

## Morning Moo's® Milk Alternative

Nutrition Facts	
20 servings per container	
<b>Serving size</b>	<b>2 tbsp (17g) dry</b> (about 1 cup prepared)
Amount per serving	
<b>Calories</b>	<b>70</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 2g	<b>10%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 110mg	<b>5%</b>
<b>Total Carbohydrate</b> 10g	<b>4%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 9g	
Includes 1g Added Sugars	<b>2%</b>
Protein 3g	
Vitamin D 3mcg	15%
Calcium 112mg	8%
Iron 0mg	0%
Potassium 275mg	6%
Vitamin A 163mcg	20%

**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 MIX

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>1/3 cup (51g) dry</b> (about 1 cup prepared)
Amount per serving	
<b>Calories</b>	<b>220</b>
	<b>% Daily Value*</b>
<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 455mg	10%

\*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:** 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	
<b>Serving size</b>	<b>1/3 cup (57g) dry</b> (about 1 cup prepared)
Amount per serving	
<b>Calories</b>	<b>200</b>
	<b>% Daily Value*</b>
<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%

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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.

## CREAMY CHICKEN-FLAVORED RICE

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>1/3 cup (52g) dry</b> (about 1/2 cup prepared)
Amount per serving	
<b>Calories</b>	<b>240</b>
	<b>% Daily Value*</b>
<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 1g	
Includes 0g Added Sugars	<b>0%</b>
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.

## CHEESY BROCCOLI RICE

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>1/3 cup (65g) dry</b> (about 3/4 cup prepared)
Amount per serving	
<b>Calories</b>	<b>250</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 4.5g	<b>6%</b>
Saturated Fat 2g	<b>10%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 640mg	<b>28%</b>
<b>Total Carbohydrate</b> 45g	<b>16%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 9g	
Includes 0g Added Sugars	<b>0%</b>
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.

## HOMESTYLE MASHED POTATOES

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>1/2 cup (34g) dry</b> (about 1 cup prepared)
Amount per serving	
<b>Calories</b>	<b>120</b>
	<b>% Daily Value*</b>
<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> 550mg	<b>24%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
Protein 3g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0mg	0%
Potassium 431mg	10%

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**INGREDIENTS:** Dehydrated potato flakes (potato, monoglycerides, sodium acid pyrophosphate, citric acid, sodium bisulfite and BHA to preserve freshness), non-iodized salt, natural butter flavor (whey solids, enzyme modified butter, maltodextrin, salt, butter, guar gum, annatto and turmeric), 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).  
**CONTAINS:** Soy.

## MAPLE BROWN SUGAR OATMEAL

Nutrition Facts	
10 servings per container	
<b>Serving size</b>	<b>1/4 cup (30g) dry</b> (about 1/3 cup prepared)
Amount per serving	
<b>Calories</b>	<b>120</b>
	<b>% Daily Value*</b>
<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. 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.