

Nutrition Facts	Long Grain Rice	Pilot Bread Crackers	Instant Oatmeal	Macaroni Noodles	Creamy Wheat	Granola with Milk & Blueberries
	1/4 C Dry (46g)	About 1 Cracker	1/4 C Dry (23g)	1/4 C Dry (60g)	1/4 C Dry (38g)	1/4 C Dry (38g)
Serving Size						
Servings Per Container	25	25	25	22	28	16
Amount Per Serving						
Calories	180	50	100	110	150	100
Calories from Fat	0	15	15	0	10	35
	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*
Total Fat	0g 0%	1.5g 2%	2g 3%	0g 0%	1g 1%	4g 6%
Saturated Fat	0g 0%	0g 0%	0g 0%	0g 0%	0g 0%	1g 5%
Trans Fat	0g	0g	0g	0g	0g	0g
Cholesterol	0mg 0%	5mg 2%	0mg 0%	0mg 0%	0mg 0%	4mg 1%
Sodium	0mg 0%	55mg 2%	0mg 0%	85mg 4%	0mg 0%	30mg 1%
Total Carbohydrate	40g 13%	9g 3%	18g 6%	14g 5%	32g 11%	14g 5%
Dietary Fiber	0g 0%	0g 0%	3g 12%	0g 0%	2g 8%	0g 0%
Sugars	0g	1g	0g	13g	0g	7g
Protein	3g	1g	4g	0g	5g	3g
	Vitamin A 0%	Vitamin A 0%	Vitamin A 0%	Vitamin A 0%	Vitamin A 30%	Vitamin A 0%
	Vitamin C 0%	Vitamin C 0%	Vitamin C 0%	Vitamin C 0%	Vitamin C 0%	Vitamin C 0%
	Calcium 0%	Calcium 2%	Calcium 0%	Calcium 0%	Calcium 15%	Calcium 6%
	Iron 10%	Iron 4%	Iron 2%	Iron 0%	Iron 4%	Iron 2%

*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

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Long Grain Rice	Pilot Bread Crackers	Instant Oatmeal	Macaroni Noodles	Creamy Wheat	Granola with Milk & Blueberries
INGREDIENTS: Long Grain White Rice Enriched With Iron, Niacin, Thiamine, And Folate.	INGREDIENTS: Enriched Flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Partially Hydrogenated Soybean Oil, Sugar, Corn Syrup, Whey, Leavening (sodium bicarbonate, monocalcium phosphate), Salt. CONTAINS: May contain milk and wheat derivatives.	INGREDIENTS: Sunflower Oil, Potato, Modified Corn Starch, Textured Vegetable Protein, Sugar, Parmesan Cheese (Whey, Maltodextrin, Natural parmesan cheese flavor, Salt), Salt, Corn Syrup Solids, Garlic, Parsley. CONTAINS: Milk, Wheat, and Soy.	INGREDIENTS: Sugar, Citric Acid, Salt, Natural Flavor, Mono Potassium Phosphate, Red #40	INGREDIENTS: Sugar, Dextrose, Malic Acid, Natural and Artificial Flavor, Sodium Citrate, FD & C Yellow #6.	INGREDIENTS: Granola (Oats, Brown Sugar, Soybean Oil), Nonfat Dry Milk, Cream Blend (Heavy Cream, Whey Protein Concentrate, Whey), Blueberries, Natural and Artificial Flavor, Xanthan Gum. CONTAINS: Milk and/or milk derivatives.

Nutrition Facts	Lasagna	Sweet & Sour Rice	Chicken Flavored Rice
	Abt 1/3 C Dry (41g)	1/3 C Dry (40g)	Abt 1/3 C Dry (34g)
Serving Size			
Servings Per Bucket	27	27	32
Amount Per Serving			
Calories	150	150	150
Calories from Fat	25	10	5
	% Daily Value*	% Daily Value*	% Daily Value*
Total Fat	3g 5%	1.5g 2%	1g 2%
Saturated Fat	1g 5%	0.5g 3%	0g 0%
Trans Fat	0g	0g	0g
Cholesterol	25mg 8%	0mg 0%	0mg 0%
Sodium	440mg 18%	300mg 13%	110mg 5%
Total Carbohydrate	26g 9%	31g 10%	31g 10%
Dietary Fiber	1g 4%	1g 4%	1g 4%
Sugars	4g	8g	1g
Protein	6g	3g	4g
	Vitamin A 2%	Vitamin A 40%	Vitamin A 20%
	Vitamin C 8%	Vitamin C 40%	Vitamin C 6%
	Calcium 8%	Calcium 2%	Calcium 0%
	Iron 6%	Iron 10%	Iron 10%

*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

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Lasagna	Sweet & Sour Rice	Chicken Flavored Rice
<p>INGREDIENTS: Enriched Macaroni Product (Durum wheat semolina, Egg, Salt), Whey, Textured Vegetable Protein, Modified Corn Starch, Sugar, Tomato, Maltodextrin, Cheese Sauce (Whey, Cheese [granular and blue {milk, cheese culture, salt, enzymes}], Partially hydrogenated soybean oil, Salt, Whey protein concentrate, Lactose, Sodium Phosphate, Citric Acid, Lactic Acid, Turmeric Yellow 6), Garlic, Onion, Salt, Autolyzed Yeast Extract, Natural and Artificial Flavors, Paprika, Parsley, Black Pepper, Xanthan Gum</p> <p>CONTAINS: Milk, soy, and Wheat derivatives.</p>	<p>INGREDIENTS: Enriched Pre-cooked Rice, Sugar, Tomato, Textured Vegetable Protein, Maltodextrin, Natural and Artificial Flavors, Carrots, Potato Starch, Butter Powder, Bell Peppers, Honey Powder, Autolyzed Yeast Extract, Salt, Garlic, Onion, Ginger, Caramel Color, Black Pepper, Xanthan Gum.</p> <p>CONTAINS: May contain soy and wheat derivatives.</p>	<p>INGREDIENTS: Rice (Pre-cooked long grain rice, Niacin, Iron, Thiamine, Folic acid), Chicken TVP (Textured vegetable protein [soy flour], Partially hydrogenated soybean oil, Salt, Autolyzed yeast extract, Hydrolyzed corn gluten protein, Natural flavoring, Thiamine hydrochloride, Disodium guanilate, Disodium inosinate), Carrot, Natural Flavors, Modified Corn Starch, Sugar, Salt, Red Bell Pepper, Curry, Onion.</p> <p>CONTAINS: Wheat and Soy.</p>