



REDUCED SODIUM

Ready Meal

SELF-HEATING EMERGENCY MEAL

Southwestern Style Beans with Rice and Chicken
MENU 1

33% Less Sodium Than Our Regular Apack Southwestern Style Beans with Rice and Chicken Kit with Banana Apple Smoothie. Sodium Content Has Been Reduced From 910mg To 610mg Per 17.0 Oz.

34% Less Sodium Than Our Regular Apack Southwestern Style Beans with Rice and Chicken Kit with Sweet Potato Grape Smoothie. Sodium Content Has Been Reduced From 870mg To 570mg Per 17.0 Oz.

Nutrition Facts

Table with 3 columns: Nutrition Facts, MENU 1 WITH BANANA APPLE SMOOTHIE, MENU 1 WITH SWEET POTATO GRAPE SMOOTHIE. Rows include Serving Size, Amount Per Serving, Calories, Total Fat, Sodium, Protein, and various vitamins/minerals.

KIT INCLUDES: SOUTHWESTERN STYLE BEANS WITH RICE AND CHICKEN ENTRÉE, BANANA APPLE SMOOTHIE OR SWEET POTATO GRAPE SMOOTHIE, SUNFLOWER BUTTER, CRACKER, DINING KIT WITH SEASONING PACKET AND BLACK PEPPER, HEATER.

INGREDIENTS: SOUTHWESTERN STYLE BEANS WITH RICE AND CHICKEN ENTRÉE: WATER, PARBOILED LONG GRAIN RICE, COOKED DICED CHICKEN MEAT (NATURAL PROPORTION), KIDNEY BEANS, FULLY REFINED SOYBEAN OIL, SUGAR, ENRICHED FLOUR (BLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), TOMATO PASTE, CONTAINS 2% OR LESS OF THE FOLLOWING: CHILI POWDER (CHILI PEPPER AND OTHER SPICES, SALT, DEHYDRATED GARLIC, LESS THAN 2% SILICON DIOXIDE), MODIFIED FOOD STARCH WITH ERYTHORBIC ACID, SALT, GARLIC POWDER, ONION POWDER, SPICES. CONTAINS: WHEAT BANANA APPLE SMOOTHIE: BANANA PUREE (BANANA, ASCORBIC ACID), MALTODEXTRIN, SUGAR, WHOLE MILK SOLIDS, APPLE JUICE CONCENTRATE, WATER, FULLY REFINED SOYBEAN OIL, CONTAINS 2% OR LESS OF THE FOLLOWING: CITRIC ACID, CINNAMON, CONTAINS: MILK SWEET POTATO GRAPE SMOOTHIE: SWEET POTATO, BANANA PUREE (BANANAS, ASCORBIC ACID), WHITE GRAPE JUICE CONCENTRATE, MALTODEXTRIN, SUGAR, WATER, FULLY REFINED SOYBEAN OIL, CONTAINS 2% OR LESS OF THE FOLLOWING: CITRIC ACID. SUNFLOWER BUTTER: ROASTED SUNFLOWER SEEDS, SUGAR, MONO-DIGLYCERIDES, SALT. CRACKER: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), PALM OIL, CALCIUM CARBONATE, FORTIFIED YEAST (DEACTIVATED YEAST, THIAMIN HYDROCHLORIDE, RIBOFLAVIN, NIACIN, PYRIDOXINE HYDROCHLORIDE), SALT, AMMONIUM BICARBONATE, BAKING SODA, MALT SYRUP, CONTAINS: WHEAT, SOY SEASONING PACKET: ONION, GARLIC, SPICES, CARROT, ORANGE PEEL, PARSLEY, TOMATO, RED BELL PEPPER, CITRIC ACID, SOYBEAN OIL, NATURAL FLAVORS, MALTODEXTRIN AND LEMON JUICE SOLIDS, CONTAINS: SOY, PEPPER.

INSTRUCTIONS: KNEAD SUNFLOWER BUTTER BEFORE OPENING



NET WT 17.0 OZ (481g)

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12401 002

REDUCED SODIUM



Pork with Sauce and Rice

MENU 2

31% Less Sodium Than Our Regular Apack Pork with Sauce and Rice Kit with Banana Apple Smoothie. Sodium Content Has Been Reduced From 980mg To 680mg Per 17.0 Oz.

32% Less Sodium Than Our Regular Apack Pork with Sauce and Rice Kit with Sweet Potato Grape Smoothie. Sodium Content Has Been Reduced From 940mg To 640mg Per 17.0 Oz.

Nutrition Facts	MENU 2 WITH BANANA APPLE SMOOTHIE	MENU 2 WITH SWEET POTATO GRAPE SMOOTHIE
	(481g)	(481g)
Serving Size 1 Package	(481g)	(481g)
Amount Per Serving		
Calories	1100	1060
Calories from Fat	400	370
	% Daily Value*	% Daily Value*
Total Fat	45g 69%	42g 65%
Saturated Fat	11g 55%	9g 45%
Trans Fat	0g	0g
Cholesterol	30mg 10%	20mg 7%
Sodium	680mg 28%	640mg 27%
Total Carbohydrate	160g 53%	158g 53%
Dietary Fiber	8g 32%	8g 32%
Sugars	72g	71g
Protein	19g	18g
	Vitamin A 8%	100%
	Vitamin C 20%	20%
	Calcium 30%	25%
	Iron 25%	25%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:
Calories: 2,000 2,500

Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

KIT INCLUDES: PORK WITH SAUCE AND RICE ENTRÉE, BANANA APPLE SMOOTHIE OR SWEET POTATO GRAPE SMOOTHIE, SUNFLOWER BUTTER, CRACKER, DINING KIT WITH SEASONING PACKET AND BLACK PEPPER, HEATER.

INGREDIENTS: PORK WITH SAUCE AND RICE ENTRÉE: WATER, PARBOILED LONG GRAIN RICE, PORK TRIMMINGS, TOMATO PASTE, SUGAR, BROWN SUGAR (CANE SUGAR, CANE SYRUP), CONTAINS 2% OR LESS OF THE FOLLOWING: CHILI POWDER (CHILI PEPPER AND OTHER SPICES, SALT, DEHYDRATED GARLIC AND LESS THAN 2% SILICON DIOXIDE ADDED AS A FREE FLOW AGENT), ENRICHED WHEAT FLOUR (BLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), VINEGAR, MODIFIED FOOD STARCH WITH ERYTHORBIC ACID, ONION POWDER, SALT, GARLIC POWDER. CONTAINS: WHEAT **BANANA APPLE SMOOTHIE:** BANANA PUREE (BANANAS, ASCORBIC ACID), MALTODEXTRIN, SUGAR, WHOLE MILK SOLIDS, APPLE JUICE CONCENTRATE, WATER, FULLY REFINED SOYBEAN OIL, CONTAINS 2% OR LESS OF THE FOLLOWING: CITRIC ACID, CINNAMON. CONTAINS: MILK **SWEET POTATO GRAPE SMOOTHIE:** SWEET POTATO, BANANA PUREE (BANANAS, ASCORBIC ACID), WHITE GRAPE JUICE CONCENTRATE, MALTODEXTRIN, SUGAR, WATER, FULLY REFINED SOYBEAN OIL, CONTAINS 2% OR LESS OF THE FOLLOWING: CITRIC ACID. **SUNFLOWER BUTTER:** ROASTED SUNFLOWER SEEDS, SUGAR, MONO-DIGLYCERIDES, SALT. **CRACKER:** ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), PALM OIL, CALCIUM CARBONATE, FORTIFIED YEAST (DEACTIVATED YEAST, THIAMIN HYDROCHLORIDE, RIBOFLAVIN, NIACIN, PYRIDOXINE HYDROCHLORIDE), SALT, AMMONIUM BICARBONATE, BAKING SODA, MALT SYRUP. CONTAINS: WHEAT, SOY. **SEASONING PACKET:** ONION, GARLIC, SPICES, CARROT, ORANGE PEEL, PARSLEY, TOMATO, RED BELL PEPPER, CITRIC ACID, SOYBEAN OIL, NATURAL FLAVORS, MALTODEXTRIN AND LEMON JUICE SOLIDS. CONTAINS: SOY. **PEPPER.**

INSTRUCTIONS: KNEAD SUNFLOWER BUTTER BEFORE OPENING



NET WT 17.0 OZ (481g)

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12402 002

REDUCED SODIUM



Homestyle Vegetables in Sauce with Noodles and Chicken

MENU 3

36% Less Sodium Than Our Regular Apack Homestyle Vegetables in Sauce with Noodles and Chicken Kit with Banana Apple Smoothie. Sodium Content Has Been Reduced From 830mg To 530mg Per 17.0 Oz.

39% Less Sodium Than Our Regular Apack Homestyle Vegetables in Sauce with Noodles and Chicken Kit with Sweet Potato Grape Smoothie. Sodium Content Has Been Reduced From 800mg To 490mg Per 17.0 Oz.

Nutrition Facts	MENU 3 WITH BANANA APPLE SMOOTHIE	MENU 3 WITH SWEET POTATO GRAPE SMOOTHIE
	(481g)	(481g)
Serving Size 1 Package	(481g)	(481g)
Amount Per Serving		
Calories	1120	1080
Calories from Fat	420	390
	% Daily Value*	% Daily Value*
Total Fat	47g 72%	44g 68%
Saturated Fat	7g 35%	5g 25%
Trans Fat	0g	0g
Cholesterol	50mg 17%	40mg 13%
Sodium	530mg 22%	490mg 20%
Total Carbohydrate	150g 50%	148g 49%
Dietary Fiber	9g 36%	9g 36%
Sugars	62g	61g
Protein	28g	26g
	Vitamin A 50%	150%
	Vitamin C 20%	25%
	Calcium 30%	20%
	Iron 30%	30%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

KIT INCLUDES: HOMESTYLE VEGETABLES IN SAUCE WITH NOODLES AND CHICKEN ENTRÉE, BANANA APPLE SMOOTHIE OR SWEET POTATO GRAPE SMOOTHIE, SUNFLOWER BUTTER, CRACKER, DINING KIT WITH SEASONING PACKET AND BLACK PEPPER, HEATER.

INGREDIENTS: HOMESTYLE VEGETABLES IN SAUCE WITH NOODLES AND CHICKEN ENTRÉE: WATER, ENRICHED PASTA (SEMOLINA, EGG WHITES, NIACIN, FERROUS SULFATE, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), CARROTS, PEAS, COOKED DICED CHICKEN MEAT (NATURAL PROPORTION), RENDERED CHICKEN FAT, SUGAR, ENRICHED FLOUR (BLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS 2% OR LESS OF THE FOLLOWING: ONION POWDER, GARLIC POWDER, SALT, SPICE. CONTAINS: WHEAT, EGG **BANANA APPLE SMOOTHIE:** BANANA PUREE (BANANAS, ASCORBIC ACID), MALTODEXTRIN, SUGAR, WHOLE MILK SOLIDS, APPLE JUICE CONCENTRATE, WATER, FULLY REFINED SOYBEAN OIL, CONTAINS 2% OR LESS OF THE FOLLOWING: CITRIC ACID, CINNAMON. CONTAINS: MILK **SWEET POTATO GRAPE SMOOTHIE:** SWEET POTATO, BANANA PUREE (BANANAS, ASCORBIC ACID), WHITE GRAPE JUICE CONCENTRATE, MALTODEXTRIN, SUGAR, WATER, FULLY REFINED SOYBEAN OIL, CONTAINS 2% OR LESS OF THE FOLLOWING: CITRIC ACID. **SUNFLOWER BUTTER:** ROASTED SUNFLOWER SEEDS, SUGAR, MONO-DIGLYCERIDES, SALT. **CRACKER:** ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), PALM OIL, CALCIUM CARBONATE, FORTIFIED YEAST (DEACTIVATED YEAST, THIAMIN HYDROCHLORIDE, RIBOFLAVIN, NIACIN, PYRIDOXINE HYDROCHLORIDE), SALT, AMMONIUM BICARBONATE, BAKING SODA, MALT SYRUP. CONTAINS: WHEAT, SOY. **SEASONING PACKET:** ONION, GARLIC, SPICES, CARROT, ORANGE PEEL, PARSLEY, TOMATO, RED BELL PEPPER, CITRIC ACID, SOYBEAN OIL, NATURAL FLAVORS, MALTODEXTRIN AND LEMON JUICE SOLIDS. CONTAINS: SOY. **PEPPER.**

INSTRUCTIONS: KNEAD SUNFLOWER BUTTER BEFORE OPENING



NET WT 17.0 OZ (481g)

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12403 002

REDUCED SODIUM



Spaghetti with Italian Style Sauce and Meat

MENU 4

33% Less Sodium Than Our Regular Apack Spaghetti with Italian Style Sauce and Meat Kit with Banana Apple Smoothie. Sodium Content Has Been Reduced From 920mg To 620mg Per 17.0 Oz.

34% Less Sodium Than Our Regular Apack Spaghetti with Italian Style Sauce and Meat Kit with Sweet Potato Grape Smoothie. Sodium Content Has Been Reduced From 880mg To 580mg Per 17.0 Oz.

Nutrition Facts	MENU 4 WITH BANANA APPLE SMOOTHIE	MENU 4 WITH SWEET POTATO GRAPE SMOOTHIE
	Serving Size 1 Package	(481g)
Amount Per Serving		
Calories	1090	1050
Calories from Fat	400	380
	% Daily Value*	% Daily Value*
Total Fat	45g 69%	42g 65%
Saturated Fat	13g 65%	11g 55%
Trans Fat	0g	0g
Cholesterol	25mg 8%	20mg 7%
Sodium	620mg 26%	580mg 24%
Total Carbohydrate	149g 50%	147g 49%
Dietary Fiber	9g 36%	8g 32%
Sugars	64g	63g
Protein	23g	22g
	Vitamin A 15%	110%
	Vitamin C 25%	30%
	Calcium 35%	25%
	Iron 35%	35%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 2,500		
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

KIT INCLUDES: SPAGHETTI WITH ITALIAN STYLE SAUCE AND MEAT ENTRÉE, BANANA APPLE SMOOTHIE OR SWEET POTATO GRAPE SMOOTHIE, SUNFLOWER BUTTER, CRACKER, DINING KIT WITH SEASONING PACKET AND BLACK PEPPER, HEATER.

INGREDIENTS: SPAGHETTI WITH ITALIAN STYLE SAUCE AND MEAT ENTRÉE: WATER, ENRICHED SPAGHETTI (SEMOLINA (WHEAT), EGG WHITES, GLYCERL MONOSTEARATE, NIACIN, FERROUS SULFATE, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), TOMATO PASTE, BEEF FAT, SUGAR, SEASONED MEAT WITH TEXTURED VEGETABLE PROTEIN (BEEF, TEXTURED VEGETABLE PROTEIN (SOY FLOUR, CARAMEL COLOR), WATER, LOWER SODIUM SEA SALT (SEA SALT, POTASSIUM CHLORIDE, MAGNESIUM SALTS)), ENRICHED FLOUR (BLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS 2% OR LESS OF THE FOLLOWING: FULLY REFINED SOYBEAN OIL, PARMESAN CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES), ONION POWDER, GARLIC POWDER, SALT, MODIFIED FOOD STARCH WITH ERYTHORBIC ACID, SPICES. CONTAINS: WHEAT, EGG, SOY, MILK **BANANA APPLE SMOOTHIE:** BANANA PUREE (BANANAS, ASCORBIC ACID), MALTODEXTRIN, SUGAR, WHOLE MILK SOLIDS, APPLE JUICE CONCENTRATE, WATER, FULLY REFINED SOYBEAN OIL, CONTAINS 2% OR LESS OF THE FOLLOWING: CITRIC ACID, CINNAMON. CONTAINS: MILK **SWEET POTATO GRAPE SMOOTHIE:** SWEET POTATO, BANANA PUREE (BANANAS, ASCORBIC ACID), WHITE GRAPE JUICE CONCENTRATE, MALTODEXTRIN, SUGAR, WATER, FULLY REFINED SOYBEAN OIL, CONTAINS 2% OR LESS OF THE FOLLOWING: CITRIC ACID. **SUNFLOWER BUTTER:** ROASTED SUNFLOWER SEEDS, SUGAR, MONO-DIGLYCERIDES, SALT. **CRACKER:** ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), PALM OIL, CALCIUM CARBONATE, FORTIFIED YEAST (DEACTIVATED YEAST, THIAMIN HYDROCHLORIDE, RIBOFLAVIN, NIACIN, PYRIDOXINE HYDROCHLORIDE), SALT, AMMONIUM BICARBONATE, BAKING SODA, MALT SYRUP, CONTAINS: WHEAT, SOY. **SEASONING PACKET:** ONION, GARLIC, SPICES, CARROT, ORANGE PEEL, PARSLEY, TOMATO, RED BELL PEPPER, CITRIC ACID, SOYBEAN OIL, NATURAL FLAVORS, MALTODEXTRIN AND LEMON JUICE SOLIDS. CONTAINS: SOY. **PEPPER.**

INSTRUCTIONS: KNEAD SUNFLOWER BUTTER BEFORE OPENING



NET WT 17.0 OZ (481g)

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12404 002



REDUCED SODIUM

Ready Meal
SELF-HEATING EMERGENCY MEAL

Sweet and Sour Sauce with Rice and Chicken
MENU 5

42% Less Sodium Than Our Regular Apack Sweet and Sour Sauce with Rice and Chicken Kit with Banana Apple Smoothie. Sodium Content Has Been Reduced From 710mg To 410mg Per 17.3 Oz.

44% Less Sodium Than Our Regular Apack Sweet and Sour Sauce with Rice and Chicken Kit with Sweet Potato Grape Smoothie. Sodium Content Has Been Reduced From 680mg To 380mg Per 17.3 Oz.

Nutrition Facts table comparing MENU 5 WITH BANANA APPLE SMOOTHIE and MENU 5 WITH SWEET POTATO GRAPE SMOOTHIE. Includes columns for Amount Per Serving, Total Fat, Sodium, Total Carbohydrate, Protein, and % Daily Value.

KIT INCLUDES: SWEET AND SOUR SAUCE WITH RICE AND CHICKEN ENTRÉE, BANANA APPLE SMOOTHIE OR SWEET POTATO GRAPE SMOOTHIE, CRANBERRY CRISP CHALLENGE BAR OR CHOCOLATE CRISP CHALLENGE BAR, DINING KIT WITH SEASONING PACKET AND BLACK PEPPER, HEATER.

INGREDIENTS: SWEET AND SOUR SAUCE WITH RICE AND CHICKEN ENTRÉE: WATER, CHICKEN BREASTS MEAT PIECES WITH RIB MEAT, PARBOILED LONG GRAIN RICE, FULLY REFINED SOYBEAN OIL, CARROTS, SUGAR, MODIFIED FOOD STARCH WITH ERYTHROBIC ACID, CONTAINS 2% OR LESS OF THE FOLLOWING: SOY SAUCE (WATER, SALT, HIGH FRUCTOSE CORN SYRUP, HYDROLYZED CORN AND SOY PROTEIN, CARAMEL COLOR (CONTAINS SULFUR DIOXIDE), DEXTROSE, CITRIC ACID, SODIUM BENZOATE AND POTASSIUM SORBATE (PRESERVATIVES), AND GUAR GUM), PINEAPPLE JUICE CONCENTRATE, RED BELL PEPPER, VINEGAR, GINGER, GARLIC POWDER, CONTAINS: SOY BANANA APPLE SMOOTHIE: BANANA PUREE (BANANAS, ASCORBIC ACID), MALTODEXTRIN, SUGAR, WHOLE MILK SOLIDS, APPLE JUICE CONCENTRATE, WATER, FULLY REFINED SOYBEAN OIL, CONTAINS 2% OR LESS OF THE FOLLOWING: CITRIC ACID, CINNAMON, CONTAINS: MILK SWEET POTATO GRAPE SMOOTHIE: SWEET POTATO, BANANA PUREE (BANANAS, ASCORBIC ACID), WHITE GRAPE JUICE CONCENTRATE, MALTODEXTRIN, SUGAR, WATER, FULLY REFINED SOYBEAN OIL, CONTAINS 2% OR LESS OF THE FOLLOWING: CITRIC ACID. CRANBERRY CRISP CHALLENGE BAR: CORN SYRUP, CRISP RICE (RICE FLOUR, SUGAR, SALT), ISOLATED SOY PROTEIN, CALCIUM CASEINATE, MALTODEXTRIN, OATS, CANOLA OIL, DRIED CRANBERRIES (CRANBERRIES, SUGAR), FRUCTOSE, GLYCERIN, NATURAL AND ARTIFICIAL FLAVOR, DICALCIUM PHOSPHATE, SOY LECITHIN, CITRIC ACID, ASCORBYL PALMITATE AND MIXED TOCOPHEROLS (TO PROTECT FLAVOR), ARTIFICIAL COLORS (FD&C RED #40, BLUE #1) CONTAINS: SOY, MILK CHOCOLATE CRISP CHALLENGE BAR: CORN SYRUP, CRISP RICE (RICE FLOUR, SUGAR, SALT), MALTODEXTRIN, ISOLATED SOY PROTEIN, CALCIUM CASEINATE, CANOLA OIL, COCOA (PROCESSED WITH ALKALI), GLYCERIN, FRUCTOSE, NATURAL FLAVORS, DICALCIUM PHOSPHATE, ASCORBYL PALMITATE AND MIXED TOCOPHEROLS (TO PROTECT FLAVOR), CONTAINS: SOY, MILK SEASONING PACKET: ONION, GARLIC, SPICES, CARROT, ORANGE PEEL, PARSLEY, TOMATO, RED BELL PEPPER, CITRIC ACID, SOYBEAN OIL, NATURAL FLAVORS, MALTODEXTRIN AND LEMON JUICE SOLIDS, CONTAINS: SOY, PEPPER.



NET WT 17.3 OZ (490g)

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REDUCED SODIUM

Ready Meal
SELF-HEATING EMERGENCY MEAL

Pasta with Garden Vegetables in Tomato Sauce

MENU 6

27% Less Sodium Than Our Regular Apack Pasta with Garden Vegetables in Tomato Sauce Kit with Banana Apple Smoothie. Sodium Content Has Been Reduced From 730mg To 530mg Per 17.3 Oz.

29% Less Sodium Than Our Regular Apack Pasta with Garden Vegetables in Tomato Sauce Kit with Sweet Potato Grape Smoothie. Sodium Content Has Been Reduced From 690mg To 490mg Per 17.3 Oz.

Nutrition Facts	MENU 6 WITH BANANA APPLE SMOOTHIE	MENU 6 WITH SWEET POTATO GRAPE SMOOTHIE
	(490g)	(490g)
Serving Size 1 Package	(490g)	(490g)
Amount Per Serving		
Calories	1070	1030
Calories from Fat	290	260
	% Daily Value*	% Daily Value*
Total Fat	32g 49%	29g 45%
Saturated Fat	6g 30%	4.5g 23%
Trans Fat	0g	0g
Cholesterol	10mg 3%	0mg 0%
Sodium	530mg 22%	490mg 20%
Total Carbohydrate	169g 56%	166g 55%
Dietary Fiber	11g 44%	11g 44%
Sugars	65g	64g
Protein	26g	25g
	Vitamin A 25%	120%
	Vitamin C 20%	25%
	Calcium 40%	30%
	Iron 30%	30%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:
Calories: 2,000 2,500

Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

KIT INCLUDES: PASTA WITH GARDEN VEGETABLES IN TOMATO SAUCE ENTRÉE, BANANA APPLE SMOOTHIE OR SWEET POTATO GRAPE SMOOTHIE, CRANBERRY CRISP CHALLENGE BAR OR CHOCOLATE CRISP CHALLENGE BAR, DINING KIT WITH SEASONING PACKET AND BLACK PEPPER, HEATER.

INGREDIENTS: PASTA WITH GARDEN VEGETABLES IN TOMATO SAUCE ENTRÉE: WATER, KIDNEY BEANS, ENRICHED PASTA (SEMOLINA, EGG WHITES, NIACIN, FERROUS SULFATE, THIAMIN MONONITRATE, RIBOFLAVIN, AND FOLIC ACID), TOMATO PASTE, FULLY REFINED SOYBEAN OIL, CARROTS, CORN, CONTAINS 2% OR LESS OF THE FOLLOWING: SUGAR, MODIFIED FOOD STARCH WITH ERYTHORBIC ACID, ENRICHED FLOUR (BLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, GARLIC POWDER, SPICES. CONTAINS: WHEAT, EGG **BANANA APPLE SMOOTHIE:** BANANA PUREE (BANANAS, ASCORBIC ACID), MALTODEXTRIN, SUGAR, WHOLE MILK SOLIDS, APPLE JUICE CONCENTRATE, WATER, FULLY REFINED SOYBEAN OIL, CONTAINS 2% OR LESS OF THE FOLLOWING: CITRIC ACID, CINNAMON, CONTAINS: MILK **SWEET POTATO GRAPE SMOOTHIE:** SWEET POTATO, BANANA PUREE (BANANAS, ASCORBIC ACID), WHITE GRAPE JUICE CONCENTRATE, MALTODEXTRIN, SUGAR, WATER, FULLY REFINED SOYBEAN OIL, CONTAINS 2% OR LESS OF THE FOLLOWING: CITRIC ACID. **CRANBERRY CRISP CHALLENGE BAR:** CORN SYRUP, CRISP RICE (RICE FLOUR, SUGAR, SALT), ISOLATED SOY PROTEIN, CALCIUM CASEINATE, MALTODEXTRIN, OATS, CANOLA OIL, DRIED CRANBERRIES (CRANBERRIES, SUGAR), FRUCTOSE, GLYCERIN, NATURAL AND ARTIFICIAL FLAVOR, DICALCIUM PHOSPHATE, SOY LECITHIN, CITRIC ACID, ASCORBYL PALMITATE AND MIXED TOCOPHEROLS (TO PROTECT FLAVOR), ARTIFICIAL COLORS (FD&C RED #40, BLUE #1) CONTAINS: SOY, MILK **CHOCOLATE CRISP CHALLENGE BAR:** CORN SYRUP, CRISP RICE (RICE FLOUR, SUGAR, SALT), MALTODEXTRIN, ISOLATED SOY PROTEIN, CALCIUM CASEINATE, CANOLA OIL, COCOA (PROCESSED WITH ALKALI), GLYCERIN, FRUCTOSE, NATURAL FLAVORS, DICALCIUM PHOSPHATE, ASCORBYL PALMITATE AND MIXED TOCOPHEROLS (TO PROTECT FLAVOR). CONTAINS: SOY, MILK **SEASONING PACKET:** ONION, GARLIC, SPICES, CARROT, ORANGE PEEL, PARSLEY, TOMATO, RED BELL PEPPER, CITRIC ACID, SOYBEAN OIL, NATURAL FLAVORS, MALTODEXTRIN AND LEMON JUICE SOLIDS. CONTAINS: SOY, **PEPPER.**

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