

VANILLA PROTEIN SHAKE INGREDIENTS: Creamer (coconut oil, corn syrup solids, sodium caseinate [a milk derivative], dipotassium phosphate, sugar, mono and diglycerides, silicon dioxide, polysorbate 80, tetrasodium pyrophosphate, soy lecithin), whey protein (whey protein concentrate, sunflower oil lecithin), sugar, modified food starch, nonfat dry milk, cream flavor (maltodextrin, lipolyzed cream, natural flavor), non-iodized salt, French vanilla flavor (vanilla flavor, maltodextrin, modified food starch), vitamin A palmitate, silicon dioxide, vitamin D3. **CONTAINS:** Milk, soy.

MAPLE BROWN SUGAR OATMEAL INGREDIENTS: Quick oats, brown sugar, creamer (coconut oil, corn syrup solids, sodium caseinate [a milk derivative], dipotassium phosphate, sugar, mono and diglycerides, silicon dioxide, polysorbate 80, tetrasodium pyrophosphate, soy lecithin), natural and artificial maple flavor (dextrose, maltodextrin, less than 2% silicon dioxide added to prevent caking), non-iodized salt. **CONTAINS:** Milk, soy.

STRAWBERRY-FLAVORED CREAMY WHEAT INGREDIENTS: Farina (wheat), sugar, creamer (hydrogenated coconut oil, corn syrup solids, sodium caseinate [a milk derivative], dipotassium phosphate, mono and diglycerides, silicon dioxide, soy lecithin), natural and artificial strawberry flavor (maltodextrin, sugar, natural and artificial flavor, modified corn starch, potassium benzoate [preservative], sulfites), non-iodized salt, natural red coloring (carmine, caramel color, and maltodextrin). **CONTAINS:** Milk, soy, wheat.

Nutrition Facts		1 Pouch Vanilla Protein Shake	2 Pouches Maple Brown Sugar Oatmeal	1 Pouch Strawberry- Flavored Creamy Wheat	2 Pouches Hearty Vegetable Chicken- Flavored Soup	1 Pouch Creamy Potato Soup
Serving size (dry):		1 pouch (107g)	1/4 cup (30g)	1/4 cup (46g)	1/3 cup (57g)	1/3 cup (51g)
Amount per serving						
Calories		480	120	180	200	220
% Daily Value*						
Total Fat		17g 22%	2.5g 3%	2.5g 3%	0g 0%	8g 10%
Saturated Fat		15g 75%	1g 5%	2.5g 13%	0g 0%	4g 20%
Trans Fat		0g	0g	0g	0g	0g
Cholesterol		70mg 23%	0mg 0%	0mg 0%	0mg 0%	0mg 0%
Sodium		410mg 18%	35mg 2%	95mg 4%	590mg 26%	630mg 27%
Total Carbohydrate		56g 20%	20g 7%	36g 13%	40g 15%	33g 12%
Dietary Fiber		0g 0%	3g 11%	1g 4%	7g 25%	2g 7%
Total Sugars		34g	3g	10g	4g	2g
Includes Added Sugars		27g 54%	3g 6%	10g 20%	0g 0%	1g 2%
Protein		28g 39%	4g	3g	7g	4g
	Vitamin D	18mcg 90%	0mcg 0%	0mcg 0%	0mcg 0%	0mcg 0%
	Calcium	309mg 25%	19mg 2%	5mg 0%	37mg 2%	26mg 2%
	Iron	0mg 0%	1mg 6%	0mg 0%	3mg 15%	1mg 6%
	Potassium	574mg 10%	130mg 2%	72mg 2%	406mg 8%	428mg 10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet.

Nutrition Facts		1 Pouch Italiano Marinara Pasta	1 Pouch Fettuccine Alfredo	1 Pouch Spaghetti Marinara	1 Pouch Creamy Stroganoff	2 Pouches Cheesy Broccoli Rice
Serving size (dry):		1/2 cup (69g)	1/2 cup (67g)	2/3 cup (71g)	1/2 cup (77g)	1/3 cup (65g)
Amount per serving						
Calories		240	300	250	330	250
% Daily Value*						
Total Fat		1.5g 2%	11g 14%	1g 1%	11g 14%	4.5g 6%
Saturated Fat		0.5g 3%	9g 45%	0g 0%	8g 40%	2g 10%
Trans Fat		0g	0g	0g	0g	0g
Cholesterol		0mg 0%	35mg 12%	0mg 0%	50mg 17%	10mg 3%
Sodium		610mg 27%	670mg 29%	700mg 30%	700mg 30%	640mg 28%
Total Carbohydrate		46g 17%	41g 15%	49g 18%	48g 17%	45g 16%
Dietary Fiber		3g 11%	1g 4%	3g 11%	2g 7%	0g 0%
Total Sugars		14g	5g	10g	5g	9g
Includes Added Sugars		1g 2%	1g 2%	1g 2%	1g 2%	0g 0%
Protein		9g	8g	9g	10g	7g
	Vitamin D	0mcg 0%	0mcg 0%	0mcg 0%	0mcg 0%	0mcg 0%
	Calcium	59mg 4%	106mg 8%	37mg 2%	46mg 4%	152mg 10%
	Iron	2mg 10%	1mg 6%	2mg 10%	2mg 10%	1mg 6%
	Potassium	737mg 15%	328mg 6%	563mg 10%	345mg 8%	396mg 8%

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Nutrition Facts		2 Pouches Creamy Chicken- Flavored Rice	1 Pouch Mushroom Rice	1 Pouch Banana Chips	1 Pouch Vanilla Pudding	1 Pouch Powdered Whey Milk
Serving size (dry):		1/3 cup (52g)	1/4 cup (58g)	1/2 cup (33g)	1/3 cup (60g)	2 tbsp (17g)
Amount per serving						
Calories		240	220	190	240	70
% Daily Value*						
Total Fat		12g 15%	2.5g 3%	12g 15%	3.5g 4%	2.5g 3%
Saturated Fat		6g 30%	1.5g 8%	10g 50%	3.5g 18%	2g 10%
Trans Fat		0g	0g	0g	0g	0g
Cholesterol		0mg 0%	5mg 2%	0mg 0%	0mg 0%	0mg 0%
Sodium		330mg 14%	470mg 20%	0mg 0%	100mg 4%	110mg 5%
Total Carbohydrate		30g 11%	42g 15%	18g 7%	52g 19%	10g 4%
Dietary Fiber		0g 0%	0g 0%	3g 11%	0g 0%	0g 0%
Total Sugars		1g	1g	6g	33g	9g
Includes Added Sugars		0g 0%	0g 0%	4g 8%	30g 60%	1g 2%
Protein		4g	5g	1g	3g	3g
	Vitamin D	0mcg 0%	0mcg 0%	0mcg 0%	0mcg 0%	3mcg 15%
	Calcium	8mg 0%	21mg 2%	8mg 0%	91mg 8%	112mg 8%
	Iron	1mg 6%	2mg 10%	1mg 6%	0mg 0%	0mg 0%
	Potassium	277mg 6%	162mg 4%	190mg 4%	180mg 4%	275mg 6%

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HEARTY VEGETABLE CHICKEN-FLAVORED SOUP INGREDIENTS: White rice (long grain rice, iron phosphate, niacin, thiamin mononitrate, and folic acid), lentils, elbow macaroni (wheat flour, niacin, ferrous sulfate [iron], thiamin mononitrate, riboflavin, folic acid), carrots, celery slices, chicken soup base (corn syrup solids, salt, corn starch, hydrolyzed corn and soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate and disodium guanylate, spices, turmeric, dehydrated parsley, and silicon dioxide added to prevent caking), non-iodized salt, onions, sugar, yeast extract, whey, turmeric, garlic powder, caramel color. **CONTAINS:** Milk, soy, wheat.

CREAMY POTATO SOUP INGREDIENTS: Potatoes, creamer (palm oil, maltodextrin, sodium caseinate [a milk derivative], dipotassium phosphate, mono and diglycerides, sodium hexametaphosphate, and silicon dioxide [flow agent]), bleached enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid, enzyme), dehydrated potato flakes (potato, monoglycerides, sodium acid pyrophosphate, citric acid, sodium bisulfite and BHA to preserve freshness), corn starch, onions, chicken soup base (corn syrup solids, salt, corn starch, hydrolyzed corn and soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate and disodium guanylate, spices, turmeric, dehydrated parsley, and silicon dioxide added to prevent caking), non-iodized salt, sugar, yeast extract, onion powder, whey, parsley, turmeric, garlic powder, caramel color. **CONTAINS:** Milk, soy, wheat.

ITALIANO MARINARA PASTA INGREDIENTS: Lasagna noodles (semolina [wheat], niacin, iron [ferrous sulfate], thiamin mononitrate, riboflavin, folic acid), tomato powder, onions, modified food starch, white cheddar cheese (cheddar cheese [pasteurized milk, salt, cheese culture, enzymes], salt, lactic acid, natural flavors), sea salt, sugar, garlic powder, tomatoes, red wine flavor (red wine, maltodextrin), cheddar cheese powder (dextrose, maltodextrin, whey solids, natural and artificial flavor, corn starch, salt, silicon dioxide, guar gum, annatto, turmeric), olive oil flavor (modified corn starch, maltodextrin, medium chain triglycerides, natural flavor, tricalcium phosphate), parsley, Italian style seasoning (garlic, onion, spices), basil, citric acid, yeast extract, natural orange color (annatto, beet juice), caramel color, ground fennel. **CONTAINS:** Milk, wheat.

FETTUCCINE ALFREDO INGREDIENTS: Egg noodles (durum wheat semolina, durum wheat flour, eggs, niacin, iron [ferrous sulfate], thiamin mononitrate, riboflavin, folic acid), creamer (hydrogenated coconut oil, corn syrup solids, sodium caseinate [a milk derivative], dipotassium phosphate, mono and diglycerides, silicon dioxide, soy lecithin), white cheese (cheddar cheese, [pasteurized milk, salt, cheese culture, enzymes], buttermilk, whey, salt and natural flavors [contains less than 2% silicon dioxide]), modified food starch, parmesan (whey, maltodextrin, buttermilk, natural parmesan cheese flavor, salt), non-iodized salt, whey, lactic acid, garlic powder, parsley, black pepper. **CONTAINS:** Egg, milk, soy, wheat.

SPAGHETTI MARINARA INGREDIENTS: Spaghetti (wheat flour, niacin, ferrous sulfate [iron], thiamin mononitrate, riboflavin and folic acid), tomato powder, non-iodized salt, onions, sugar, modified food starch, garlic, Italian style seasoning (garlic, onion, spices), oregano, parsley. **CONTAINS:** Wheat.

CREAMY STROGANOFF INGREDIENTS: Egg noodles (durum wheat semolina, durum wheat flour, eggs, niacin, iron [ferrous sulfate], thiamin mononitrate, riboflavin, folic acid), creamer (coconut oil, corn syrup solids, sodium caseinate [a milk derivative], dipotassium phosphate, sugar, mono and diglycerides, silicon dioxide, polysorbate 80, tetrasodium pyrophosphate, soy lecithin), sour cream powder (cultured cream [cream, nonfat milk, culture, enzymes] salt, lactic acid, vitamin E, vitamin C), vegetarian beef base (salt, hydrolyzed soy protein, sugar, torula yeast, corn starch, maltodextrin, caramel color, onion powder, yeast extract, natural flavors, citric acid, and less than 2% silicon dioxide added to prevent caking), onions, non-iodized salt, modified food starch, mushrooms, onion powder, red wine flavor (red wine, maltodextrin), sauteed mushroom stock (shiitake mushroom powder, maltodextrin, tapioca dextrin, salt, sunflower oil, natural buttermilk flavor, autolyzed yeast extract, soybean oil, yeast extract, soy sauce powder, onion, modified corn starch). **CONTAINS:** Egg, milk, soy, wheat.

CHEESY BROCCOLI RICE INGREDIENTS: Rice (parboiled long grain rice, enriched with ferric orthophosphate [iron], niacin, thiamin mononitrate [thiamin], and folic acid [folate]), cheese sauce mix (whey, nonfat dry milk, cheddar cheese [pasteurized milk, salt, cheese cultures, enzymes], salt, natural flavors, butter [cream], buttermilk, lactic acid, annatto, extractives of paprika, natural vitamin E [added to preserve freshness]), creamer (maltodextrin, palm oil, contains 2% or less of the following: sodium caseinate [a milk derivative], dipotassium phosphate, mono and diglycerides [with tocopherols, ascorbic acid, citric acid to preserve freshness], sodium aluminosilicate, natural flavor, annatto extract [color], sodium hexametaphosphate), corn starch, chicken soup base (corn syrup solids, salt, corn starch, hydrolyzed corn and soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate and disodium guanylate, spices, turmeric, dehydrated parsley, and silicon dioxide added to prevent caking), dehydrated broccoli (broccoli, sucrose), onions, onion powder, natural orange color (annatto, beet juice), parsley. **CONTAINS:** Milk, soy.

CREAMY CHICKEN-FLAVORED RICE INGREDIENTS: Rice (parboiled long grain rice, enriched with ferric orthophosphate [iron], niacin, thiamin mononitrate [thiamin], and folic acid [folate]), creamer (palm oil, maltodextrin, sodium caseinate [a milk derivative], dipotassium phosphate, mono and diglycerides, sodium hexametaphosphate, and silicon dioxide [flow agent]), corn starch, natural chicken flavor (autolyzed yeast extract, maltodextrin, salt, chicken flavor, chicken stock, natural flavor, chicken fat, silicon dioxide), onions, low sodium chicken base (corn syrup solids, corn starch, hydrolyzed soy and corn protein, salt, rendered chicken fat, sugar, onion powder, disodium inosinate and disodium guanylate, spices, turmeric, dehydrated parsley, natural flavor, and silicon dioxide added to prevent caking), onion powder, yeast extract, parsley, turmeric. **CONTAINS:** Milk, soy.

MUSHROOM RICE INGREDIENTS: Rice (parboiled long grain rice, enriched with ferric orthophosphate [iron], niacin, thiamin mononitrate [thiamin], and folic acid [folate]), creamer (maltodextrin, palm oil, contains 2% or less of the following: sodium caseinate [a milk derivative], dipotassium phosphate, mono and diglycerides [with tocopherols, ascorbic acid, citric acid to preserve freshness], sodium aluminosilicate, natural flavor, annatto extract [color], sodium hexametaphosphate), vegetarian beef base (salt, hydrolyzed soy protein, sugar, torula yeast, corn starch, maltodextrin, caramel color, onion powder, yeast extract, natural flavors, citric acid, and less than 2% silicon dioxide added to prevent caking), modified food starch, white cheddar cheese (cheddar cheese [pasteurized milk, salt, cheese culture, enzymes], salt, lactic acid, natural flavors), onions, sour cream powder (cultured cream [cream, nonfat milk, culture, enzymes] salt, lactic acid, vitamin E, vitamin C), sauteed mushroom stock (shiitake mushroom powder, maltodextrin, tapioca dextrin, salt, sunflower oil, natural buttermilk flavor, autolyzed yeast extract, soybean oil, yeast extract, soy sauce powder, onion, modified corn starch), mushrooms, non-iodized salt, onion powder, parsley, red wine flavor (red wine, maltodextrin), garlic powder. **CONTAINS:** Milk, soy, wheat.

BANANA CHIPS INGREDIENTS: Dehydrated banana slices (bananas, refined coconut oil, sugar, banana flavoring).

VANILLA PUDDING INGREDIENTS: Sugar, modified food starch, creamer (coconut oil, corn syrup solids, sodium caseinate [a milk derivative], dipotassium phosphate, sugar, mono & diglycerides, silicon dioxide, polysorbate 80, tetrasodium pyrophosphate, soy lecithin), nonfat dry milk, cream flavor (maltodextrin, lipolyzed cream, natural flavor), non-iodized salt, yellow #5. **CONTAINS:** Milk, soy.

POWDERED WHEY MILK INGREDIENTS: Whey, creamer (coconut oil, corn syrup solids, sodium caseinate [a milk derivative], dipotassium phosphate, sugar, mono and diglycerides, silicon dioxide, polysorbate 80, tetrasodium pyrophosphate, soy lecithin), nonfat dry milk, sugar, guar gum, vitamin A palmitate, silicon dioxide, vitamin D3. **CONTAINS:** Milk, soy.

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