrition Facts

Servings Per Container 1

Serving Size 1 each (301.2g)

Amount Per Serving	
Calories	**253**
	% Daily Value*
Total Fat 4g	5%
Saturated Fat 0g	2%
Trans Fat 0g	
Cholesterol 46mg	15%
Sodium 549mg	24%
Total Carbohydrate 10g	4%
Dietary Fiber 3g	18%
Sugars 4g	
Includes 0g Added Sugars	0%
Protein 27g	**54%**
Vitamin D 0µg	0%
Calcium 28.642mg	2%
Iron 0.981mg	5%
Potassium 780.734mg	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: 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 at least 15 seconds

Nutrition Facts Puree Baked Chicken Meal PE0005

Servings Per Container 1

Serving Size 1 each (299.77g)

Amount Per Serving	
Calories	**371**
	% Daily Value*
Total Fat 18g	23%
Saturated Fat 8g	28%
Trans Fat 0g	
Cholesterol 100mg	33%
Sodium 551mg	24%
Total Carbohydrate 37g	14%
Dietary Fiber 4g	14%
Sugars 11g	
Includes 5g Added Sugars	10%
Protein 17g	34%
Vitamin D 0.4µg	2%
Calcium 110.285mg	8%
Iron 1.601mg	9%
Potassium 551.169mg	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 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. 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 at least 15 seconds

PUREE DIET

Nutrition Facts

Servings Per Container 1

Serving Size 1 each (299.72g)

Amount Per Serving

Calories 380

	% Daily Value
Total Fat 19g	24%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 945mg	41%
Total Carbohydrate 35g	13%
Dietary Fiber 6g	21%
Sugars 10g	
Includes 6g Added Sugars	12%
Protein 20g	40%
Vitamin D 0µg	0%
Calcium 50mg	4%
Iron 2.2mg	12%
Potassium 520mg	11%

Puree Baked Ham Meal PE0011

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). 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.

Allergens: EGG, SOY, MILK

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

PUREE DIET

Nutrition Facts

Servings Per Container 1

Serving Size 1 each (299.77g)

Amount Per Serving

Calories 358

% Daily Value*

Total Fat 16g	24%
Saturated Fat 5g	23%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 860mg	37%
Total Carbohydrate 30g	11%
Dietary Fiber 3g	11%
Sugars 4g	
Includes 3g Added Sugars	6%
Protein 19g	38%
Vitamin D 0µg	0%
Calcium 83.381mg	6%
Iron 2.328mg	13%
Potassium 506.100mg	11%

* 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.

Puree Roast Beef Meal PE0015

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.

Allergens: EGG, MILK, SOY

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

PUREE DIET

Nutrition Facts

Servings Per Container 1

Serving Size 1 each (299.77g)

Amount Per Serving

Calories 381

	% Daily Value*
Total Fat 19g	24%
Saturated Fat 5g	23%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 591mg	26%
Total Carbohydrate 26g	13%
Dietary Fiber 4g	14%
Sugars 9g	
Includes 5g Added Sugars	10%
Protein 16g	36%
Vitamin D 0ug	0%
Calcium 30.239mg	2%
Iron 0.5mg	3%
Potassium 551.169mg	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 Roast Pork Meal PE0020

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. 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

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