

| <b>NUTRITIONAL INFORMATION - CHICKEN STIR FRY W/RICE</b> |                |         |         |  |
|--|----------------|---------|---------|--|
| Servings per package: 1                                  | Servings size: |         |         |  |
|  | SMALL          | MEDIUM  | LARGE   |  |
|  | 270G           | 350G    | 400G    |  |
|  | SMALL          | MEDUIM  | LARGE   |  |
| Energy   | 286 cal        | 392 cal | 522 cal |  |
| Protein  | 27g            | 35g     | 46g     |  |
| Fat, total   | 1g             | 2g      | 2g      |  |
| saturated  | 0.1g           | 0.2g    | 0.2g    |  |
| Carbohydrate, total                                      | 42g            | 60g     | 80g     |  |
| sugars   | 7g             | 9g      | 12g     |  |
| Sodium   | 790mg          | 1,185mg | 1,580mg |  |

| <b>NUTRITIONAL INFORMATION - CHICKEN STIR FRY W/SWEET POTATO</b> |                |         |         |  |
|--|----------------|---------|---------|--|
| Servings per package: 1  | Servings size: |         |         |  |
|  | SMALL          | MEDIUM  | LARGE   |  |
|  | 270G           | 350G    | 400G    |  |
|  | SMALL          | MEDUIM  | LARGE   |  |
| Energy   | 248 cal        | 334 cal | 446 cal |  |
| Protein  | 26g            | 33g     | 44g     |  |
| Fat, total   | 1g             | 2g      | 2g      |  |
| saturated  | 0.1g           | 0.2g    | 0.2g    |  |
| Carbohydrate, total  | 32g            | 45g     | 60g     |  |
| sugars   | 7g             | 9g      | 12g     |  |
| Sodium   | 790mg          | 764mg   | 1,019mg |  |

| <b>NUTRITIONAL INFORMATION - CHICKEN STIR FRY W/PASTA</b> |                |         |         |  |
|---|----------------|---------|---------|--|
| Servings per package: 1                                   | Servings size: |         |         |  |
|   | SMALL          | MEDIUM  | LARGE   |  |
|   | 270G           | 350G    | 400G    |  |
|   | SMALL          | MEDUIM  | LARGE   |  |
| Energy  | 328 cal        | 456 cal | 608 cal |  |
| Protein   | 32g            | 42g     | 56g     |  |
| Fat, total  | 3g             | 4g      | 5g      |  |
| saturated   | 0.1g           | 0.2g    | 1.2g    |  |
| Carbohydrate, total                                       | 42g            | 60g     | 80g     |  |
| sugars  | 9g             | 11g     | 15g     |  |
| Sodium  | 625mg          | 787mg   | 1,049mg |  |

| <b>NUTRITIONAL INFORMATION - CHICKEN STIR FRY W/VEGETABLES</b> |                |         |         |  |
|--|----------------|---------|---------|--|
| Servings per package: 1  | Servings size: |         |         |  |
|  | SMALL          | MEDIUM  | LARGE   |  |
|  | 270G           | 350G    | 400G    |  |
|  | SMALL          | MEDUIM  | LARGE   |  |
| Energy   | 183 cal        | 220 cal | 281 cal |  |
| Protein  | 26g            | 33g     | 43g     |  |
| Fat, total   | 1g             | 1g      | 2g      |  |
| saturated  | 0.1g           | 0.1g    | 0.2g    |  |
| Carbohydrate, total  | 15g            | 18g     | 22g     |  |
| sugars   | 10g            | 12g     | 15g     |  |
| Sodium   | 642mg          | 802mg   | 2,000mg |  |