

MAPLE BROWN SUGAR OATMEAL

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 Fat</i> 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%

*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: 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

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 Fat</i> 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, 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), noniodized salt, natural red coloring (carmine, caramel color, and maltodextrin).
CONTAINS: Milk, soy, wheat.

BUTTERMILK PANCAKES

Nutrition Facts

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

Amount per serving	
Calories	160
%	
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans Fat</i> 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 11mg	8%
Iron 3mg	15%
Potassium 112mg	2%

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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.

FETTUCCINE ALFREDO

Nutrition Facts

4 servings per container
Serving size 1/2 cup (67g) dry
 (about 1 cup prepared)

Amount per serving	
Calories	300
%	
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 9g	45%
<i>Trans Fat</i> 0g	
Cholesterol 35mg	12%
Sodium 670mg	29%
Total Carbohydrate 41g	15%
Dietary Fiber 1g	4%
Total Sugars 5g	
Includes 1g Added Sugars	2%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 106mg	8%
Iron 1mg	6%
Potassium 328mg	6%

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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.

CHEESY BROCCOLI RICE

Nutrition Facts

8 servings per container
Serving size 1/3 cup (65g) dry
 (about 3/4 cup prepared)

Amount per serving	
Calories	250
%	
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 2g	10%
<i>Trans Fat</i> 0g	
Cholesterol 10mg	3%
Sodium 640mg	28%
Total Carbohydrate 45g	16%
Dietary Fiber 0g	0%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 152mg	10%
Iron 1mg	6%
Potassium 396mg	8%

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

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 hexmetaphosphate), 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

Nutrition Facts

8 servings per container
Serving size 1/3 cup (52g) dry
 (about 1/2 cup prepared)

Amount per serving	
Calories	240
%	
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 6g	30%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 330mg	14%
Total Carbohydrate 30g	11%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 8mg	0%
Iron 1mg	6%
Potassium 277mg	6%

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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.

SPANISH RICE

Nutrition Facts

8 servings per container
Serving size 1/4 cup (57g) dry
 (about 1 cup prepared)

Amount per serving	
Calories	200
%	
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 730mg	32%
Total Carbohydrate 43g	16%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 13mg	2%
Iron 2mg	10%
Potassium 153mg	4%

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

INGREDIENTS: Rice (parboiled long grain rice, enriched with ferric orthophosphate [iron], niacin, thiamin mononitrate [thiamin], and folic acid [folate]), 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), red and green bell pepper, onion powder, tomato powder, cumin, non-iodized salt.
CONTAINS: Soy.

BANANA CHIPS

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 Fat</i> 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).

MORNING MOO'S® LOWFAT MILK ALTERNATIVE

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 Fat</i> 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 120mg	10%
Iron 0mg	0%
Potassium 283mg	6%
Vitamin A 163mcg	20%

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

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.

CREAMY POTATO SOUP

Nutrition Facts

8 servings per container
Serving size 1/3 cup (51g) dry
 (about 1 cup prepared)

Amount per serving	
Calories	220
%	
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 4g	20%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 630mg	27%
Total Carbohydrate 33g	12%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 1g Added Sugars	2%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 1mg	6%
Potassium 428mg	10%

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

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.

HEARTY VEGETABLE CHICKEN-FLAVORED SOUP

Nutrition Facts

8 servings per container
Serving size 1/3 cup (57g) dry
 (about 1 cup prepared)

Amount per serving	
Calories	200
%	
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 590mg	26%
Total Carbohydrate 40g	15%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 37mg	2%
Iron 3mg	15%
Potassium 406mg	8%

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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, cornstarch, 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.