

## 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	
<b>Calories</b>	<b>120</b>
% Daily Value*	
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 35mg	<b>2%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 3g	
Includes 3g Added Sugars	<b>6%</b>
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.

**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.

## BANANA CHIPS

### Nutrition Facts

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

Amount per serving	
<b>Calories</b>	<b>190</b>
% Daily Value*	
<b>Total Fat</b> 12g	<b>15%</b>
Saturated Fat 10g	<b>50%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 18g	<b>7%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 6g	
Includes 4g Added Sugars	<b>8%</b>
Protein 1g	
Vitamin D 0mcg	0%
Calcium 8mg	0%
Iron 1mg	6%
Potassium 190mg	4%

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

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

\*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:** 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.

## CREAMY POTATO SOUP

### Nutrition Facts

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

Amount per serving	
<b>Calories</b>	<b>220</b>
% Daily Value*	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 4g	<b>20%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 630mg	<b>27%</b>
<b>Total Carbohydrate</b> 33g	<b>12%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 2g	
Includes 1g Added Sugars	<b>2%</b>
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	
<b>Calories</b>	<b>200</b>
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 590mg	<b>26%</b>
<b>Total Carbohydrate</b> 40g	<b>15%</b>
Dietary Fiber 7g	<b>25%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
Protein 7g	
Vitamin D 0mcg	0%
Calcium 37mg	2%
Iron 3mg	15%
Potassium 406mg	8%

\*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:** 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.