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

# Nutrition Facts

Servings Per Container 1

**Serving Size 1 each (303.86g)**

Amount Per Serving

**Calories** **282.5**

% Daily Value*

| | |
|---|---|
| **Total Fat** 8.0 g | 10% |
| Saturated Fat 2.0 g | 10% |
| Trans Fat 0.0 g | |
| **Cholesterol** 90.0 mg | 30% |
| **Sodium** 673.7 mg | 29% |
| **Total Carbohydrate** 32.5 g | 12% |
| Dietary Fiber 4.3 g | 15% |
| Sugars 5.8 g | |
| Includes * 1.0 g Added Sugars | 2% |
| **Protein** 19.8 g | 40% |
| Vitamin D * 0.0 µg | 0% |
| Calcium * 32.4 mg | 2% |
| Iron * 2.2 mg | 12% |
| Potassium * 613.3 mg | 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.

## Baked Chicken Dinner AC0005

**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 Guyanylate, Inosinate, Ground Turmeric, Silicon Dioxide For Anticaking, & Saffron, Water. CARROTS: Carrots**

**Allergens: NONE**

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

# Nutrition Facts

Servings Per Container 1

**Serving Size 1 each (304.71g)**

Amount Per Serving

**Calories** **306.6**

| | % Daily Value* |
|---|---|
| **Total Fat** * 8.8 g | 11% |
| Saturated Fat * 1.5 g | 7% |
| Trans Fat * 0.0 g | |
| **Cholesterol** * 60.0 mg | 20% |
| **Sodium** 625.0 mg | 27% |
| **Total Carbohydrate** * 34.7 g | 13% |
| Dietary Fiber * 4.5 g | 16% |
| Sugars * 2.5 g | |
| Includes * 0.0 g Added Sugars | 0% |
| **Protein** * 27.5 g | 43% |
| Vitamin C * 0.9 µg | 5% |
| Calcium * 58.5 mg | 6% |
| Iron * 2.1 mg | 12% |
| Potassium * 866.7 mg | 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.

# Baked Fish Dinner AC0012

INGREDIENTS: POLLOCK FILLET: Pollock, Water, Sodium Tripolyphosphate (Added To Preserve Freshness). OLD BAY, SEASONING: Celery Salt (Salt, Celery Seed), Spices (Including Red Pepper And Black Pepper) And Paprika. LO-SALT: Potassium Chloride, Sodium Chloride, Magnesium Carbonate, Yellow Prussiate of Soda. GARLIC GRANULATED: Garlic Granulated. ONION POWDER: Chopped Onion. BLACK PEPPER: Ground Black Peppercorns. PAPRIKA: Paprika. DILL WEED: Dried Dill Weed. LIQUID BUTTER ALTERNATIVE: Soybean Oil, Hydrogenated Soybean Oil, Salt, Soy Lecithin, Natural and Artificial Flavors, Artificial Color. POTATOES: Potatoes, Dextrose, Disodium Pyrophosphate (Added To Maintain Color), Potassium Sorbate (Added To Maintain Freshness). CARROTS, SLICED: Carrots. DINNER ROLL: Water, Whole Wheat Flour, Wheat Flour, Wheat Gluten, Yeast, Sea Salt, RyeFlour, 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. LEMON JUICE PKT: Water, Lemon Juice Concentrate, Sodium Benzoate And Sodium Metabisulfite (as Preservatives), Natural Lemon Oil.

Allergens: WHEAT, SOY, FISH

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 (298.96g)**

Amount Per Serving

| **Calories** | **340.4** |
|---|---|
| | % Daily Value* |
| **Total Fat** 4.9 g | 6% |
| Saturated Fat * 0.5 g | 3% |
| Trans Fat * 0.0 g | |
| **Cholesterol** 34.2 mg | 11% |
| **Sodium** 655.1 mg | 28% |
| **Total Carbohydrate** 47.1 g | 17% |
| Dietary Fiber * 3.1 g | 11% |
| Sugars * 10.7 g | |
| Includes * 7.0 g Added Sugars | 14% |
| **Protein** 24.2 g | 48% |
| Vitamin D * 0.0 µg | 0% |
| Calcium * 48.2 mg | 4% |
| Iron * 2.5 mg | 14% |
| Potassium * 824.6 mg | 18% |
| Phosphorus * 341.1 mg | 31% |

* 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 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. 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. CORN, CHUCKWAGON: Corn, Green Peppers, Onions, Red Peppers. 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. DINNER 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.**

**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 (738.42g)**

Amount Per Serving

**Calories** 524.8

| | % Daily Value* |
|---|---|
| **Total Fat** 12.3 g | 16% |
| Saturated Fat 2.6 g | 13% |
| Trans Fat * 0.0 g | |
| **Cholesterol** 137.6 mg | 46% |
| **Sodium** 647.9 mg | 28% |
| **Total Carbohydrate** 61.8 g | 22% |
| Dietary Fiber * 6.5 g | 23% |
| Sugars * 11.9 g | |
| Includes * 0.6 g Added Sugars | 1% |
| **Protein** 42.4 g | 85% |
| Vitamin D * 0.1 µg | 1% |
| Calcium * 113.6 mg | 9% |
| Iron 2.9 mg | 16% |
| Potassium * 635.8 mg | 15% |
| Phosphorus * 0.2 mg | 0% |

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# Chicken Noodle Soup Meal AC0030

INGREDIENTS: 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. CHICKEN, DICED: Chicken. CHICKEN SOUP: 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, Ground Black Peppercorns, Celery, Carrots, Onion, 90% Soybean Oil, 10% Olive Pomace Oil, Parsley, Garlic Granulated, Water. CRACKERS: Unbleached Wheat Flour, Water, Vegetable Oil (Contains One Or More Of The Following: Canola Oil, Soybean Oil, Corn Oil, Sunflower Oil, Safflower Oil), Salt, Cane Sugar, Corn Syrup, Baking Soda, Yeast, Malt. MIXED VEGETABLES: Carrots, Corn, Green Beans, Peas.

Allergens: EGG, WHEAT, SOY, MILK

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 (289.49g)**

Amount Per Serving

**Calories** **353.8**

| | % Daily Value* |
|---|---|
| **Total Fat** * 12.5 g | 16% |
| Saturated Fat * 2.5 g | 13% |
| Trans Fat * 0.0 g | |
| **Cholesterol** * 35.0 mg | 12% |
| **Sodium** 579.3 mg | 25% |
| **Total Carbohydrate** 42.4 g | 15% |
| Dietary Fiber * 5.7 g | 20% |
| Sugars * 10.4 g | |
| Includes * 7.1 g Added Sugars | 14% |
| **Protein** * 19.1 g | 38% |
| Vitamin D * 0.0 µg | 0% |
| Calcium * 45.0 mg | 3% |
| Iron * 0.8 mg | 4% |
| Potassium * 753.3 mg | 15% |
| Phosphorus * 0.0 mg | 0% |

*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 (Sea Salt, Potassium Chloride, Rice Flour), Sodium Phosphates, White Pepper, Onion Powder, Garlic Powder. Breaded With: Whole Wheat Flour, Enriched Wheat Flour (Enriched With Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Spice, Ascorbic Acid (Vitamin C), Dextrose, Extractives Of Paprika. Battered With: Modified Corn Starch, Leavening (Calcium Acid Pyrophosphate, Monocalcium Phosphate), Chicken Broth, Maltodextrin, Yeast Extract, Natural And Artificial Flavors, Lactic Acid. 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. BBQ SAUCE, CUP: Tomato Puree, Sugar, Red Wine Vinegar, Distilled Vinegar, Water, Modified Food Starch, Worcestershire Sauce Concentrate, Mustard Flour, Soybean Oil, Natural Flavors, Potassium Chloride, Sea Salt, Xanthan Gum, Torula Yeast Extract, Caramel Color, Sodium Benzoate, Potassium Sorbate, Dehydrated Garlic, Chili Powder, Dehydrated Onions, Salt, Spices. MIXED VEGETABLES: Carrots, Corn, Green Beans, Peas.**

**Allergens: WHEAT, SOY, MILK**

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

# Nutrition Facts

Servings Per Container 1

**Serving Size 1 each (372.24g)**

Amount Per Serving

**Calories** **255.6**

| | % Daily Value* |
|---|---|
| **Total Fat** 5.4 g | 7% |
| Saturated Fat 1.7 g | 9% |
| Trans Fat * 0.0 g | |
| **Cholesterol** 48.2 mg | 16% |
| **Sodium** 382.4 mg | 17% |
| **Total Carbohydrate** 32.3 g | 12% |
| Dietary Fiber * 4.9 g | 18% |
| Sugars 7.1 g | |
| Includes * 1.6 g Added Sugars | 3% |
| **Protein** 19.8 g | 40% |
| Vitamin D * 0.0 µg | 0% |
| Calcium 97.9 mg | 8% |
| Iron 2.1 mg | 12% |
| Potassium 462.1 mg | 10% |
| Phosphorus * 0.0 mg | 0% |

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# Chicken Pot Pie AC0041

**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. BROCCOLI: Broccoli.**

**Allergens: SOY, MILK, WHEAT**

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

## Nutrition Facts

Servings Per Container 1

**Serving Size 1 each (291.59g)**

| Amount Per Serving | |
|---|---|
| **Calories** | **385.1** |
| | % Daily Value* |
| **Total Fat** 15.4 g | 20% |
| Saturated Fat * 3.5 g | 18% |
| Trans Fat * 0.0 g | |
| **Cholesterol** * 75.9 mg | 25% |
| **Sodium** 368.1 mg | 16% |
| **Total Carbohydrate** * 41.5 g | 15% |
| Dietary Fiber * 3.1 g | 11% |
| Sugars * 8.6 g | |
| Includes * 7.6 g Added Sugars | 15% |
| **Protein** * 17.7 g | 35% |
| Vitamin D * 0.0 µg | 0% |
| Calcium * 50.2 mg | 4% |
| Iron * 2.6 mg | 15% |
| Potassium * 697.8 mg | 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.

# Chicken Wings AC0046

**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. 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.**

**Allergens: SOY, WHEAT**

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

# Chili Con Carne 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 at least 15 seconds**

## Nutrition Facts

Servings Per Container 1

**Serving Size 1 each (411.72g)**

Amount Per Serving

**Calories** **355.7**

| | % Daily Value* |
|---|---|
| **Total Fat** 8.3 g | 12% |
| Saturated Fat * 3.2 g | 16% |
| Trans Fat * 0.0 g | |
| **Cholesterol** * 42.5 mg | 14% |
| **Sodium** 760.6 mg | 33% |
| **Total Carbohydrate** 44.7 g | 16% |
| Dietary Fiber 11.3 g | 40% |
| Sugars 10.0 g | |
| Includes * 1.5 g Added Sugars | 3% |
| **Protein** 21.2 g | 42% |
| Vitamin D * 0.0 ug | 0% |
| Calcium * 101.4 mg | 8% |
| Iron 3.8 mg | 21% |
| Potassium * 783.0 mg | 17% |
| Phosphorus * 0.0 mg | 0% |

* 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.

# Nutrition Facts

Servings Per Container 1

**Serving Size 1 each (499.1g)**

Amount Per Serving

**Calories** **305.8**

| | % Daily Value* |
|---|---|
| **Total Fat** 12.4 g | 16% |
| Saturated Fat 4.2 g | 21% |
| Trans Fat * 0.0 g | |
| **Cholesterol** 59.1 mg | 20% |
| **Sodium** 479.8 mg | 21% |
| **Total Carbohydrate** 28.2 g | 10% |
| Dietary Fiber 4.0 g | 14% |
| Sugars * 3.0 g | |
| Includes * 1.6 g Added Sugars | 3% |
| **Protein** 15.3 g | 31% |
| Vitamin D * 0.1 µg | 0% |
| Calcium * 55.7 mg | 4% |
| Iron * 2.4 mg | 14% |
| Potassium * 478.4 mg | 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.

# Chopped Sirloin AC0056

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: EGG, SOY, WHEAT, MILK

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

# Country Fried Chicken AC0060

## Nutrition Facts

Servings Per Container 1

**Serving Size 1 each (268.57g)**

Amount Per Serving

**Calories 344.1**

| | % Daily Value* |
|---|---|
| **Total Fat** 14.6 g | 19% |
| Saturated Fat 3.5 g | 18% |
| Trans Fat * 0.0 g | |
| **Cholesterol** 80.0 mg | 27% |
| **Sodium** 845.0 mg | 36% |
| **Total Carbohydrate** 31.6 g | 12% |
| Dietary Fiber 5.8 g | 19% |
| Sugars 4.3 g | |
| Includes 3.0 g Added Sugars | 3% |
| **Protein** 22.3 g | 45% |
| Vitamin D * 0.0 µg | 0% |
| Calcium 19.6 mg | 2% |
| Iron 2.1 mg | 12% |
| Potassium 581.1 mg | 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, 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: SOY, WHEAT, MILK**

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

# Country Fried Steak AC0066

## Nutrition Facts

Servings Per Container 1

**Serving Size 1 each (309.69g)**

| Amount Per Serving | |
|---|---|
| **Calories** | **327.4** |
| | % Daily Value* |
| **Total Fat** * 13.7 g | 18% |
| Saturated Fat * 4.2 g | 21% |
| Trans Fat * 0.0 g | |
| **Cholesterol** * 40.0 mg | 13% |
| **Sodium** * 613.4 mg | 27% |
| **Total Carbohydrate** * 29.8 g | 11% |
| Dietary Fiber * 4.4 g | 16% |
| Sugars * 3.1 g | |
| Includes * 1.1 g Added Sugars | 2% |
| **Protein** * 17.2 g | 34% |
| Vitamin D * 0.0 µg | 0% |
| Calcium * 40.9 mg | 3% |
| Iron * 2.8 mg | 15% |
| Potassium * 704.7 mg | 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: 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: SOY, WHEAT, MILK, EGG**

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

# Crab Cake Meal AC0071

## Nutrition Facts

Servings Per Container 1

**Serving Size 1 each (305.09g)**

Amount Per Serving

**Calories** **288.9**

| | % Daily Value* |
|---|---|
| **Total Fat** 7.7 g | 10% |
| Saturated Fat * 3.6 g | 18% |
| Trans Fat * 0.0 g | |
| **Cholesterol** 20.0 mg | 7% |
| **Sodium** 748.2 mg | 33% |
| **Total Carbohydrate** 45.0 g | 16% |
| Dietary Fiber * 5.5 g | 20% |
| Sugars * 5.6 g | |
| Includes * 1.0 g Added Sugars | 2% |
| **Protein** 11.1 g | 22% |
| Vitamin D * 0.0 µg | 0% |
| Calcium * 42.2 mg | 3% |
| Iron * 2.5 mg | 14% |
| Potassium * 253.5 mg | 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. LONG GRAIN RICE, PARBOILED: Long Grain Parboiled Rice Enriched With Iron (Ferric Phosphate), Niacin, Thiamine, Mononitrate and Folic Acid, Water. VEGETABLE BASE: 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, Lime Juice, Cilantro, 90% Soybean Oil, 10% Olive Pomace Oil. PEAS, GREEN: Green Peas. LEMON JUICE PKT: Water, Lemon Juice Concentrate, Sodium Benzoate And Sodium Metabisulfite (as Preservatives), Natural Lemon Oil.**

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

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

## Nutrition Facts

Servings Per Container 1

**Serving Size 1 each (287.5g)**

Amount Per Serving

**Calories** **405.0**

% Daily Value*

| | |
|---|---|
| **Total Fat** 18.2 g | 21% |
| Saturated Fat * 2.5 g | 12% |
| Trans Fat * 0.0 g | |
| **Cholesterol** * 50.0 mg | 17% |
| **Sodium** 809.3 mg | 26% |
| **Total Carbohydrate** * 48.0 g | 17% |
| Dietary Fiber * 4.7 g | 17% |
| Sugars * 5.3 g | |
| Includes * 2.0 g Added Sugars | 4% |
| **Protein** * 17.1 g | 34% |
| Vitamin D * 0.0 µg | 0% |
| Calcium * 57.2 mg | 4% |
| Iron * 1.7 mg | 9% |
| Potassium * 747.6 mg | 16% |
| Phosphorus * 0.0 mg | 0% |

* 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.

# Fish Fry Meal AC0075

**INGREDIENTS: POLLOCK STICKS: Alaska Pollock, Enriched Bleached Wheat Flour (Flour, Niacin, Ferrous Sulfate, Thiaminemononitrate, Riboflavin, Folic Acid), Vegetable Oil (Canola Oil, Cottonseed Oil, And/Orsoybean Oil), Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Modified Corn Starch, Contains 2% Or Less Of: Water, Salt, Yellowcorn Flour, Dextrose, Yeast, Garlic Powder, Onion Powder, Paprika Extract (Color), Guargum, Natural Flavor. REDSKIN 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, Ground Black Peppercorns, Paprika, Dried Dill Weed, Soybean Oil, Hydrogenated Soybean Oil, Salt, Soy Lecithin, Natural and Artificial Flavors, Artificial Color. MIXED VEGETABLES: Carrots, Corn, Green Beans, Peas. TARTER SAUCE: Soybean Oil, Water, High Fructose Corn Syrup, Relish (Pickles, High Fructose Corn Syrup, Corn Syrup, Distilled Vinegar, Minced Onion, Salt, Sugar, Red Bell Pepper, Xanthan Gum, Alum, Natural Spice Flavors, Polysorbate 80), Distilled Vinegar, Egg Yolks, Modified Food Starch, Salt, Spice, Xanthan Gum, Onion Powder, Potassium Sorbate and Sodium Benzoate (preservatives), Natural Flavor, Calcium Disodium EDTA added to protect flavor.**

**Allergens: SOY, WHEAT, EGG, FISH**

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

# Grilled Chicken Finger Meal AC0025

**INGREDIENTS: CHICKEN TENDERLOINS: Raw Chicken, Ground Black Peppercorns, Paprika, 90% Soybean Oil, 10% Olive Pomace Oil, Potassium Chloride, Sodium Chloride, Magnesium Carbonate, Yellow Prussiate of Soda, Garlic Granulated. YELLOW 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 Guyanylate, Inosinate, Ground Turmeric, Silicon Dioxide For Anticaking, & Saffron, Water. SCANDINAVIAN BLEND: Peas, Zucchini, Green Beans, Carrots, Onions. CARROTS, SLICED: Carrots.**

**Allergens: SOY**

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

## Nutrition Facts

Servings Per Container 1

**Serving Size 1 each (310.2g)**

| Amount Per Serving | |
|---|---|
| **Calories** | **261.5** |
| | % Daily Value* |
| **Total Fat** 5.6 g | 7% |
| Saturated Fat * 0.8 g | 4% |
| Trans Fat * 0.0 g | |
| **Cholesterol** * 33.6 mg | 11% |
| **Sodium** 398.1 mg | 17% |
| **Total Carbohydrate** * 31.5 g | 11% |
| Dietary Fiber * 4.0 g | 14% |
| Sugars * 5.0 g | |
| Includes * 0.0 g Added Sugars | 0% |
| **Protein** * 16.3 g | 33% |
| Vitamin D * 0.0 µg | 0% |
| Calcium * 23.6 mg | 2% |
| Iron * 1.3 mg | 7% |
| Potassium * 326.4 mg | 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.

# Nutrition Facts

Servings Per Container 1

**Serving Size 1 each (300.38g)**

Amount Per Serving

**Calories** **312.5**

| | % Daily Value* |
|---|---|
| **Total Fat** 2.3 g | 3% |
| Saturated Fat 0.6 g | 3% |
| Trans Fat 0.0 g | |
| **Cholesterol** 22.8 mg | 8% |
| **Sodium** 756.4 mg | 33% |
| **Total Carbohydrate** 55.1 g | 20% |
| Dietary Fiber 4.8 g | 17% |
| Sugars 26.0 g | |
| Includes 16.9 g Added Sugars | 34% |
| **Protein** 15.1 g | 30% |
| Vitamin D 0.1 µg | 1% |
| Calcium 56.3 mg | 4% |
| Iron 2.4 mg | 13% |
| Potassium 818.9 mg | 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.

# Ham Dinner AC0086

**INGREDIENTS: HAM, SMOKED: Cured With: Water, Modified Food Starch, Salt, Dextrose, Potassium Lactate, Sodium Diacetate, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite. BROWN SUGAR: Sugar, Molasses, Corn Starch. PINEAPPLE TIDBITS WITH JUICE: Pineapple, Unsweetened Pineapple Juice. BROCCOLI: Broccoli. SWEET POTATOES: Sweet Potatoes, Cut 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.**

**Allergens: WHEAT**

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

# Honey BBQ Chicken Dinner AC0091

## Nutrition Facts

Servings Per Container 1

**Serving Size 1 each (326.21g)**

Amount Per Serving

**Calories** **414.9**

| | % Daily Value* |
|---|---|
| **Total Fat** 11.8 g | 15% |
| Saturated Fat 2.9 g | 13% |
| Trans Fat * 0.0 g | |
| **Cholesterol** 80.0 mg | 30% |
| **Sodium** 641.2 mg | 28% |
| **Total Carbohydrate** 50.5 g | 18% |
| Dietary Fiber 3.1 g | 11% |
| Sugars 13.2 g | |
| Includes 7.1 g Added Sugars | 14% |
| **Protein** 34.1 g | 68% |
| Vitamin D * 0.0 µg | 0% |
| Calcium 30.9 mg | 2% |
| Iron 3.4 mg | 19% |
| Potassium 934.4 mg | 20% |
| Phosphorus * 341 mg | 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: 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. BBQ SAUCE: 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. CORN: Corn, Green Peppers, Onions, Red Peppers. 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.**

**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 (309.39g)**

Amount Per Serving

**Calories** **420.1**

| | % Daily Value* |
|---|---|
| **Total Fat** 19.4 g | **25%** |
| Saturated Fat 10.9 g | **54%** |
| Trans Fat 0.0 g | |
| **Cholesterol** 56.9 mg | **19%** |
| **Sodium** 719.6 mg | **31%** |
| **Total Carbohydrate** 38.0 g | **14%** |
| Dietary Fiber 4.5 g | **16%** |
| Sugars 10.2 g | |
| Includes * 0.0 g Added Sugars | **0%** |
| **Protein** 24.0 g | **48%** |
| Vitamin D * 0.2 µg | 1% |
| Calcium 603.4 mg | 46% |
| Iron 1.7 mg | 9% |
| Potassium 949.5 mg | 20% |
| Phosphorus * 0.0 mg | 0% |

* 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.

# Macaroni and Cheese AC0095

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: MILK, EGG, WHEAT**

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

# Meatloaf Dinner AC0101

## Nutrition Facts

Servings Per Container 1

**Serving Size 1 each (353.4g)**

| Amount Per Serving | |
|---|---|
| **Calories** | **441.1** |
| | % Daily Value* |
| **Total Fat** * 13.5 g | 17% |
| Saturated Fat * 4.0 g | 20% |
| Trans Fat * 0.0 g | |
| **Cholesterol** * 40.0 mg | 13% |
| **Sodium** 764.5 mg | 33% |
| **Total Carbohydrate** 54.7 g | 20% |
| Dietary Fiber * 5.3 g | 19% |
| Sugars 20.5 g | |
| Includes * 15.8 g Added Sugars | 32% |
| **Protein** * 19.3 g | 39% |
| Vitamin D * 0.0 µg | 0% |
| Calcium * 57.5 mg | 4% |
| Iron * 4.1 mg | 23% |
| Potassium * 723.3 mg | 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: 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), Caramel Color. KETCHUP GLAZE: Tomato Concentrate, Sugar, Distilled Vinegar, Salt, Potassium Chloride, Citric Acid, Onion Powder, Garlic Powder, Spices, Natural Flavors, Sugar, Molasses, Distilled White Vinegar, Molasses, Sugar, Water, Salt, 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: 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. 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: Green Peas.**

**Allergens: WHEAT, SOY, MILK**

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

# Pot Roast Dinner AC0106

## Nutrition Facts

Servings Per Container 1

**Serving Size 1 each (294.09g)**

Amount Per Serving

**Calories** **303.9**

| | % Daily Value* |
|---|---|
| **Total Fat** 9.0 g | 12% |
| Saturated Fat 3.1 g | 15% |
| Trans Fat * 0.0 g | |
| **Cholesterol** 35.7 mg | 12% |
| **Sodium** 496.7 mg | 22% |
| **Total Carbohydrate** 37.7 g | 14% |
| Dietary Fiber * 3.9 g | 14% |
| Sugars * 3.9 g | |
| Includes * 0.0 g Added Sugars | 0% |
| **Protein** 16.0 g | 36% |
| Vitamin D * 0.0 µg | 0% |
| Calcium 34.1 mg | 3% |
| Iron 3.3 mg | 18% |
| Potassium 716.4 mg | 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.

**NGREDIENTS: BEEF, BARBACOA: Beef, Contains 2% or less of Spices, Dehydrated Garlic, Dehydrated Onion, Maltodextrin, Salt, Sugar, 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. BROWN 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. CARROTS, SLICED: Carrots. 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.**

**Allergens: MILK, SOY, WHEAT**

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

# Roast Turkey Dinner AC0111

## Nutrition Facts

Servings Per Container 1

**Serving Size 1 each (380.15g)**

Amount Per Serving

**Calories** 292.0

| | % Daily Value* |
|---|---|
| **Total Fat** 2.2 g | 3% |
| Saturated Fat 0.5 g | 3% |
| Trans Fat * 0.0 g | |
| **Cholesterol** 35.0 mg | 12% |
| **Sodium** 877.6 mg | 36% |
| **Total Carbohydrate** 46.7 g | 17% |
| Dietary Fiber 6.0 g | 21% |
| Sugars * 10.9 g | |
| Includes * 4.3 g Added Sugars | 9% |
| **Protein** 22.1 g | 44% |
| Vitamin D * 0.0 µg | 0% |
| Calcium 66.2 mg | 5% |
| Iron 2.7 mg | 15% |
| Potassium 612.6 mg | 13% |

INGREDIENTS: TURKEY: Turkey Breast Meat, Turkey Broth, Contains 2% or less Salt, Dextrose, Carrageenan, Sodium Phosphate, Vegetable Oil. STUFFING: Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Whole Wheat Flour, Salt, Sugar, Yeast, Contains 2% or Less of: Vegetable Oils (Canola and/or Sunflower and/or Palm), Molasses, Spices, Celery, Onion Powder, Calcium Propionate to Extend Freshness, Malted Barley Flour, Rosemary Extract and Ascorbic Acid to Protect Flavor, Soy Lecithin, Water. GRAVY: Maltodextrin, Modified Food Starch, Whey, Hydrolyzed Corn And Wheat Proteins, Chicken Fat, 2% Or Less Of Soybean Oil, Nonfat Milk, Potassium Salt, Dried Chicken Meat, Onion Powder, Yeast Extract, Disodium Inosinate, Sodium Caseinate (A Milk Derivative), Disodium Guanylate, Sugar, Citric Acid, Beta Carotene (Color), Dried Malted Barley Extract, Spices, Natural Flavors, Water. SWEET POTATOES: Sweet Potatoes. GREEN PEAS: Green Peas.

Allergens: SOY, WHEAT, MILK

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

# Salisbury Steak Dinner AC0116

## Nutrition Facts

Servings Per Container 1

**Serving Size 1 each (316.49g)**

Amount Per Serving

**Calories** **371.3**

% Daily Value*

| | |
|---|---|
| **Total Fat** 13.5 g | 17% |
| Saturated Fat 4.0 g | 20% |
| Trans Fat * 0.0 g | |
| **Cholesterol** 40.0 mg | 13% |
| **Sodium** 736.2 mg | 32% |
| **Total Carbohydrate** 30.7 g | 14% |
| Dietary Fiber 4.9 g | 18% |
| Sugars 4.7 g | |
| Includes * 0.0 g Added Sugars | 0% |
| **Protein** 18.3 g | 37% |
| Vitamin D * 0.0 µg | 0% |
| Calcium * 73.8 mg | 6% |
| Iron * 3.9 mg | 21% |
| Potassium * 698.0 mg | 15% |
| Phosphorus * 0.0 mg | 0% |

* 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), Caramel Color. 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, Mushrooms, Water, Salt. Citric Acid and Ascorbic Acid. 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. MIXED VEGETABLES: Carrots, Corn, Green Beans, Peas. 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.**

**Allergens: WHEAT, SOY, MILK**

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

# Uncrustable Meal AC0125

## Nutrition Facts

Servings Per Container 1

**Serving Size 1 each (127.82g)**

Amount Per Serving

**Calories** **521.6**

| | % Daily Value* |
|---|---|
| **Total Fat** * 18.0 g | 23% |
| Saturated Fat 6.9 g | 34% |
| Trans Fat * 0.0 g | |
| **Cholesterol** * 15.0 mg | 5% |
| **Sodium** 557.3 mg | 24% |
| **Total Carbohydrate** 63.2 g | 23% |
| Dietary Fiber 4.9 g | 17% |
| Sugars 30.6 g | |
| Includes 16.7 g Added Sugars | 33% |
| **Protein** 16.7 g | 33% |
| Vitamin D * 0.0 µg | 0% |
| Calcium * 251.8 mg | 19% |
| Iron * 1.7 mg | 9% |
| Potassium * 418.4 mg | 9% |
| Thiamin (Vitamin B1) * 0.0 mg | 0% |
| Riboflavin (Vitamin B2) * 0.0 mg | 0% |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,700 calories a day is used for general nutrition advice.

**INGREDIENTS: UNCRUSTABLE: Peanut Butter: Peanuts, Sugar, Contains 2% Or Less Of: Molasses, Fully Hydrogenated Vegetable Oils (rapeseed And Soybean), Mono And Diglycerides, Salt. Bread: Unbleached Whole Wheat Flour, Enriched Unbleached Flour (wheat Flour, Malted Barley Flour, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Yeast, Contains 2% Or Less Of: Wheat Gluten, Soybean Oil, Salt, Dough Conditioners (Mono And Diglycerides, Sodium Stearoyl Lactylate, Datem, Enzymes, Ascorbic Acid, Calcium Peroxide). Grape Jelly: Sugar, Grape Juice, Contains 2% Or Less Of: Pectin, Citric Acid, Potassium Sorbate (preservative). CHEESE: Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes. CRACKER: Whole Wheat Flour, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Vitamin B1 [Thiamin Mononitrate], Vitamin B2 [Riboflavin], Folic Acid), Sugar, Vegetable Oil (Soybean And/Or Canola), Molasses, Honey, Corn Syrup. Contains 2% Or Less Of Leavening (Baking Soda, Sodium Acid Pyrophosphate, Monocalcium Phosphate), Natural Flavors, Salt, Soy Lecithin. APPLE JUICE: 100% Apple Juice (Water sufficient to reconstitute Apple Juice Concentrate.**

**Allergens: MILK, SOY, WHEAT, PEANUT**

# Western Pork Chop Dinner AC0126

## Nutrition Facts

Servings Per Container 1

**Serving Size 1 each (336.22g)**

| Amount Per Serving | |
|---|---|
| **Calories** | **335.0** |
| | % Daily Value* |
| **Total Fat** 6.9 g | 9% |
| Saturated Fat * 0.9 g | 5% |
| Trans Fat * 0.0 g | |
| **Cholesterol** * 36.0 mg | 13% |
| **Sodium** 588.2 mg | 26% |
| **Total Carbohydrate** * 40.1 g | 15% |
| Dietary Fiber * 5.0 g | 18% |
| Sugars * 9.0 g | |
| Includes * 0.0 g Added Sugars | 0% |
| **Protein** * 26.2 g | 52% |
| Vitamin D * 0.0 µg | 0% |
| Calcium * 43.1 mg | 3% |
| Iron * 2.0 mg | 11% |
| Potassium * 808.7 mg | 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: 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. REDSKIN POTATOES, DICED: Potatoes, Dextrose, Disodium Pyrophosphate (Added To Maintain Color), Potassium Sorbate (Added To Maintain Freshness). PEPPERS AND ONIONS: Red Peppers, Green Peppers, Yellow Peppers, Onions, Potassium Chloride, Sodium Chloride, Magnesium Carbonate, Yellow Prussiate of Soda, Garlic Granulated, Chopped Onion, Ground Black Peppercorns, Paprika, Dried Dill Weed, Soybean Oil, Hydrogenated Soybean Oil, Salt, Soy Lecithin, Natural and Artificial Flavors, Artificial Color. PEAS, GREEN: Green Peas. 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.**

**Allergens: SOY, WHEAT**

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

# Arroz Con Pollo LC0005

## Nutrition Facts

Servings Per Container 1

**Serving Size 1 each (449.18g)**

| Amount Per Serving | |
|---|---|
| **Calories** | **312.6** |
| | % Daily Value* |
| **Total Fat** 5.4 g | 7% |
| Saturated Fat * 1.2 g | 6% |
| Trans Fat * 0.0 g | |
| **Cholesterol** * 58.5 mg | 20% |
| **Sodium** 784.0 mg | 34% |
| **Total Carbohydrate** * 40.0 g | 15% |
| Dietary Fiber * 7.5 g | 27% |
| Sugars * 5.1 g | |
| Includes * 0.0 g Added Sugars | 0% |
| **Protein** * 26.3 g | 53% |
| Vitamin D * 0.0 µg | 0% |
| Calcium * 61.4 mg | 5% |
| Iron * 3.0 mg | 17% |
| Potassium * 668.8 mg | 14% |
| Phosphorus * 0.0 mg | 0% |

* 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**

# Mojo Pork Dinner LC0011

**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: SOY**

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

## Nutrition Facts

Servings Per Container 1

**Serving Size 1 each (334.41g)**

| Amount Per Serving | |
|---|---|
| **Calories** | **240.3** |
| | % Daily Value* |
| **Total Fat** 2.7 g | 4% |
| Saturated Fat * 0.3 g | 0% |
| Trans Fat * 0.0 g | |
| **Cholesterol** 38.0 mg | 13% |
| **Sodium** 729.1 mg | 32% |
| **Total Carbohydrate** 27.1 g | 10% |
| Dietary Fiber * 6.2 g | 22% |
| Sugars * 2.3 g | |
| Includes * 0.0 g Added Sugars | 0% |
| **Protein** 25.9 g | 52% |
| Vitamin D * 0.0 µg | 0% |
| Calcium 56.9 mg | 4% |
| Iron * 1.6 mg | 10% |
| Potassium * 506.2 mg | 11% |
| Phosphorus * 0.0 mg | 0% |

* 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.

# Ropa Vieja LC0015

**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

Servings Per Container 1

**Serving Size 1 each (316.34g)**

| Amount Per Serving | |
|---|---|
| **Calories** | **272.9** |
| | % Daily Value* |
| **Total Fat** * 9.6 g | 12% |
| Saturated Fat * 2.9 g | 14% |
| Trans Fat * 0.0 g | |
| **Cholesterol** * 34.8 mg | 12% |
| **Sodium** 599.1 mg | 26% |
| **Total Carbohydrate** * 29.7 g | 11% |
| Dietary Fiber * 6.6 g | 24% |
| Sugars * 3.7 g | |
| Includes * 0.0 g Added Sugars | 0% |
| **Protein** * 18.2 g | 36% |
| Vitamin D * 0.0 µg | 0% |
| Calcium * 58.1 mg | 4% |
| Iron * 3.3 mg | 18% |
| Potassium * 609.6 mg | 13% |
| Phosphorus * 0.0 mg | 0% |

* 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.

# Soft Chicken Taco LC0021

## Nutrition Facts

Servings Per Container 1

**Serving Size 1 each (339.35g)**

Amount Per Serving

**Calories** 383.3

| | % Daily Value* |
|---|---|
| **Total Fat** 12.8 g | 16% |
| Saturated Fat * 5.1 g | 26% |
| Trans Fat * 0.0 g | |
| **Cholesterol** 87.7 mg | 29% |
| **Sodium** 726.4 mg | 32% |
| **Total Carbohydrate** 42.4 g | 15% |
| Dietary Fiber * 5.4 g | 19% |
| Sugars * 5.6 g | |
| Includes * 0.0 g Added Sugars | 0% |
| **Protein** 26.4 g | 53% |
| Vitamin D * 0.2 µg | 1% |
| Calcium * 214.3 mg | 16% |
| Iron * 2.6 mg | 14% |
| Potassium * 373.4 mg | 8% |
| Phosphorus * 0.0 mg | 0% |

* 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. 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. MIXED VEGETABLES: Carrots, Corn, Green Beans, Peas.**

**Allergens: SOY, MILK, WHEAT**

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

# Cheese Ravioli Dinner ED0006

## Nutrition Facts

Servings Per Container 1

**Serving Size 1 each (322.28g)**

Amount Per Serving

**Calories** 457.2

| | % Daily Value* |
|---|---|
| **Total Fat** * 9.8 g | 13% |
| Saturated Fat * 4.7 g | 23% |
| Trans Fat * 0.0 g | |
| **Cholesterol** * 41.3 mg | 14% |
| **Sodium** 616.7 mg | 27% |
| **Total Carbohydrate** 65.7 g | 24% |
| Dietary Fiber * 5.5 g | 20% |
| Sugars * 5.7 g | |
| Includes * 1.2 g Added Sugars | 2% |
| **Protein** 25.8 g | 52% |
| Vitamin D * 2.5 µg | 13% |
| Calcium * 353.1 mg | 27% |
| Iron * 4.1 mg | 23% |
| Potassium * 329.1 mg | 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: 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 BLEND: Pasteurized Milk, Skim Milk, Cheese Cultures, Salt, Enzymes, Powdered Cellulose (Added To Prevent Caking), Natamycin (Added As A Mold Inhibitor. GREEN BEANS, CUT: 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: WHEAT, MILK**

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

# Chicken Alfredo Dinner ED0011

## Nutrition Facts

Servings Per Container 1

**Serving Size 1 each (827.85g)**

| Amount Per Serving | |
|---|---|
| **Calories** | **447.3** |
| | % Daily Value* |
| **Total Fat** 10.4 g | 13% |
| Saturated Fat * 2.6 g | 13% |
| Trans Fat * 0.0 g | |
| **Cholesterol** * 75.0 mg | 25% |
| **Sodium** 714.3 mg | 31% |
| **Total Carbohydrate** 55.6 g | 20% |
| Dietary Fiber 3.5 g | 13% |
| Sugars * 4.5 g | |
| Includes * 0.0 g Added Sugars | 0% |
| **Protein** 32.3 g | 65% |
| Vitamin D * 0.0 µg | 0% |
| Calcium * 83.2 mg | 6% |
| Iron * 3.0 mg | 17% |
| Potassium * 345.2 mg | 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 NOODLE: 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. SCANDINAVIAN BLEND: Peas, Zucchini, Green Beans, Carrots, Onions. 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: WHEAT, MILK, SOY**

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

# Chicken and Broccoli ED0016

## Nutrition Facts

Servings Per Container 1

**Serving Size 1 each (547.15g)**

Amount Per Serving

**Calories** **285.1**

| | % Daily Value* |
|---|---|
| **Total Fat** 7.5 g | 10% |
| Saturated Fat * 1.4 g | 7% |
| Trans Fat * 0.0 g | |
| **Cholesterol** * 69.0 mg | 23% |
| **Sodium** 495.2 mg | 20% |
| **Total Carbohydrate** * 33.1 g | 12% |
| Dietary Fiber * 4.8 g | 17% |
| Sugars * 4.6 g | |
| Includes * 0.0 g Added Sugars | 0% |
| **Protein** * 19.3 g | 39% |
| Vitamin D * 0.1 ug | 0% |
| Calcium * 80.0 mg | 6% |
| Iron * 2.1 mg | 11% |
| Potassium * 560.0 mg | 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 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. 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. CREAM SOUP AND GRAVY: Modified Corn Starch, Palm Oil, Maltodextrin, Buttermilk, Corn Syrup Solids, Sugar, Salt, Buttermilk Powder, Yeast Extract, Soybean Oil, Onion Powder, Potassium Chloride, Natural Flavor, Disodium Guanylate, Disodium Inosinate, Maltodextrin, Modified Food Starch, Whey, Hydrolyzed Corn And Wheat Proteins, Chicken Fat, 2% Or Less Of Soybean Oil, Nonfat Milk, Potassium Salt, Dried Chicken Meat, Onion Powder, Yeast Extract, Disodium Inosinate, Sodium Caseinate (A Milk Derivative), Disodium Guanylate, Sugar, Citric Acid, Beta Carotene (Color), Dried Malted Barley Extract, Spices, Natural Flavors, Chopped Onion, Garlic Granulated, Marjoram, Oregano, Thyme, Rosemary, Savory, Basil, Sage, Potassium Chloride, Sodium Chloride, Magnesium Carbonate, Yellow Prussiate of Soda, Ground Black Peppercorns. BROCCOLI, FLORETS: Broccoli. CARROTS, SLICED: Carrots.**

**Allergens: EGG, WHEAT, SOY, MILK**

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

# Classic Lasagna Meal ED0022

## Nutrition Facts

Servings Per Container *

**Serving Size 1 each (340.06g)**

| Amount Per Serving | |
|---|---|
| **Calories** | **483.5** |
| | % Daily Value * |
| **Total Fat** * 12.8 g | 16% |
| Saturated Fat * 5.3 g | 27% |
| Trans Fat * 0.0 g | |
| **Cholesterol** * 58.6 mg | 20% |
| **Sodium** 755.1 mg | 33% |
| **Total Carbohydrate** 60.4 g | 22% |
| Dietary Fiber * 5.0 g | 21% |
| Sugars * 4.9 g | |
| Includes * 0.4 g Added Sugars | 1% |
| **Protein** 29.6 g | 59% |
| Vitamin D * 2.1 µg | 11% |
| Calcium * 297.2 mg | 23% |
| Iron * 4.2 mg | 23% |
| Potassium * 939.9 mg | 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.

**INGREDIENTS: LASAGNA ROLL UP: 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. GARLIC MIST: Canola Oil, Sunflower Lecithin, Natural Flavor, Garlic Oil, Annatto (Color), And Propellant. BEEF, CRUMBLES: Ground Beef (Not More Than 20% Fat), Salt, Water, Caramel Color. MARINARA SAUCE: Tomato Concentrate, Diced Tomatoes in Juice, Sugar, Soybean Oil, Natural Flavors, Onion Powder, Garlic Powder, Spices, Salt, Olive Oil, Citric Acid, 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. 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, FLORETS: Broccoli. DINNER 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.**

**Allergens: 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 (561.91g)**

| Amount Per Serving | |
|---|---|
| **Calories** | **515.0** |
| | % Daily Value* |
| **Total Fat** 24.2 g | 31% |
| Saturated Fat 10.2 g | 51% |
| Trans Fat * 0.6 g | |
| **Cholesterol** 78.6 mg | 26% |
| **Sodium** 766.6 mg | 33% |
| **Total Carbohydrate** 52.2 g | 19% |
| Dietary Fiber 4.7 g | 17% |
| Sugars * 5.4 g | |
| Includes * 2.0 g Added Sugars | 4% |
| **Protein** 19.1 g | 38% |
| Vitamin D * 0.7 µg | 0% |
| Calcium * 63.1 mg | 5% |
| Iron * 1.5 mg | 8% |
| Potassium * 339.9 mg | 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:** 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. 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. BROWN 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, Vine Ripened Tomatoes, Citric Acid, Garlic Granulated, Ground Black Peppercorns, Paprika, Chopped Onion, Cultured Cream, Contains Less Than 2% Of: Whey, Food Starch - Modified, Sodium Phosphate (Sodium Tripolyphosphate), Guar Gum, Carrageenan, Calcium Sulfate, Locust Bean Gum, Potassium Sorbate (To Preserve Freshness). GREEN BEANS, CUT: 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.

**Allergens:** EGG, WHEAT, SOY, MILK

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

# Pasta with Meatballs ED0031

## Nutrition Facts

Servings Per Container 1

**Serving Size 1 each (895.97g)**

Amount Per Serving

**Calories** **549.7**

% Daily Value*

| | |
|---|---|
| **Total Fat** * 21.5 g | 28% |
| Saturated Fat * 7.2 g | 36% |
| Trans Fat * 0.6 g | |
| **Cholesterol** * 43.1 mg | 14% |
| **Sodium** 852.9 mg | 37% |
| **Total Carbohydrate** 64.2 g | 23% |
| Dietary Fiber * 5.2 g | 18% |
| Sugars * 10.6 g | |
| Includes * 1.5 g Added Sugars | 3% |
| **Protein** 23.8 g | 48% |
| Vitamin D * 0.0 µg | 0% |
| Calcium * 115.0 mg | 9% |
| Iron * 2.6 mg | 14% |
| Potassium * 436.1 mg | 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: PENNE NOODLE: 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. BEEF & CHICKEN, 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. MARINARA SAUCE: Tomato Concentrate, Diced Tomatoes in Juice, Sugar, Soybean Oil, Natural Flavors, Onion Powder, Garlic Powder, Spices, Salt, Olive Oil, Citric Acid, 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. BROCCOLI, FLORETS: Broccoli. DINNER 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: WHEAT, MILK, SOY**

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

# Vegetable Lasagna ED0036

## Nutrition Facts

Servings Per Container 1

**Serving Size 1 each (321.28g)**

Amount Per Serving

**Calories** **461.4**

| | % Daily Value* |
|---|---|
| **Total Fat** 12.8 g | 16% |
| Saturated Fat * 5.5 g | 27% |
| Trans Fat * 0.0 g | |
| **Cholesterol** 30.0 mg | 10% |
| **Sodium** 765.1 mg | 33% |
| **Total Carbohydrate** 62.8 g | 23% |
| Dietary Fiber 6.0 g | 22% |
| Sugars * 1.5 g | |
| Includes * 0.7 g Added Sugars | 1% |
| **Protein** 22.0 g | 44% |
| Vitamin D * 2.1 µg | 11% |
| Calcium * 256.5 mg | 20% |
| Iron * 3.6 mg | 20% |
| Potassium * 233.1 mg | 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: 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: SOY, WHEAT, MILK**

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

# General Tso's Chicken AF0005

## Nutrition Facts

Servings Per Container 1

**Serving Size 1 each (299.69g)**

| Amount Per Serving | |
|---|---|
| **Calories** | **268.5** |
| | % Daily Value* |
| **Total Fat** 7.0 g | 9% |
| Saturated Fat * 1.0 g | 5% |
| Trans Fat * 0.0 g | |
| **Cholesterol** * 45.0 mg | 15% |
| **Sodium** 483.1 mg | 21% |
| **Total Carbohydrate** 36.8 g | 14% |
| Dietary Fiber 4.0 g | 14% |
| Sugars 17.0 g | |
| Includes * 14.0 g Added Sugars | 28% |
| **Protein** 12.3 g | 25% |
| Vitamin D * 0.0 µg | 0% |
| Calcium * 53.6 mg | 4% |
| Iron 1.8 mg | 10% |
| Potassium 362.5 mg | 8% |

* 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: 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: WHEAT, EGG, WHEAT, SOY, SESAME**

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

## Nutrition Facts

Servings Per Container 1

**Serving Size 1 each (299.69g)**

Amount Per Serving

**Calories** **268.5**

| | % Daily Value* |
|---|---|
| **Total Fat** 6.0 g | 8% |
| Saturated Fat * 1.0 g | 5% |
| Trans Fat * 0.0 g | |
| **Cholesterol** * 45.0 mg | 15% |
| **Sodium** 393.1 mg | 17% |
| **Total Carbohydrate** 36.6 g | 14% |
| Dietary Fiber 4.0 g | 14% |
| Sugars 17.0 g | |
| Includes * 13.0 g Added Sugars | 26% |
| **Protein** 13.3 g | 27% |
| Vitamin D * 0.0 µg | 0% |
| Calcium * 43.8 mg | 3% |
| Iron * 1.8 mg | 10% |
| Potassium * 350.3 mg | 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.

# Sweet and Sour Chicken AF0015

**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 AF0020

## Nutrition Facts

Servings Per Container 1

**Serving Size 1 each (299.69g)**

Amount Per Serving

**Calories** **268.5**

| | % Daily Value† |
|---|---|
| **Total Fat** 7.0 g | 9% |
| Saturated Fat * 1.5 g | 8% |
| Trans Fat * 0.0 g | |
| **Cholesterol** * 50.0 mg | 17% |
| **Sodium** 443.1 mg | 19% |
| **Total Carbohydrate** 38.6 g | 14% |
| Dietary Fiber 5.0 g | 18% |
| Sugars 16.0 g | |
| Includes * 13.0 g Added Sugars | 26% |
| **Protein** 14.3 g | 29% |
| Vitamin D * 0.0 µg | 0% |
| Calcium * 43.8 mg | 3% |
| Iron 1.9 mg | 10% |
| Potassium 360.5 mg | 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: 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: WHEAT, EGG, WHEAT, SOY**

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

# Teriyaki Chicken AF0026

**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**

## Nutrition Facts

Servings Per Container 1

**Serving Size 1 each (359.23g)**

Amount Per Serving

**Calories 246.2**

| | % Daily Value* |
|---|---|
| **Total Fat** 2.5 g | 3% |
| Saturated Fat * 0.5 g | 2% |
| Trans Fat * 0.0 g | |
| **Cholesterol** * 49.7 mg | 17% |
| **Sodium** 554.8 mg | 24% |
| **Total Carbohydrate** 37.1 g | 13% |
| Dietary Fiber 4.1 g | 15% |
| Sugars 25.0 g | |
| Includes * 20.9 g Added Sugars | 42% |
| **Protein** 15.8 g | 32% |
| Vitamin D * 0.0 µg | 0% |
| Calcium 75.5 mg | 6% |
| Iron 1.9 mg | 10% |
| Potassium 478.7 mg | 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.

# Biscuit and Gravy BB0006



**Nutrition Facts**

Servings Per Container 1

**Serving Size 1 each (269.99g)**

| Amount Per Serving | |
|---|---|
| **Calories** | **527.0** |
| | % Daily Value* |
| **Total Fat** 29.0 g | 37% |
| Saturated Fat 10.5 g | 52% |
| Trans Fat 0.0 g | |
| **Cholesterol** * 40.0 mg | 13% |
| **Sodium** 609.5 mg | 26% |
| **Total Carbohydrate** 54.9 g | 20% |
| Dietary Fiber 2.0 g | 7% |
| Sugars 29.5 g | |
| Includes * 5.0 g Added Sugars | 10% |
| **Protein** 12.1 g | 25% |
| Vitamin D 0.0 µg | 0% |
| Calcium 49.3 mg | 4% |
| Iron 1.0 mg | 6% |
| Potassium 403.3 mg | 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: BISCUIT: White Wheat 100% Whole Wheat Flour, Enriched Unbleached Flour (Wheat Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Interestified Soybean Oil (With Distilled Monoglycerides Added), Cane Sugar, Honey, Buttermilk Powder, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Calcium Sulfate, Monocalcium Phosphate), Salt, Mono And Diglycerides, Xanthan Gum. SAUSAGE: Pork, Water, Spices, Dextrose, Salt, Potassium Chloride, Sugar. GRAVY: Water, Brown Rice Flour (Rice Flour, Rice Bran), Food Starch - Modified, Maltodextrin, Corn Syrup Solids, Coconut Oil, Sugar, Salt, 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). APPLE JUICE: 100% Apple Juice (Water sufficient to reconstitute Apple Juice Concentrate. DICED PEACHES: Peaches, Water, Pear Juice From Concentrate, Peach Pulp And Juice, Ascorbic Acid (To Protect Color).**

**Allergens: WHEAT, MILK**

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

# Cheese Omelet BB0011

## Nutrition Facts

Servings Per Container 1

**Serving Size 1 each (267.96g)**

Amount Per Serving

**Calories 383.9**

| | % Daily Value* |
|---|---|
| **Total Fat** 19.7 g | 25% |
| Saturated Fat * 6.4 g | 32% |
| Trans Fat * 0.0 g | |
| **Cholesterol** * 170.0 mg | 57% |
| **Sodium** 643.9 mg | 28% |
| **Total Carbohydrate** * 40.8 g | 15% |
| Dietary Fiber * 3.9 g | 14% |
| Sugars * 3.0 g | |
| Includes * 2.0 g Added Sugars | 4% |
| **Protein** * 13.6 g | 27% |
| Vitamin D * 0.1 µg | 0% |
| Calcium * 172.5 mg | 13% |
| Iron * 2.4 mg | 13% |
| Potassium * 675.5 mg | 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: 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), Cream, Sodium Phosphate, Sorbic Acid (Preservative), Paprika And Annatto (For Color)). 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, Ground Black Peppercorns, Paprika, Soybean Oil, Hydrogenated Soybean Oil, Salt, Soy Lecithin, Natural and Artificial Flavors, Artificial Color. CHEESE: Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Monterey Jack Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Anticake (Potato Starch, Powdered Cellulose. BISCUIT: White Wheat 100% Whole Wheat Flour, Enriched Unbleached Flour (Wheat Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Interestified Soybean Oil (With Distilled Monoglycerides Added), Cane Sugar, Honey, Buttermilk Powder, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Calcium Sulfate, Monocalcium Phosphate), Salt, Mono And Diglycerides, Xanthan Gum.**

**Allergens: SOY, MILK, WHEAT, EGG**

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

# Egg and Cheese Muffin BB0020

## Nutrition Facts

Servings Per Container 1

**Serving Size 1 each (393.43g)**

Amount Per Serving

**Calories** **525.2**

| | % Daily Value* |
|---|---|
| **Total Fat** 17.5 g | 22% |
| Saturated Fat * 4.7 g | 24% |
| Trans Fat * 0.0 g | |
| **Cholesterol** * 132.5 mg | 44% |
| **Sodium** 697.7 mg | 30% |
| **Total Carbohydrate** * 78.9 g | 29% |
| Dietary Fiber * 5.3 g | 19% |
| Sugars * 22.6 g | |
| Includes * 9.0 g Added Sugars | 18% |
| **Protein** * 15.7 g | 31% |
| Vitamin D * 0.1 µg | 1% |
| Calcium * 91.7 mg | 7% |
| Iron * 1.6 mg | 9% |
| Potassium * 710.5 mg | 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: 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: 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: MILK, WHEAT, EGG, SOY**

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

# Nutrition Facts

Servings Per Container 1

**Serving Size 1 each (393.9g)**

Amount Per Serving

**Calories** **537.9**

% Daily Value*

| | |
|---|---|
| **Total Fat** * 13.8 g | 18% |
| Saturated Fat * 4.6 g | 23% |
| Trans Fat * 0.0 g | |
| **Cholesterol** * 170.8 mg | 57% |
| **Sodium** 768.5 mg | 33% |
| **Total Carbohydrate** * 88.9 g | 32% |
| Dietary Fiber * 5.0 g | 18% |
| Sugars * 34.4 g | |
| Includes * 19.7 g Added Sugars | 39% |
| **Protein** * 17.4 g | 35% |
| Vitamin D * 0.9 µg | 5% |
| Calcium * 193.9 mg | 15% |
| Iron * 3.7 mg | 17% |
| Potassium * 628.7 mg | 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.

# French Toast Meal BB0025

**INGREDIENTS: FRENCH TOAST STICKS: Bread: 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. Egg Batter: Whole Eggs, Sugar, Whey (Milk). Contains 2% Or Less Of The Following: Salt, Natural Vanilla Flavor, Xanthan Gum, Citric Acid. 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, Ground Black Peppercorns, Paprika, Soybean Oil, Hydrogenated Soybean Oil, Salt, Soy Lecithin, Natural and Artificial Flavors, Artificial Color. CHEESE BLEND: Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Monterey Jack Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Anticake (Potato Starch, Powdered Cellulose. APPLES: Apples, Sliced, 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. SYRUP CUP: Water, Sorbitol*, Cellulose Gum, Salt, Xanthan Gum, Sorbic Acid And Sodium Benzoate (Preservatives), Caramel Color, Acesulfame Potassium (Non Nutritive Sweetener)*, Sodium Hexametaphosphate, Phosphoric Acid, Sucralose (Non Nutritive Sweetener)*, Natural And Artificial Flavor. *Ingredients Not In Regular Syrup.**

**Allergens: WHEAT, SOY, MILK, EGG**

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

# Ham and Cheese Omelet BB0031

## Nutrition Facts

Servings Per Container 1

**Serving Size 1 each (236.28g)**

| Amount Per Serving | |
|---|---|
| **Calories** | **347.3** |
| | % Daily Value* |
| **Total Fat** 13.9 g | 18% |
| Saturated Fat 4.7 g | 24% |
| Trans Fat * 0.0 g | |
| **Cholesterol** 173.8 mg | 58% |
| **Sodium** 747.3 mg | 32% |
| **Total Carbohydrate** 43.3 g | 16% |
| Dietary Fiber * 2.4 g | 9% |
| Sugars * 24.6 g | |
| Includes * 10.5 g Added Sugars | 21% |
| **Protein** 13.3 g | 27% |
| Vitamin D * 0.1 µg | 0% |
| Calcium * 112.4 mg | 9% |
| Iron * 1.9 mg | 11% |
| Potassium * 289.4 mg | 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: 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: Ham, Cured With: Water, Modified Food Starch, Salt, Dextrose, Potassium Lactate, Sodium Diacetate, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite. BISCUIT: White Wheat 100% Whole Wheat Flour, Enriched Unbleached Flour (Wheat Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Interestified Soybean Oil (With Distilled Monoglycerides Added), Cane Sugar, Honey, Buttermilk Powder, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Calcium Sulfate, Monocalcium Phosphate), Salt, Mono And Diglycerides, Xanthan Gum. 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, WHEAT, EGG, SOY**

**Reheat to a minimum of 165º for at least 15 seconds**

# Pancakes with Sausage BB0036

## Nutrition Facts

Servings Per Container 1

**Serving Size 1 each (269.4g)**

Amount Per Serving

**Calories 487.9**

| | % Daily Value* |
|---|---|
| **Total Fat** * 26.0 g | 33% |
| Saturated Fat * 8.3 g | 42% |
| Trans Fat * 0.0 g | |
| **Cholesterol** * 40.0 mg | 13% |
| **Sodium** 638.1 mg | 28% |
| **Total Carbohydrate** 56.6 g | 21% |
| Dietary Fiber * 4.7 g | 17% |
| Sugars * 26.4 g | |
| Includes * 8.0 g Added Sugars | 16% |
| **Protein** * 11.6 g | 23% |
| Vitamin D * 0.0 µg | 0% |
| Calcium * 33.3 mg | 3% |
| Iron * 1.0 mg | 6% |
| Potassium * 163.8 mg | 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: PANCAKES: Whole Wheat Flour, Water, Whey, Buttermilk, Enriched Wheat Flour (Bleached Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Less Than 2% Of: Eggs, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate, Sodium Acid Pyrophosphate, Monocalcium Phosphate), Soybean And/Or Canola Oil, Dextrose, Salt, Soy Lecithin. SAUSAGE LINKS: Pork, Water, Spices, Dextrose, Salt, Potassium Chloride, Sugar. 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. SYRUP CUP: Water, Sorbitol, Cellulose Gum, Salt, Xanthan Gum, Sorbic Acid And Sodium Benzoate (Preservatives), Caramel Color, Acesulfame Potassium (Non Nutritive Sweetener), Sodium Hexametaphosphate, Phosphoric Acid, Sucralose (Non Nutritive Sweetener), Natural And Artificial Flavor.**

**Allergens: WHEAT, SOY, MILK, EGG**

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

# Sausage and Cheese Biscuit BB0041

## Nutrition Facts

Servings Per Container 1

**Serving Size 1 each (226.4g*)**

Amount Per Serving

**Calories 547.9**

| | % Daily Value* |
|---|---|
| **Total Fat** 26.0 g | 33% |
| Saturated Fat 10.5 g | 53% |
| Trans Fat 0.0 g | |
| **Cholesterol** 47.5 mg | 16% |
| **Sodium** 706.4 mg | 31% |
| **Total Carbohydrate** 68.3 g | 24% |
| Dietary Fiber 3.4 g | 12% |
| Sugars 36.6 g | |
| Includes 12.0 g Added Sugars | 24% |
| **Protein** 13.8 g | 28% |
| Vitamin D * 0.1 µg | 1% |
| Calcium * 132.0 mg | 10% |
| Iron 1.4 mg | 8% |
| Potassium 479.4 mg | 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: White Wheat 100% Whole Wheat Flour, Enriched Unbleached Flour (Wheat Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Interestified Soybean Oil (With Distilled Monoglycerides Added), Cane Sugar, Honey, Buttermilk Powder, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Calcium Sulfate, Monocalcium Phosphate), Salt, Mono And Diglycerides, Xanthan Gum. 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. 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. FRUIT PUNCH: 100% Fruit Juice (Water Sufficient To Reconstitute Apple, Orange, Pineapple, Grape and /or Pear Juice Concentrates.**

**Allergens: MILK, WHEAT, SOY**

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

# Waffles with Sausage BB0046

## Nutrition Facts

Servings Per Container 1

**Serving Size 1 each (271.4g)**

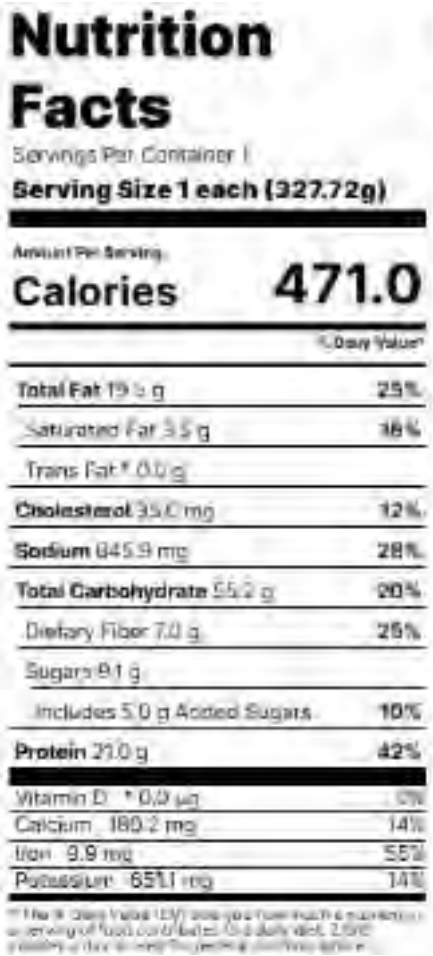
| Amount Per Serving | |
|---|---|
| **Calories** | **527.9** |
| | % Daily Value* |
| **Total Fat** * 28.5 g | 37% |
| Saturated Fat * 9.0 g | 45% |
| Trans Fat * 0.0 g | |
| **Cholesterol** * 40.0 mg | 13% |
| **Sodium** 501.4 mg | 22% |
| **Total Carbohydrate** 60.3 g | 22% |
| Dietary Fiber * 2.4 g | 9% |
| Sugars * 26.1 g | |
| Includes * 13.0 g Added Sugars | 26% |
| **Protein** * 12.3 g | 25% |
| Vitamin D * 0.0 ug | 0% |
| Calcium * 260.0 mg | 20% |
| Iron * 3.6 mg | 20% |
| Potassium * 60.4 mg | 1% |

* 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: WAFFLE: Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Vitamin B1 [Thiamin Mononitrate], Vitamin B2 [Riboflavin], Folic Acid), Water, Sugar, Vegetable Oil (Soybean, Palm, Canola And/Or Cottonseed), Contains 2% Or Less Of Leavening (Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate), Fructose, Salt, Spice, Soy Lecithin, Whey, Eggs. Vitamins And Minerals: Calcium Carbonate, Vitamin A Palmitate, Iron, Vitamin B12, Vitamin B6 (Pyridoxine Hydrochloride). 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. SAUSAGE LINKS: Pork, Water, Spices, Dextrose, Salt, Potassium Chloride, Sugar. SYRUP CUP: Water, Sorbitol, Cellulose Gum, Salt, Xanthan Gum, Sorbic Acid And Sodium Benzoate (Preservatives), Caramel Color, Acesulfame Potassium (Non Nutritive Sweetener), Sodium Hexametaphosphate, Phosphoric Acid, Sucralose (Non Nutritive Sweetener), Natural And Artificial Flavor.**

**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 (327.72g)**

Amount Per Serving

**Calories** **471.0**

| | % Daily Value* |
|---|---|
| **Total Fat** 19.5 g | 25% |
| Saturated Fat 3.5 g | 18% |
| Trans Fat* 0.0 g | |
| **Cholesterol** 35.0 mg | 12% |
| **Sodium** 845.9 mg | 28% |
| **Total Carbohydrate** 55.2 g | 20% |
| Dietary Fiber 7.0 g | 25% |
| Sugars 9.1 g | |
| Includes 5.0 g Added Sugars | 10% |
| **Protein** 21.0 g | 42% |
| Vitamin D * 0.0 µg | 0% |
| Calcium 180.2 mg | 14% |
| Iron 9.9 mg | 55% |
| Potassium 651.1 mg | 14% |

# Puree Baked Chicken PE0007

INGREDIENTS: CHICKEN, PUREE: Dark Chicken Meat, Water, Pea Protein, Canola Oil, Brown Rice Protein, Contains 2% or less of Chicken Stock (Contains Natural Flavor, Sea Salt), Modified Cornstarch, Cultured Dextrose (Cultured Dextrose, Maltodextrin), Salt, Konjac Gum. 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. CARROT, PUREE: 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), Xanthan Gum. OATMEAL, SINGLE SERVE PACKET: Whole Grain Oats, Calcium Carbonate, Salt, Reduced Iron.

**Allergens: MILK, SOY**

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

## Nutrition Facts

Servings Per Container 1

**Serving Size 1 each (234.21g*)**

Amount Per Serving

**Calories** 370.9

| | % Daily Value* |
|---|---|
| **Total Fat** 9.0 g | 12% |
| Saturated Fat 3.0 g | 15% |
| Trans Fat 0.0 g | |
| **Cholesterol** 25.0 mg | 8% |
| **Sodium** 768.0 mg | 33% |
| **Total Carbohydrate** 58.0 g | 21% |
| Dietary Fiber 7.0 g | 25% |
| Sugars 21.8 g | |
| Includes 5.0 g Added Sugars | 10% |
| **Protein** 19.5 g | 37% |
| Vitamin D 0.0 µg | 0% |
| Calcium 188.8 mg | 15% |
| Iron 2.5 mg | 30% |
| Potassium 939.8 mg | 19% |

* 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.

# Pureed Baked Ham PE0011

**Ingredients: HAM, PUREE: 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 (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. VEGETABLE JUICE, BOX: 100% Vegetable Juice (Water Sufficient To Reconstitute Sweet Potato, Carrot Juice Concentrates), Natural Flavors and Citric Acid. SWEET POTATOES, CUT: Sweet Potatoes, Cut. OATMEAL, SINGLE SERVE PACKET: Whole Grain Oats, Calcium Carbonate, Salt, Reduced Iron.**

**Allergens: EGG, SOY**

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

## Nutrition Facts

Servings Per Container 1

**Serving Size 1 each (327.77g)**

Amount Per Serving

**Calories** 481.1

| | % Daily Value* |
|---|---|
| **Total Fat** 20.8 g | 26% |
| Saturated Fat 5.0 g | 25% |
| Trans Fat * 0.0 g | |
| **Cholesterol** 30.0 mg | 10% |
| **Sodium** 666.1 mg | 29% |
| **Total Carbohydrate** 55.2 g | 20% |
| Dietary Fiber 7.0 g | 25% |
| Sugars 9.1 g | |
| Includes 5.0 g Added Sugars | 10% |
| **Protein** 22.0 g | 44% |
| Vitamin D * 0.0 µg | 0% |
| Calcium 150.2 mg | 12% |
| Iron 8.5 mg | 47% |
| Potassium 651.2 mg | 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.

# Puree Roast Pork PE0021

**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). OATMEAL: Whole Grain Oats, Calcium Carbonate, Salt, Reduced Iron.**

**Allergens: MILK, SOY**

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

## Nutrition Facts

Servings Per Container 1

**Serving Size 1 each (327.77g)**

| Amount Per Serving | |
|---|---|
| **Calories** | **490.1** |
| | % Daily Value* |
| **Total Fat** 20.5 g | 26% |
| Saturated Fat 5.0 g | 25% |
| Trans Fat * 0.0 g | |
| **Cholesterol** 30.0 mg | 10% |
| **Sodium** 740.2 mg | 32% |
| **Total Carbohydrate** 54.0 g | 20% |
| Dietary Fiber 8.0 g | 29% |
| Sugars 8.0 g | |
| Includes 4.0 g Added Sugars | 8% |
| **Protein** 26.0 g | 52% |
| Vitamin D * 0.0 µg | 0% |
| Calcium 170.0 mg | 13% |
| Iron 10.9 mg | 61% |
| Potassium 620.1 mg | 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.

# Puree Roast Beef PE0016

**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. OATMEAL: Whole Grain Oats, Calcium Carbonate, Salt, Reduced Iron.**

**Allergens: MILK, SOY**

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