

COOKING DIRECTIONS

Bring 4 cups water to a boil, add contents of this package into boiling water and stir. Turn off heat, cover and let stand for 12 to 15 minutes stirring occasionally. Uncover and let cool 2 to 3 minutes.

100% VEGETARIAN

Produced on equipment that also processes milk, soy, wheat, egg, shellfish, fish, tree nuts and peanuts.

TERIYAKI AND RICE

Nutrition Facts	
Serving Size 1 Cup as prepared (75g) Servings Per Container 4	
Amount Per Serving	
Calories 280	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 1g	5%
Trans Fat 1.5g	
Cholesterol 0mg	0%
Sodium 990mg	41%
Total Carbohydrate 54g	18%
Dietary Fiber 3g	12%
Sugars 15g	
Protein 8g	
Vitamin A 35%	Vitamin C 50%
Calcium 8%	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	

INGREDIENTS: Rice, Non-Dairy Creamer (Partially Hydrogenated Soybean Oil, Corn Syrup Solids, Sodium Caseinate (a milk derivative), Mono and Diglycerides, Sodium Citrate, Salt, Dipotassium Phosphate, Carrageenan, Natural Flavor), Sugar, Whey, Textured Vegetable Protein (Soy Flour), Brown Sugar, Sugar, Teriyaki Sauce Powder (Soy Sauce/Wheat, Soybeans, Salt), Wine, Vinegar, Salt, Onion, Spice Extractives, Succinic Acid, Garlic Powder, Maltodextrin, Sugar, Salt, Carrots, Hydrolyzed Soy Protein, Bell Pepper, Soy Sauce Powder (Wheat, Soybeans, Salt), Maltodextrin, Salt, Guar Gum, Salt, Spices, Yeast Extract, Natural and Artificial Flavor, Caramel Color, Disodium Inosinate and Disodium Guanylate. CONTAINS: MILK, SOY, WHEAT.

PASTA ALFREDO

Nutrition Facts	
Serving Size 1 Cup as prepared (65g) Servings Per Container 4	
Amount Per Serving	
Calories 300	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 1.5g	8%
Trans Fat 0.5g	
Cholesterol 0mg	0%
Sodium 920mg	38%
Total Carbohydrate 40g	13%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 5g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	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	

INGREDIENTS: Pasta (Durum Semolina Flour (wheat), Niacin, Ferrous Sulfate (iron), Thiamine Mononitrate, Riboflavin, Folic Acid), Sunflower Shortening (Sunflower Oil, Food Starch-Modified, Maltodextrin, Natural Tocopherols), Food Starch-Modified, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Enzyme, Folic Acid), Partially Hydrogenated Soybean Oil, Salt, Maltodextrin, Parmesan Flavor (Salt, Yeast Extract), Hydrolyzed Soy Protein, Garlic Powder, Onion Powder, Disodium Inosinate and Disodium Guanylate, Disodium Phosphate, Natural Flavor, Spices. CONTAINS: MILK, SOY, WHEAT.

HEARTY TORTILLA

Nutrition Facts	
Serving Size 1 Cup as prepared (45g) Servings Per Container 4	
Amount Per Serving	
Calories 150	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 950mg	40%
Total Carbohydrate 33g	11%
Dietary Fiber 5g	20%
Sugars 2g	
Protein 5g	
Vitamin A 15%	Vitamin C 8%
Calcium 2%	Iron 6%
*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	

INGREDIENTS: Black Beans, Maltodextrin, Rice, Masa Flour (White Corn, Sorbic Acid, Trace of Lime), Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Enzyme, Folic Acid), Salt, Tomato, Food Starch-Modified, Spices, Guar Gum, Spice, Paprika Extract, Natural Flavor, Artificial Flavor. CONTAINS: MILK, SOY, WHEAT.

CREAMY À LA KING AND RICE

Nutrition Facts	
Serving Size 1 Cup as prepared (51g) Servings Per Container 4	
Amount Per Serving	
Calories 180	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 800mg	33%
Total Carbohydrate 38g	13%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 4g	
Vitamin A 25%	Vitamin C 2%
Calcium 4%	Iron 6%
*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	

INGREDIENTS: Rice, Food Starch-Modified, Whey, Maltodextrin, Non-Dairy Creamer (Partially Hydrogenated Soybean Oil, Corn Syrup Solids, Sodium Caseinate (a milk derivative), Mono and Diglycerides, Sodium Citrate, Salt, Dipotassium Phosphate, Carrageenan, Natural Gum, Carrots, Salt, Peas, Hydrolyzed Corn Protein, Textured Vegetable Protein (Soy Flour), Guar Gum, Soybean Oil, Disodium Inosinate and Disodium Guanylate, Natural Flavors, Lactic Acid, Spices, Turmeric Extract. CONTAINS: MILK, SOY, WHEAT.

CHILI MACARONI

Nutrition Facts	
Serving Size 1 Cup as prepared (69g) Servings Per Container 4	
Amount Per Serving	
Calories 250	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0.5g	3%
Trans Fat 0.5g	
Cholesterol 0mg	0%
Sodium 960mg	40%
Total Carbohydrate 46g	15%
Dietary Fiber 5g	20%
Sugars 8g	
Protein 11g	
Vitamin A 15%	Vitamin C 15%
Calcium 8%	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	

INGREDIENTS: Pasta (Durum Semolina Flour (wheat), Niacin, Ferrous Sulfate (iron), Thiamine Mononitrate, Riboflavin, Folic Acid), Textured Vegetable Protein (Soy Flour, Caramel Color), Maltodextrin, Pinto Beans, Whey, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Enzyme, Folic Acid), Tomato, Non-Dairy Creamer (Partially Hydrogenated Soybean Oil, Corn Syrup Solids, Sodium Caseinate (a milk derivative), Mono and Diglycerides, Sodium Citrate, Salt, Dipotassium Phosphate, Carrageenan, Natural Flavor), Salt, Onion, Guar Gum, Sugar, Hydrolyzed Soy Protein, Garlic Powder, Spices, Extractives of Paprika and Turmeric, Disodium Inosinate and Disodium Guanylate, Parmesan Flavor (Salt, Yeast Extract), Citric Acid. CONTAINS: MILK, SOY, WHEAT.

CRUNCHY GRANOLA

Nutrition Facts	
Serving Size 55g dry mix Servings Per Container 4	
Amount Per Serving	
Calories 240	Calories from Fat 60
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 40g	13%
Dietary Fiber 4g	16%
Sugars 13g	
Protein 6g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 8%
*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	

INGREDIENTS: Whole Grain Rolled Oats, Brown Sugar, Canola Oil, Whole Grain Rolled Wheat, Corn Syrup, Oat Flour, Whey (Milk), Salt, Cinnamon, Soy Lecithin, Mixed Tocopherols to Preserve Freshness. CONTAINS: MILK, SOY, WHEAT.

DIRECTIONS

Serve by adding milk or soy milk. Can also be enjoyed plain.

100% VEGETARIAN

Produced on equipment that also processes milk, soy, wheat, egg, shellfish, fish, tree nuts and peanuts.

BROWN SUGAR AND MAPLE MULTI-GRAIN

Nutrition Facts	
Serving Size 1 Cup as prepared (66g) Servings Per Container 4	
Amount Per Serving	
Calories 260	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 1g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 46g	15%
Dietary Fiber 7g	28%
Sugars 16g	
Protein 6g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	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	

INGREDIENTS: Six Grain Mix (Wheat Flakes, White Wheat Flakes, Barley Flakes, Rye Flakes, Rolled Oats, and Sunflower Seeds), Brown Sugar, Sugar, Non Dairy Creamer (Partially Hydrogenated Soybean Oil, Corn Syrup Solids, Sodium Caseinate (a milk derivative), Mono and Diglycerides, Sodium Citrate, Salt, Dipotassium Phosphate, Carrageenan, Natural Flavor), Natural and Artificial Flavors, Cellulose Gum, Salt. CONTAINS: MILK, SOY, WHEAT.

COOKING DIRECTIONS

Add contents of bag to 3.5 cups water. Bring to a boil and simmer for 10 minutes with lid on, stirring occasionally. Uncover and let cool 2 to 3 minutes.

100% VEGETARIAN

Produced on equipment that also processes milk, soy, wheat, egg, shellfish, fish, tree nuts and peanuts.

APPLE CINNAMON CEREAL

Nutrition Facts	
Serving Size 1 Cup as prepared (66g) Servings Per Container 4	
Amount Per Serving	
Calories 260	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 1g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 46g	15%
Dietary Fiber 7g	28%
Sugars 16g	
Protein 6g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	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	

INGREDIENTS: Six Grain Mix (Wheat Flakes, White Wheat Flakes, Barley Flakes, Rye Flakes, Rolled Oats, and Sunflower Seeds), Brown Sugar, Sugar, Non Dairy Creamer (Partially Hydrogenated Soybean Oil, Corn Syrup Solids, Sodium Caseinate (a milk derivative), Mono and Diglycerides, Sodium Citrate, Salt, Dipotassium Phosphate, Carrageenan, Natural Flavor), Natural Cinnamon Flavor, Natural and Artificial Flavors, Dried Apples, Cellulose Gum, Salt. CONTAINS: MILK, SOY, WHEAT.

COOKING DIRECTIONS

Add contents of bag to 3.5 cups water. Bring to a boil and simmer for 10 minutes with lid on, stirring occasionally. Uncover and let cool 2 to 3 minutes.

100% VEGETARIAN

Produced on equipment that also processes milk, soy, wheat, egg, shellfish, fish, tree nuts and peanuts.