

**BUTTERMILK
PANCAKES**

**6-GRAIN BANANA
CEREAL**

BANANA CHIPS

**Morning Moo’s® Milk
Alternative**

Nutrition Facts

6 servings per container
Serving size 1/3 cup (46g) dry
(about 3-4” pancakes prepared)

Amount per serving
Calories 160

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 560mg	24%
Total Carbohydrate 34g	12%
Dietary Fiber 1g	4%
Total Sugars 5g	
Includes 4g Added Sugars	8%

Protein 4g	
Vitamin D 0mcg	0%
Calcium 111mg	8%
Iron 3mg	15%
Potassium 112mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Cake flour (bleached wheat flour, niacin, iron [reduced iron], thiamin mononitrate, riboflavin, folic acid), sugar, soybean flour, dextrose, buttermilk powder, baking soda, corn starch, leavening agent (sodium acid pyrophosphate), non-iodized salt, leavening agent (monocalcium phosphate monohydrate), egg substitute (soy flour, wheat gluten, corn syrup solids, sodium alginate).
CONTAINS: Milk, soy, wheat.

Nutrition Facts

4 servings per container
Serving size 1/3 cup (48g) dry
(about 1/2 cup prepared)

Amount per serving
Calories 170

	% Daily Value*
Total Fat 2g	3%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 37g	13%
Dietary Fiber 5g	18%
Total Sugars 12g	
Includes 9g Added Sugars	18%

Protein 4g	
Vitamin D 0mcg	0%
Calcium 13mg	2%
Iron 1mg	6%
Potassium 206mg	4%

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INGREDIENTS: Six grain mix (hard red wheat, soft white wheat, barley, oats, rye, triticale), sugar, freeze-dried banana dices, coconut creamer (hydrogenated coconut oil, corn syrup solids, sodium caseinate [a milk derivative], dipotassium phosphate, mono & diglycerides, silicon dioxide, soy lecithin), natural and artificial maple flavor (dextrose, maltodextrin, less than 2% silicon dioxide added to prevent caking), brown sugar, non-iodized salt.
CONTAINS: Milk, soy, wheat.

Nutrition Facts

8 servings per container
Serving size 1/2 cup (33g) dry
(about 1/2 cup prepared)

Amount per serving
Calories 190

	% Daily Value*
Total Fat 12g	15%
Saturated Fat 10g	50%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 18g	7%
Dietary Fiber 3g	11%
Total Sugars 6g	
Includes 4g Added Sugars	8%

Protein 1g	
Vitamin D 0mcg	0%
Calcium 8mg	0%
Iron 1mg	6%
Potassium 190mg	4%

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

Nutrition Facts

20 servings per container
Serving size 2 tbsp (17g) dry
(about 1 cup prepared)

Amount per serving
Calories 70

	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 2g	10%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 10g	4%
Dietary Fiber 0g	0%
Total Sugars 9g	
Includes 1g Added Sugars	2%

Protein 3g	
Vitamin D 3mcg	15%
Calcium 112mg	8%
Iron 0mg	0%
Potassium 275mg	6%
Vitamin A 163mcg	20%

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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.

**MAPLE BROWN SUGAR
OATMEAL**

**STRAWBERRY
FLAVORED CREAMY
WHEAT**

Nutrition Facts

10 servings per container
Serving size 1/4 cup (30g) dry
(about 1/3 cup prepared)

Amount per serving
Calories 120

	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	2%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 3g Added Sugars	6%

Protein 4g	
Vitamin D 0mcg	0%
Calcium 19mg	2%
Iron 1mg	6%
Potassium 130mg	2%

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INGREDIENTS: Quick oats, brown sugar, creamer (coconut oil, corn syrup solids, sodium caseinate [a milk derivative], dipotassium phosphate, sugar, mono & 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.

Nutrition Facts

8 servings per container
Serving size 1/4 cup (46g) dry
(about 1 cup prepared)

Amount per serving
Calories 180

	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 2.5g	13%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 36g	13%
Dietary Fiber 1g	4%
Total Sugars 10g	
Includes 10g Added Sugars	20%

Protein 3g	
Vitamin D 0mcg	0%
Calcium 5mg	0%
Iron 0mg	0%
Potassium 72mg	2%

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INGREDIENTS: Farina (wheat), sugar, coconut creamer (hydrogenated coconut oil, corn syrup solids, sodium caseinate [a milk derivative], dipotassium phosphate, mono & 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.