

HEAT and EAT



Alfredo Cheese Ravioli with Gluten Free Pasta

Nutrition Facts	
Variable servings per container	
Serving size	8oz (227g)
Amount per serving	
Calories	460
	% Daily Value*
Total Fat 28g	36%
Saturated Fat 15g	75%
Trans Fat 0g	
Cholesterol 165mg	55%
Sodium 850mg	37%
Total Carbohydrate 30g	11%
Dietary Fiber 0g	0%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 19g	
Vitamin D 0mcg	0%
Calcium 404mg	30%
Iron 1mg	6%
Potassium 29mg	0%
*The % Daily Value 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.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Cheese Ravioli (Cooked Pasta (Gluten Free Flour [Maize Starch, Rice Flour, Potato Starch, Skim Milk Powder, Milk Protein, Guar Gum, Dextrose, Hydroxypropylmethyl Cellulose], Water, Dried Whole Eggs), Ricotta Cheese (Whey, Whole Milk, Cream, Vinegar, Salt, Carrageenan, Xanthan Gum, Locust Bean Gum, Guar Gum), Water, Modified Corn Starch, Salt, Romano Cheese (Pasteurized Sheep's and/or Cow's Milk, Rennet, Salt, Cheese Cultures, Enzymes), Dried Whole Eggs, Black Pepper, Parsley), Alfredo Sauce (Cream, Milk, Parmesan and Romano Cheese Powder [Parmesan and Romano Cheeses (Milk, Salt, Cheese Cultures, Enzymes), Whey, Disodium Phosphate, and Lactic Acid], Water, Butter, Canola Oil, Modified Food Starch, Palm Oil, Contains less than 2% of the following: Nonfat Dry Milk, Sugar, Soy Lecithin, Maltodextrin, Sodium Caseinate, Natural Flavors, Salt, Spice, DATEM, Mono and Diglycerides), Mozzarella Cheese (Pasteurized Part-Skim Milk, Cheese Culture, Salt, Enzymes, Powdered Cellulose and Dextrose (added to prevent caking)), Parsley.

CONTAINS: Eggs, Milk, and Soy.



Alfredo Tortellini

Nutrition Facts	
Variable servings per container	
Serving size	8oz (227g)
Amount per serving	
Calories	470
	% Daily Value*
Total Fat 18g	23%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 830mg	36%
Total Carbohydrate 55g	20%
Dietary Fiber --g	--%
Total Sugars 5g	
Includes --g Added Sugars	--%
Protein 20g	
Vitamin D --mcg	--%
Calcium 351mg	25%
Iron 3mg	15%
Potassium --mg	--%
*The % Daily Value 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: Tortellini(Dough Mixture (Enriched Durum Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Dried Whole Eggs, Turmeric, Filling: Ricotta Cheese (Whey, Milk, Vinegar, Salt, Stabilizers), Bread Crumbs (Wheat Flour, Salt, Yeast), Soybean Oil, Salt, Natural Flavors, Romano Cheese (Pasteurized Sheep’s and Cow’s Milk, Rennet, Salt, Cheese Culture, Enzymes)), Alfredo Sauce (Cooking Cream(Cream, Skim Milk, Contains 0.5% Or Less Modified Corn Starch, Sodium Hexametaphosphate, Cellulose Gel, Cellulose Gum, Mono-and Diglycerides), Milk, Imported Romano Cheese (Pasteurized Sheep Milk, Cheese Cultures, Salt, Enzymes and Powdered Cellulose{anti caking agent}), Imported Parmesan Cheese(Pasteurized Part Skim Milk, Cheese Cultures, Salt, Enzymes and Powdered Cellulose [anti caking agent]), Butter(Cream, Natural Flavorings), Garlic(Garlic,Water, contains less than 1%, Phosphoric Acid and Sodium Benzoate), Spices, Garlic, Salt, Col Flo 67 Starch), Mozzarella Cheese (Pasteurized Part-Skim Milk, Cheese Culture, Salt, Enzymes, Powdered Cellulose and Dextrose).

CONTAINS: Milk, Soy, Eggs, and Wheat.



Apple Dumpling

Nutrition Facts	
Variable servings per container	
Serving size	2oz (57g)
Amount per serving	
Calories	130
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 1.5g	8%
Trans Fat 1.5g	
Cholesterol 0mg	0%
Sodium 130mg	6%
Total Carbohydrate 20g	7%
Dietary Fiber --g	--%
Total Sugars 8g	
Includes --g Added Sugars	--%
Protein 1g	
Vitamin D --mcg	--%
Calcium 11mg	0%
Iron 1mg	6%
Potassium --mg	--%
<small>*The % Daily Value 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.</small>	

INGREDIENTS: Dumpling (Apples, Enriched Bleached Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Whey, Partially Hydrogenated Vegetable Oil (Soybean and/or Cottonseed Oils), Sugar, Water, High Fructose Corn Syrup, Contains 2% or less of each of the following: Brown Sugar, Modified Corn Starch, Apple Juice Concentrate, Salt, Margarine (Partially Hydrogenated Soybean and Cottonseed Oil, Soybean Oil, Water, Salt, Mono & Diglycerides, Soy Lecithin, Calcium Disodium EDTA, Annatto, Artificial Flavor, Vitamin A Palmitate), Cinnamon, Annatto and Turmeric Extracts (color), Red 40, Spices, Malic Acid, Vegetable Oil (Soybean and/or Cottonseed Oils), Mono & Diglycerides, Baking Soda, L-Cysteine Hydrochloride, Potassium Sorbate, Soy Flour), Whipped Topping (Water, High Fructose Corn Syrup, Partially Hydrogenated Palm Kernel Oil, Contains less than 2% of the following: Sodium Caseinate, Dextrose, Artificial Flavor, Polysorbate 60, Sorbitan Monostearate, Guar Gum, Xanthan Gum, Turmeric and Annatto Extracts(color)), Maraschino Cherries (Cherries, Water, High Fructose Corn Syrup, Corn Syrup, and/or Sugar, Citric Acid, Natural and Artificial Flavor, Sodium Benzoate and Potassium Sorbate (preservative), FD&C Red 40, Sulfur Dioxide).

CONTAINS: Wheat, Milk, and Soy.



Apple Stuffed Squash

Nutrition Facts	
Variable servings per container	
Serving size	4oz (113g)
Amount per serving	
Calories	70
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 17g	6%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 2g Added Sugars	4%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 33mg	2%
Iron 1mg	6%
Potassium 319mg	6%

*The % Daily Value 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: Acorn Squash, Apples (Apples, Sugar, Salt, Ascorbic Acid, Citric Acid), Honey, Margarine (Partially Hydrogenated and Liquid Soybean Oil, Water, Butter Blend (Palm and Palm Kernel Oil, Soybean Oil, Water, Butter (Cream Salt), Contains less than 2% of Salt, Non-Fat Milk Solids, Sodium Benzoate (added as a preservative), Soy Lecithin, Artificial Flavor, Vitamin A Palmitate added, Beta Carotene (added for color)), Cinnamon.

CONTAINS: Milk and Soy.



Applewood Smoked Salmon

Nutrition Facts	
Variable servings per container	
Serving size	5oz (142g)
Amount per serving	
Calories	180
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 300mg	13%
Total Carbohydrate 4g	1%
Dietary Fiber --g	--%
Total Sugars 1g	
Includes --g Added Sugars	--%
Protein 24g	
Vitamin D 10mcg	50%
Calcium 0mg	0%
Iron 1mg	6%
Potassium 480mg	10%

*The % Daily Value 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: Salmon (Wild), Water, Apple Juice Concentrate, Contains 2% or less of: Vegetable Oil (Canola, Cottonseed, and/or Soybean), Gum Arabic, Palm Oil, Xanthan Gum, Sugar, Natural Flavors, Gelatin, Molasses, Salt, Citric Acid, Spices, Maple Syrup, Onion Powder, Maltodextrin, Garlic Powder, Tomato Powder, Dehydrated Onion, Mustard Seed, Applewood Smoke Flavor, Mustard Powder (Mustard (Distilled Vinegar, Mustard Seed, Salt, Turmeric, Paprika, Spice, Natural Flavor, Garlic Powder)), Corn Garlic, Dehydrated Red Bell Pepper, Paprika Extract (added for color), Sodium Tripolyphosphate (added to retain moisture).

CONTAINS: Fish and Soy.



Asparagus and Swiss Stuffed Chicken Breast

Nutrition Facts	
Variable servings per container	
Serving size	4oz (113g)
Amount per serving	
Calories	210
	% Daily Value*
Total Fat 13g	17%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 240mg	10%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 247mg	20%
Iron 1mg	6%
Potassium 115mg	2%
<small>*The % Daily Value 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.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

INGREDIENTS: Chicken Breast, Hollandaise Sauce (Butter Base (Water, Skim Milk, Butter, Salt, Monoglycerides, PGME), Cream, Canola Oil, Modified Food Starch, Lemon Juice, Palm Oil, Contains 2% or less of the following: Natural and Artificial Flavors, Beta Carotene (added for color), Chicken Fat, Sugar, Dried Onion, Spice, Xanthan Gum, Disodium Inosinate, Disodium Guanylate), Swiss Cheese (Cultured Milk, Salt, Enzymes), Asparagus.

CONTAINS: Milk.



Bacon and Swiss Quiche

Nutrition Facts	
Variable servings per container	
Serving size	5oz (142g)
Amount per serving	
Calories	430
	% Daily Value*
Total Fat 29g	37%
Saturated Fat 9g	45%
<i>Trans</i> Fat 4.5g	
Cholesterol 130mg	43%
Sodium 580mg	25%
Total Carbohydrate 27g	10%
Dietary Fiber 0g	0%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 16g	
Vitamin D 0mcg	0%
Calcium 249mg	20%
Iron 1mg	6%
Potassium 12mg	0%

*The % Daily Value 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: Filling (Eggs, Whole Milk, Cream, Swiss Cheese (part Skim Milk, Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Ham with Water added (Cured with: Water, Salt, Sugar, Sodium Phosphates, Flavorings, Sodium Erythorbate, Sodium Nitrate), Modified Corn Starch, Onions, Garlic, Salt, Vegetable and Olive Oil (Soybean Oil, Canola Oil, Corn Oil, 10% Olive Oil), Nutmeg, Cayenne Pepper), Crust (Bleached Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Partially Hydrogenated Vegetable Oil (Soybean/Cotton-Seed Oil), Water, Wheat Starch, Dextrose, Salt), Bacon (Cured Pork with: Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, and Sodium Nitrite), Swiss Cheese (Cultured Milk, Salt, Enzymes, Powdered Cellulose).

CONTAINS: Wheat, Soy, and Milk.



Baked Beans

Nutrition Facts	
Variable servings per container	
Serving size	4.5 oz (128g)
Amount per serving	
Calories	160
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 5mg	2%
Sodium 580mg	25%
Total Carbohydrate 32g	12%
Dietary Fiber 0g	0%
Total Sugars 16g	
Includes 4g Added Sugars	8%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 45mg	4%
Iron 2mg	10%
Potassium 69mg	2%

*The % Daily Value 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: Baked Beans (Prepared White Beans, Water, Brown Sugar, Sugar, Salt, Mustard (Vinegar, Water, Mustard Seed, Salt, Turmeric, Paprika) Bacon, Modified Corn Starch, Onion Powder, Caramel Color, Spices, Garlic Powder, Natural Flavor), Ketchup (Tomato Concentrate (Water, Tomato Paste), High Fructose Corn Syrup, Corn Syrup, Vinegar, Salt, Onion Powder, Spice, Natural Flavors), Molasses, Bacon (Bacon cured with Water, Salt, Sugar, Sodium Erythorbate, Sodium Nitrite, Dextrose, Flavoring, Honey, Dehydrated Pork Broth, Potassium Chloride, Potassium Lactate, Smoke Flavoring, Sodium Diacetate, Sodium Phosphate), Sugar, Browning & Seasoning Sauce (Caramel Color, Water, Vegetable Broth (Carrot, Celery, Onion, Parsnips, Turnips), Spices, Citric Acid, Sodium Benzoate (to preserve freshness)), Onion.



Baked Chicken, Potatoes, and Vegetable Dinner

Nutrition Facts	
Variable servings per container	
Serving size	4oz (113g)
Amount per serving	
Calories	180
	% Daily Value*
Total Fat 10g	13%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 500mg	22%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 13mg	2%
Iron 1mg	6%
Potassium 62mg	2%

*The % Daily Value 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: Chicken(Chicken with up to 17% Solution Of Water, Salt, Sodium Phosphate, Garlic), Surechef Seasoning (Salt, Spices, Paprika, Maltodextrin, Onion Powder, Extractive of Paprika, Garlic Powder, Disodium Inosinate, Disodium Guanylate, With Not More Than 2% Silica Gel(added as an anticaking agent)), Mashed Potatoes (Idaho Russet Potatoes, Whole Milk, Butter (Cream, Salt), Salt, Potassium Sorbate(added as a preservative), Soybean Mono & Diglycerides, Sodium Acid Pyrophosphate(added for color retention), Natural Flavor, Topped with Liquid Butter(Liquid and Hydrogenated Soybean Oil, Salt, Soy Lecithin, Natural & Artificial Flavor, Beta Carotene(added for color), TBHQ and Citric Acid(added to protect flavor), Dimethylpolysiloxane, an Anti-Foaming Agent Added), Vegetables (Corn, Carrots, Green Beans, Green Peas), may be garnished with Parsley.

CONTAINS: Milk and Soy.



Baked Ham, Garlic Mashed, and Vegetable Dinner

Nutrition Facts	
Variable servings per container	
Serving size	4oz (113g)
Amount per serving	
Calories	250
	% Daily Value*
Total Fat 10g	13%
Saturated Fat 4g	20%
<i>Trans</i> Fat 0g	
Cholesterol 30mg	10%
Sodium 1350mg	59%
Total Carbohydrate 30g	11%
Dietary Fiber 0g	0%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 36mg	2%
Iron 1mg	6%
Potassium 1mg	0%

*The % Daily Value 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: Pork (cured with: Water, Salt, Dextrose, Contains 2% or less of Sodium Phosphates, Potassium Lactate, Potassium Acetate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrate), Garlic Mashed Potatoes (Idaho Russet Potatoes, Whole Milk, Butter (Cream, Salt), Salt, Potassium Sorbate (added as a preservative), Soybean Mono & Diglycerides, Sodium Acid Pyrophosphate (added for color retention), Natural Flavor, Garlic, Topped with Liquid Butter (Liquid and Hydrogenated Soybean Oil, Salt, Soy Lecithin, Natural & Artificial Flavor, Beta Carotene (added for color), TBHQ and Citric Acid (added to protect flavor), Dimethylpolysiloxane), Vegetables (Carrots, Green Beans, Green Peas, Corn), May be garnished with Parsley and/or Paprika.

CONTAINS: Wheat, Eggs, Milk and Soy.



Baked Ham, Mac and Cheese, and Vegetable Dinner

Nutrition Facts	
Variable servings per container	
Serving size	4oz (113g)
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 2.5g	13%
<i>Trans Fat</i> 0g	
Cholesterol 35mg	12%
Sodium 760mg	33%
Total Carbohydrate 8g	3%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 41mg	4%
Iron 1mg	6%
Potassium 68mg	2%

*The % Daily Value 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: Pork (Cured With: Water, Salt, Dextrose, Contains 2% Or Less Of Sodium Phosphates, Potassium Lactate, Potassium Acetate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrate), Mac & Cheese (Macaroni (Water, Enriched Wheat Semolina [Semolina, Egg Whites, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid]), Cheddar and American Cheeses (Pasteurized Milk, Cheese Culture, Salt, Enzymes), Butter (Cream, Salt), Liquid and Partially Hydrogenated Soybean Oil, Food Starch- Modified, Salt, Skim Milk, Whey, Milk Fat, Sodium Phosphate, Whey Protein Concentrate, Soy Lecithin, Mono and Diglycerides, Sodium Benzoate and Potassium Sorbate (added as a preservatives), Artificial Flavor, Vitamin A Palmitate, Artificial Color, Annatto (added for color), Corn, Liquid Butter ((High Oleic Canola Oil, Soybean Oil, Hydrogenated Soybean Oil, Salt, Soybean Lecithin, Natural And Artificial Butter Flavor With TBHQ And Citric Acid Added, Colored With Beta Carotene, Vitamin A Palmitate added), Vegetables (Carrots, Green Beans, Green Peas, Corn).

CONTAINS: Wheat, Eggs, Milk and Soy.



Baked Lasagna with Gluten Free Pasta

Nutrition Facts	
Variable servings per container	
Serving size	8 oz (227g)
Amount per serving	
Calories	400
% Daily Value*	
Total Fat 20g	26%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 1070mg	47%
Total Carbohydrate 31g	11%
Dietary Fiber 0g	0%
Total Sugars 10g	
Includes 1g Added Sugars	2%
Protein 23g	
Vitamin D 0mcg	0%
Calcium 374mg	30%
Iron 2mg	10%
Potassium 400mg	8%
<small>*The % Daily Value 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.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

INGREDIENTS: Pasta Sauce (Vine-Ripened Tomatoes, Sauteed and Caramelized Onions in a blend of Extra Virgin Olive Oil and Sunflower Oil, Carrot Puree, Garlic Puree, Salt, Sugar, Basil, Seasonings, Citric Acid), Mozzarella Cheese (Pasteurized Part-Skim Milk, Cheese Culture, Salt, Enzymes, Powdered Cellulose And Dextrose Added To Prevent Caking), Gluten Free Pasta (Brown Rice Flour, Water, Potato Starch, Tapioca Starch, Whole Egg, Salt, Xanthan Gum, Glucono-Delta Lactone), Ricotta Cheese (Pasteurized Milk, Pasteurized Whey, Pasteurized Cream, Vinegar, Salt, Stabilizer (Modified Food Starch, Guar Gum, Carrageenan), Potassium Sorbate (Preservative)), Ground Beef, Sugar, Seasoning Salt (Salt, Sugar, Spices (Including Paprika And Turmeric), Onion, Cornstarch, Garlic, Tricalcium Phosphate, Paprika Oleoresin, Natural Flavor), Mrs. Dash Seasoning (Onion, Spices, (Black Pepper, Parsley, Celery Seed, Basil, Bay, Marjoram, Oregano, Savory, Thyme, Cayenne Pepper, Coriander, Cumin, Mustard, Rosemary), Garlic, Carrot, Orange Peel, Tomato, Lemon Juice Powder, Citric Acid, Oil Of Lemon), Italian Seasoning (Spices).

CONTAINS: Milk and Eggs.



Baked Lasagna

Nutrition Facts	
Variable servings per container	
Serving size	8 oz (227g)
Amount per serving	
Calories	380
	% Daily Value*
Total Fat 20g	26%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 880mg	38%
Total Carbohydrate 26g	9%
Dietary Fiber 0g	0%
Total Sugars 10g	
Includes 1g Added Sugars	2%
Protein 23g	
Vitamin D 0mcg	0%
Calcium 367mg	30%
Iron 2mg	10%
Potassium 400mg	8%

*The % Daily Value 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.

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

INGREDIENTS: Pasta Sauce (Vine-Ripened Tomatoes, Sauteed and Caramelized Onions in a blend of Extra Virgin Olive Oil and Sunflower Oil, Carrot Puree, Garlic Puree, Salt, Sugar, Basil, Seasonings, Citric Acid), Mozzarella Cheese (Pasteurized Part-Skim Milk, Cheese Culture, Salt, Enzymes, Powdered Cellulose And Dextrose Added To Prevent Caking), Pasta (Enriched Durum (Milled Wheat, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Dried Whole Egg), Ricotta Cheese (Pasteurized Milk, Pasteurized Whey, Pasteurized Cream, Vinegar, Salt, Stabilizer (Modified Food Starch, Guar Gum, Carrageenan), Potassium Sorbate (added as a preservative)), Ground Beef, Sugar, Seasoning Salt (Salt, Sugar, Spices (Including Paprika And Turmeric), Onion, Cornstarch, Garlic, Tricalcium Phosphate, Paprika Oleoresin, Natural Flavor), Mrs. Dash Seasoning (Onion, Spices, (Black Pepper, Parsley, Celery Seed, Basil, Bay, Marjoram, Oregano, Savory, Thyme, Cayenne Pepper, Coriander, Cumin, Mustard, Rosemary), Garlic, Carrot, Orange Peel, Tomato, Lemon Juice Powder, Citric Acid, Oil Of Lemon), Italian Seasoning (Spices).

CONTAINS: Milk, Wheat, and Eggs.



Baked Norwegian Salmon

Nutrition Facts	
Variable servings per container	
Serving size	3oz (85g)
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 150mg	7%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 12mg	0%
Iron 1mg	6%
Potassium 520mg	10%
<small>*The % Daily Value 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.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

INGREDIENTS: Salmon (Norwegian Atlantic Salmon, Color added), Olive Oil, Salmon Rub (Sugar, Salt, Spices, Dehydrated Onion, Dehydrated Garlic, Paprika (added for color), Red Pepper, less than 2% Silicon Dioxide (added to prevent caking)).

CONTAINS: Fish.



Baked Tilapia with Chipotle and Lime

Nutrition Facts	
Variable servings per container	
Serving size	5oz (142g)
Amount per serving	
Calories	240
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 1.5g	8%
<i>Trans</i> Fat 0g	
Cholesterol 55mg	18%
Sodium 570mg	25%
Total Carbohydrate 14g	5%
Dietary Fiber --g	--%
Total Sugars 2g	
Includes --g Added Sugars	--%
Protein 24g	
Vitamin D --mcg	--%
Calcium 34mg	2%
Iron 1mg	6%
Potassium --mg	--%
*The % Daily Value 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.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Tilapia, Vegetable Oil (Soybean, Canola, and/or Cottonseed Oil), Enriched Bleached Wheat Flour, Tortilla Chips (Corn, Vegetable Oil (Corn, Soybean, and/or Partially Hydrogenated Soybean Oil), Salt), Red and Green Bell Peppers, Contains less than 2% of: Modified Corn Starch, Enriched Wheat Flour, Spices, Yellow Corn Flour, White Corn Flour, Whey, Caramel Color, Natural Flavor, Garlic Powder, Onion Powder, Yeast Extract, Ground Chipotle Peppers, Spice Extractives, Egg Whites, Natural Extractives of Lime, Soy Flour, Torula Yeast, Yeast Leavening (Sodium Bicarbonate, Sodium Acid Pyrophosphate, Sodium Aluminum Phosphate, Monocalcium Phosphate), Soybean Oil, Shortening, Distilled Vinegar, Sugar, Extractives of Paprika (added for color), Salt, Monoglycerides, Paprika (added for color), Sodium Stearoyl Lactylate, Disodium Inosinate and Disodium Guanylate.

CONTAINS: Fish, Wheat, and Soy.



Baked Ziti with Meatballs

Nutrition Facts	
Variable servings per container	
Serving size	8 oz (227g)
Amount per serving	
Calories	360
	% Daily Value*
Total Fat 18g	23%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 810mg	35%
Total Carbohydrate 32g	12%
Dietary Fiber --g	--%
Total Sugars 15g	
Includes --g Added Sugars	--%
Protein 17g	
Vitamin D 0mcg	0%
Calcium 207mg	15%
Iron 2mg	10%
Potassium 154mg	4%
*The % Daily Value 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.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Penne Pasta (Water, Enriched Durum Semolina (Durum Semolina Wheat Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid)), Marinara (Tomato Puree (Water, Tomato Paste), Diced Tomatoes, High Fructose Corn Syrup, Soybean Oil, Salt, Dried Garlic, Sea Salt, Dried Onion, Citric Acid, Dried Parsley, Spices), Meatballs (Pork And Beef, Water, Soy Flour Protein (Soy Flour, Caramel Color, Zinc Oxide, Ferrous Sulfate, Niacinamide, Calcium Pantothenate, Pyridoxine Hydrochloride, Riboflavin, Thiamine Mononitrate, Vitamin A Palmitate, Vitamin B12), Breadcrumbs (Bleached Wheat Flour, Salt, Yeast, Dextrose, Soybean Oil), Seasoning (Salt, Dehydrated Onion, Dehydrated Celery, Garlic Powder, Spices, Soybean Oil), Tomato Puree (Tomatoes), Parmesan Cheese (Cultured Part-Skim Milk, Salt, Enzymes, Cellulose Powder, Potassium Sorbate), Romano Cheese From Cow's Milk (Cultured Pasteurized Part-Skim Milk, Salt, Enzymes, Cellulose Powder, Potassium Sorbate)), Pasta Sauce (Vine-Ripened Tomatoes, Sauteed and Caramelized Onions in a blend of Extra Virgin Olive Oil and Sunflower Oil, Carrot Puree, Garlic Puree, Salt, Sugar, Basil, Seasonings, Citric Acid), Mozzarella Cheese (Pasteurized Part-Skim Milk, Cheese Culture, Salt, Enzymes, Powdered Cellulose And Dextrose Added To Prevent Caking), Tomato Juice (Tomato Juice From Concentrate (Water, Tomato Concentrate), Salt, Vitamin C (Ascorbic Acid), Citric Acid). Garnished with Parsley and Kale.

CONTAINS: Wheat, Milk, Soy.



BBQ Chicken Tenders with Ranch

Nutrition Facts	
Variable servings per container	
Serving size	5oz (142g)
Amount per serving	
Calories	400
	% Daily Value*
Total Fat 29g	37%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 1050mg	46%
Total Carbohydrate 18g	7%
Dietary Fiber 0g	0%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 14g	
Vitamin D 0mcg	0%
Calcium 21mg	2%
Iron 1mg	6%
Potassium 0mg	0%
*The % Daily Value 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: Chicken Strips(Chicken Breast Tenderloins contains up to 20% solution of Water, Seasoning [Sugar, Salt, Onion Powder, Garlic Powder, Lemon Juice Powder (Corn Syrup Solids, Lemon Juice Solids, Lemon Oil, BHT), and Citric Acid], Sodium Phosphates), Breading (Wheat Flour, Modified Corn Starch, Salt, Wheat Gluten, Leavening(Sodium Bicarbonate, Sodium Aluminum Phosphate, Monocalcium Phosphate), Yeast Extract, Spice, Dehydrated Onion, Dextrose, Disodium Inosinate And Disodium Guanylate, Paprika, Extractives Of Paprika, Natural Flavor), Batter (Water, Wheat Flour, Salt, and Leavening(Sodium Bicarbonate, Sodium Acid Pyrophosphate, Sodium Aluminum Phosphate, Monocalcium Phosphate), Predusted with (Wheat Flour, Wheat Gluten, and Salt), Breading set in (Vegetable Oil), BBQ Sauce (High Fructose Corn Syrup, Tomato Paste, Distilled Vinegar, Water, Food Starch-Modified, Salt, Contains less than 2% of Pineapple Juice Concentrate, Caramel Color, Molasses, Corn Syrup, Spices, Natural Flavors, Sodium Benzoate (added as a preservative), Dehydrated Garlic, Sugar, Dextrose, Celery, Tamarind), Buttermilk Ranch Soybean Oil, Water, Cultured Low-Fat Buttermilk(Cultured Low-Fat Milk and Skim Milk), Egg Yolks, Salt, Natural Flavors, Sugar, Modified Corn Starch, Monosodium Glutamate, Sour Cream (Cream, Nonfat Milk, Modified Food Starch, Gelatin, Sodium Citrate, Cultures), Phosphoric Acid, Vinegar, Lactic Acid, Polysorbate 60, Xanthan Gum, Spices, Mustard Flour, Color added, Maltodextrin, Potassium Sorbate and Calcium Disodium EDTA (added to protect quality), Propylene Glycol Alginate, Whey, Garlic Powder, Onion Powder, Autolyzed Yeast Extract, Skim Milk).

CONTAINS: Wheat, Soy, Milk, and Egg.



BBQ Pork with Mac and Cheese

Nutrition Facts	
Variable servings per container	
Serving size	8oz (227g)
Amount per serving	
Calories	370
% Daily Value*	
Total Fat 13g	17%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 980mg	43%
Total Carbohydrate 41g	15%
Dietary Fiber 0g	0%
Total Sugars 23g	
Includes 0g Added Sugars	0%
Protein 23g	
Vitamin D 0mcg	0%
Calcium 111mg	8%
Iron 2mg	10%
Potassium 223mg	4%

*The % Daily Value 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: Pork, Water, Sea Salt, Barbeque Sauce(High Fructose Corn Syrup, Distilled Vinegar, Tomato Paste, Modified Food Starch, Contains less than 2% of: Salt, Pineapple Juice Concentrate, Natural Smoke Flavor, Spices, Caramel Color, Sodium Benzoate(Preservative), Molasses, Corn Syrup, Dried Garlic, Sugar, Tamarind, Natural Flavor). Macaroni and Cheese(Macaroni (Enriched Durum Wheat Semolina (Durum Wheat, Iron, Niacin, Thiamine Mononitrate, Riboflavin, Folic Acid), Egg Whites)),Water, Milk, American Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes), Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes), Salt, Butter (Cream, Salt), Soybean Oil, Modified Corn Starch, Whey, Whey Protein Concentrate, Skim Milk, Milk Fat, Hydrogenated Cottonseed Oil, Vegetable Mono Diglycerides, Soy Lecithin, Citric Acid, Sodium Phosphate, Annatto (Color), Potassium Sorbate and Sodium Benzoate (Preservatives), Artificial Color, Artificial Flavor, Vitamin A Palmitate). Baked Beans(White Beans, Water, Brown Sugar, Sugar, Salt, Mustard(Vinegar, Water, Mustard Seed, Salt, Turmeric, Paprika) Bacon, Modified Corn Starch, Onion Powder, Caramel Color, Spices, Garlic Powder, Natural Flavor), Ketchup(Tomato Concentrate (Water, Tomato Paste), High Fructose Corn Syrup, Corn Syrup, Vinegar, Salt, Onion Powder, Spice, Natural Flavors), Molasses, Bacon(Bacon cured with Water, Salt, Sugar, Sodium Erythorbate, Sodium Nitrite, May also contain Dextrose, Flavoring, Honey, Dehydrated Pork Broth, Potassium Chloride, Potassium Lactate, Smoke Flavoring, Sodium Diacetate, Sodium Phosphate), Sugar, Browning & Seasoning Sauce (Caramel Color, Water, Vegetable Broth (Carrot, Celery, Onion,Parsnips, Turnips), Spices, Citric Acid, Sodium Benzoate (to preserve freshness), Navy Beans (Onions, Water, Brown Sugar, Molasses, Distilled Vinegar, Ketchup(Tomato Concentrate, Sugar, Distilled Vinegar, Less than 2% of: Salt, Natural Flavors, Potassium Chloride, Onion Powder, Citric Acid, Garlic Powder,Spices), Modified Food Starch, Bacon (Cured with Water, Salt, Sugar, Sodium Phosphate, Sodium Erythorbate Sodium Nitrite), Salt, Mustard Flour, Carmel Color, Liquid Smoke, Baking Soda, Garlic Powder, Dehydrated Onions, Onion Powder, Chicken Base(Chicken Meat And Natural Chicken Juices, Salt, Chicken Fat, Corn Syrup, Yeast Extract, Natural Flavoring, Wine, Turmeric),Paprika).

CONTAINS: Soy, Eggs, Milk, and Wheat.



BBQ Pork

Nutrition Facts	
Variable servings per container	
Serving size	5 oz (142g)
Amount per serving	
Calories	300
	% Daily Value*
Total Fat 12g	15%
Saturated Fat 4.5g	23%
<i>Trans Fat</i> 0g	
Cholesterol 70mg	23%
Sodium 610mg	27%
Total Carbohydrate 25g	9%
Dietary Fiber 0g	0%
Total Sugars 23g	
Includes 0g Added Sugars	0%
Protein 24g	
Vitamin D 1mcg	6%
Calcium 44mg	4%
Iron 1mg	6%
Potassium 319mg	6%
<small>*The % Daily Value 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.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

INGREDIENTS: Pork, Sweet & Spicy BBQ Sauce (High Fructose Corn Syrup, Tomato Paste, Distilled Vinegar, Water, Food Starch-Modified, Salt, Contains Less Than 2% Of Pineapple Juice Concentrate, Caramel Color, Molasses, Corn Syrup, Spices, Natural Flavors, Sodium Benzoate (A Preservative), Dehydrated Garlic, Sugar, Dextrose, Celery, Tamarind), BBQ Sauce high Fructose Corn Syrup, Tomato Paste, Water, Distilled Vinegar, Salt, Modified Corn Starch, Pineapple Juice Concentrate, Caramel Color, Spices, Natural Smoke Flavor, Potassium Sorbate And Sodium Benzoate Added As Preservatives, Onion*, Garlic*. *Dehydrated

CONTAINS: Soy.



BBQ Pulled Rotisserie Chicken

Nutrition Facts	
Variable servings per container	
Serving size	5oz (142g)
Amount per serving	
Calories	250
	% Daily Value*
Total Fat 13g	17%
Saturated Fat 3.5g	18%
<i>Trans</i> Fat 0g	
Cholesterol 60mg	20%
Sodium 6690mg	291%
Total Carbohydrate 16g	6%
Dietary Fiber --g	--%
Total Sugars 11g	
Includes --g Added Sugars	--%
Protein 15g	
Vitamin D --mcg	--%
Calcium 23mg	2%
Iron 2mg	10%
Potassium --mg	--%

*The % Daily Value 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: Pulled Chicken (Contains up to 17% solution of Water, Salt, Sodium Phosphate and Garlic). Surechef Seasoning (Salt, Spices, Paprika, Maltodextrin, Onion Powder, Extractive of Paprika, Garlic Powder, Disodium Inosinate, Disodium Guanylate, with not more than 2% Silica Gel added as an anticaking agent), BBQ Sauce (High Fructose Corn Syrup, Tomato Paste, Water, Distilled Vinegar, Salt, Modified Corn Starch, Pineapple Juice Concentrate, Spices, Caramel Color, Natural Smoke Flavor, Potassium Sorbate and Sodium Benzoate (added as preservatives), Onion, and Garlic).



Beef and Gravy

Nutrition Facts	
Variable servings per container	
Serving size	5 oz (142g)
Amount per serving	
Calories	310
	% Daily Value*
Total Fat 11g	14%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 135mg	45%
Sodium 520mg	23%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 45g	
Vitamin D 0mcg	0%
Calcium 19mg	2%
Iron 4mg	20%
Potassium 353mg	8%

*The % Daily Value 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.

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

INGREDIENTS: :Beef, Water, Brown Gravy Mix (Modified Corn Starch, Whey(from Milk), Maltodextrin, Salt, Hydrolyzed Protein(Soy, Corn, Wheat), Beef Fat, Partially Hydrogenated Soybean And Cottonseed Oils, Corn Syrup Solids, Caramel Color, Beet Powder (color), Lard, Onion Powder, Autolyzed Yeast Extract, Garlic Powder, Mono and Diglycerides, Sodium Caseinate, Dextrose, Spice, Citric Acid, Disodium Inosinate, Disodium Guanylate, Beef Extract, Natural Flavors), French Onion Soup Mix(Dehydrated Onions (Sulfites), Potato Starch, Salt, Hydrolyzed Corn Protein, Beef Fat, Maltodextrin, Lactose(Milk), Hydrolyzed Soy Protein, Sugar, Autolyzed Yeast Extract, Hydrolyzed Wheat Protein, Caramel Color, Natural Flavor, Onion Juice Concentrate, Gum Arabic, Spice, BHA and Propyl Gallate, Citric Acid).

CONTAINS: Milk, Soy, and Wheat.



Beef Enchilada

Nutrition Facts	
Serving size	7oz (198g)
Amount per serving	
Calories	380
	% Daily Value*
Total Fat 16g	21%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 950mg	41%
Total Carbohydrate 40g	15%
Dietary Fiber --g	--%
Total Sugars 0g	
Includes --g Added Sugars	--%
Protein 19g	
Vitamin D --mcg	--%
Calcium 147mg	10%
Iron 4mg	20%
Potassium --mg	--%

*The % Daily Value 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: Filling (Beef, Water, Pasteurized Processed Cheddar Cheese Sauce (Cheddar And Other Natural Cheese (Cow's Milk, Cheese Culture, Salt Enzymes), Water, Cream, Whey, Sodium Phosphate, Contains 2% Or Less Of: Modified Corn Starch, Salt, Lactic Acid, Sodium Alginate, Partially Hydrogenated Soybean Oil, Milkfat, Natural Flavor, Tocopherol, Xanthan Gum, Color (Apocarotenal, Annatto And Turmeric Extract), Sorbic Acid (Preservative), Onions, Bleached Enriched Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Tomato Paste (Tomatoes), Taco Seasoning (Salt, Spices, Paprika, Maltodextrin, Garlic), Salt, Garlic), Tortilla (Bleached Enriched Wheat Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Shortening (Partially Hydrogenated Soybean And Cottonseed Oil With Mono Diglycerides), Baking Powder (Sodium Bicarbonate, Corn Starch Sodium Aluminum Sulfate, Calcium Sulfate, And Monocalcium Phosphate), Sodium Aluminum Phosphate, Salt, Potassium Sorbate, Vegetable Gum (Cellulose Gum, Maltodextrin, Carrageenan), Calcium Propionate (Preservative), Fumaric Acid, Dough Conditioner (L-Cysteine, Sorbic Acid), Sauce (Water, Bleached Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Chili Seasoning (Chili Peppers, Salt, Spices, Garlic, Yeast Extract, Autolyzed Yeast, Maltodextrin, Disodium Inosinate, Less Than 2% Soybean Oil And Silicon Dioxide Added As An Anticaking Agent). Tomatoes, Cheddar Cheese (pasteurized milk, cheese culture, salt, enzymes, annatto (veg color), potato cellulose with enzymes (added to prevent caking), Water, crushed tomato paste, modified food starch, chili powder (chili pepper, cumin, oregano), distilled vinegar, salt, canola oil, spices, dehydrated garlic, citric acid.

CONTAINS: Milk, Wheat, and Soy.



Beef Pasty

Nutrition Facts	
Variable servings per container	
Serving size	5oz (142g)
Amount per serving	
Calories	380
	% Daily Value*
Total Fat 22g	28%
Saturated Fat 7g	35%
<i>Trans Fat</i> --g	
Cholesterol 30mg	10%
Sodium 550mg	24%
Total Carbohydrate 34g	12%
Dietary Fiber --g	--%
Total Sugars 2g	
Includes --g Added Sugars	--%
Protein 10g	
Vitamin D --mcg	--%
Calcium 17mg	2%
Iron 3mg	15%
Potassium --mg	--%
<small>*The % Daily Value 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.</small>	

INGREDIENTS: Potatoes, Beef, Carrots, Onion, Salt, Black Pepper, Unbleached Flour, Water, Soybean Oil, Fully Hydrogenated Cottonseed Oil, Salt, may be brushed with Egg Whites or Karo Syrup (Corn Syrup, Salt, Vanilla), may be garnished with Parsley.

CONTAINS: Wheat, Soy, and Egg.



Beef Pot Pie

Nutrition Facts	
Variable servings per container	
Serving size	8oz (227g)
Amount per serving	
Calories	400
	% Daily Value*
Total Fat 20g	26%
Saturated Fat 5g	25%
<i>Trans</i> Fat 4.5g	
Cholesterol 40mg	13%
Sodium 650mg	28%
Total Carbohydrate 39g	14%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 16g	
Vitamin D 0mcg	0%
Calcium 25mg	2%
Iron 3mg	15%
Potassium 13mg	0%
*The % Daily Value 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: Beef, Filling(Milk, Water, Potatoes, Peas, Margarine (Liquid and Partially Hydrogenated Soybean Oil, Salt, Soy Lecithin, Vegetable Mono and Diglycerides, Sodium Benzoate, Citric Acid, Natural and Artificial Flavor, Beta Carotene, Vitamin A Palmitate), Carrots, Celery, Cream Sauce (Wheat Flour, Modified Food Starch, Natural Butter Flavor), Onions, Red Peppers, Mushrooms (Mushrooms, Ascorbic Acid, Calcium Disodium EDTA), Gravy(Water, Modified Cornstarch, Salt, Whey (Milk), Hydrolyzed Corn Protein, Onion, Sugar, Caramel Color, Maltodextrin, Beef Flavor (Salt, Sugar, Hydrolyzed Corn/Soy Protein, Maltodextrin, Soybean Oil, Hydrolyzed Corn Protein, Onion Powder, Caramel Color, Natural Flavorings, Disodium Inosinate and Disodium Guanylate), Disodium Inosinate, Disodium Guanylate, Citric Acid, Soy Lecithin, Spice Extractives), Caramel Color). Pie Crust(Vegetable Shortening, Dextrose, Baking Soda). Egg Shell on White (Eggs).

CONTAINS: Milk, Soy, Wheat, and Eggs.



Beef Skewer

Nutrition Facts	
Variable servings per container	
Serving size	2 skewers (85g)
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium --mg	--%
Total Carbohydrate 5g	2%
Dietary Fiber --g	--%
Total Sugars 1g	
Includes --g Added Sugars	--%
Protein 21g	
Vitamin D --mcg	--%
Calcium 26mg	2%
Iron 2mg	10%
Potassium --mg	--%
<small>*The % Daily Value 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.</small>	

INGREDIENTS: Beef, Water, Potato Starch, Canola Oil, Cane Sugar, Spice, Onion Powder, Flavor, Garlic Powder, Vinegar.



Beef Stroganoff

Nutrition Facts	
Variable servings per container	
Serving size	8 oz (227g)
Amount per serving	
Calories	290
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 3.5g	18%
<i>Trans</i> Fat 0g	
Cholesterol 100mg	33%
Sodium 470mg	20%
Total Carbohydrate 27g	10%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 24g	
Vitamin D 0mcg	0%
Calcium 44mg	4%
Iron 3mg	15%
Potassium 208mg	4%
<small>*The % Daily Value 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.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

INGREDIENTS: Water, Beef, Egg Noodles (Durum Flour, Egg Yolks Or Eggs, Niacin, Iron (Ferrous Sulfate), Thiamin Mononitrate, Riboflavin, And Folic Acid), Mushrooms (Mushrooms, Water, Salt, Citric Acid), Sour Cream (Cultured Sour Cream (Nonfat Milk, Cream, Grade A Whey, Corn Starch - Modified, Sodium Phosphate, Guar Gum, Carrageenan, Sodium Citrate, Locust Bean Gum), Potassium Sorbate (Preservative)), Brown Gravy Mix (Modified Corn Starch, Whey (From Milk), Maltodextrin, Salt, Hydrolyzed Protein (Soy, Corn, Wheat), Beef Fat, Partially Hydrogenated Soybean And Cottonseed Oils, Corn Syrup Solids, Caramel Color, Beet Powder (Color), Lard, Onion Powder, Autolyzed Yeast Extract, Garlic Powder, Mono And Diglycerides, Sodium Caseinate, Dextrose, Spice, Citric Acid, Disodium Inosinate, Disodium Guanylate, Beef Extract, Natural Flavors), Garlic Salt (Salt, Dehydrated Garlic and less than 2% Silicon Dioxide To Prevent Caking), Seasoning Salt (Salt, Sugar, Spices (Including Paprika and Turmeric), Onion, Cornstarch, Garlic, Tricalcium Phosphate, Paprika Oleoresin, Natural Flavor), Pepper.

CONTAINS: Milk, Soy, Wheat, and Egg.



Beef and Mushroom Pasta

Nutrition Facts	
Variable servings per container	
Serving size	8oz (227g)
Amount per serving	
Calories	370
	% Daily Value*
Total Fat 20g	26%
Saturated Fat 8g	40%
<i>Trans</i> Fat 1g	
Cholesterol 60mg	20%
Sodium 730mg	32%
Total Carbohydrate 31g	11%
Dietary Fiber --g	--%
Total Sugars 3g	
Includes --g Added Sugars	--%
Protein 19g	
Vitamin D --mcg	--%
Calcium 103mg	8%
Iron 3mg	15%
Potassium --mg	--%

*The % Daily Value 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: Beef Tips (Beef, Water, Seasoning (Modified Corn Starch, Hydrolyzed Soy Protein, Maltodextrin, Sugar, Beef Stock, Caramel Color (Sulfites), Natural Flavor, Yeast Extract, Dehydrated Onion, Xanthan Gum, Dehydrated Garlic, Spice, Spice Extractive, Contains less than 2% Silicon Dioxide (added to prevent caking)), Contains less than 2% of Seasoning (Salt, Dextrose, Spices, Caramel Color Powder, Granulated Garlic, Granulated Onion, Maltodextrin), Mushroom Sauce (Mushrooms, Whipping Cream, Milk (Milk, Vitamin D3 added), Water, Mushroom Base (Mushrooms, Salt, Hydrolyzed Soy Protein, Corn Syrup Solids, Sugar, Dried Onion, Dried Garlic, Soy Flour, Corn Oil, Maltodextrin, Cultured Whey, Natural Flavors, Xanthan Gum, Disodium Inosinate and Disodium Guanylate), Canola Oil, Modified Corn Starch, Contains less than 2% of Garlic, Spices), Bowtie Pasta (Enriched Macaroni Product (Semolina (Wheat), Egg Whites, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid), Soybean Oil, Contains less than 2% of Cultured Dextrose, Salt), Dried Parsley.

CONTAINS: Milk, Eggs, Wheat, and Soy.



Beef Tips and Gravy

Nutrition Facts	
Variable servings per container	
Serving size	5 oz (142g)
Amount per serving	
Calories	170
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 490mg	21%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 26g	
Vitamin D 0mcg	0%
Calcium 14mg	2%
Iron 2mg	10%
Potassium 213mg	4%
<small>*The % Daily Value 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.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

INGREDIENTS: Beef, Water, Brown Gravy Mix (Modified Corn Starch, Whey(from Milk), Maltodextrin, Salt, Hydrolyzed Protein(Soy, Corn, Wheat), Beef Fat, Partially Hydrogenated Soybean And Cottonseed Oils, Corn Syrup Solids, Caramel Color, Beet Powder (color), Lard, Onion Powder, Autolyzed Yeast Extract, Garlic Powder, Mono and Diglycerides, Sodium Caseinate, Dextrose, Spice, Citric Acid, Disodium Inosinate, Disodium Guanylate, Beef Extract, Natural Flavors), French Onion Soup Mix(Dehydrated Onions (Sulfites), Potato Starch, Salt, Hydrolyzed Corn Protein, Beef Fat, Maltodextrin, Lactose(Milk), Hydrolyzed Soy Protein, Sugar, Autolyzed Yeast Extract, Hydrolyzed Wheat Protein, Caramel Color, Natural Flavor, Onion Juice Concentrate, Gum Arabic, Spice, BHA and Propyl Gallate, Citric Acid).

CONTAINS: Milk, Soy, and Wheat.



Beef Tips, Potatoes, and Vegetables

Nutrition Facts	
Variable servings per container	
Serving size	5oz (142g)
Amount per serving	
Calories	170
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 220mg	10%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	4%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 19mg	2%
Iron 1mg	6%
Potassium 90mg	2%
*The % Daily Value 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: Mashed Potatoes (Russet Potatoes, Whole Milk, Butter (Cream, Salt), Salt, Potassium Sorbate (Preservative), Soybean Mono and Diglycerides, Sodium Acid Pyrophosphate (Color Retention), Natural Flavor). Beef Tips(Beef, Caramel Color). Gravy(Caramel Color, Water, Modified Cornstarch, Salt, Whey(from Milk), Hydrolyzed Corn Protein, Onion, Sugar, Maltodextrin, Beef Flavor(Salt, Sugar, Hydrolyzed Corn/Soy Protein, Maltodextrin, Soybean Oil, Hydrolyzed Corn Protein, Onion Powder, Caramel Color, Natural Flavorings, Disodium Inosinate and Disodium Guanylate), Disodium Inosinate, Disodium Guanylate, Citric Acid, Soy Lecithin, Spice Extractives). Vegetables (Corn or Green Beans). Oil Butter Alternative(Liquid and Hydrogenated Soybean Oil, Contains less than 2% of: Salt, Soy Lecithin, Natural and Artificial Flavor, Beta Carotene (added for color), Tbhq and Citric Acid (added to protect flavor), Dimethylpolysiloxane, Anti-Foaming Agent.

CONTAINS: Milk and Soy.



Boneless Bourbon BBQ Wings

Nutrition Facts	
Variable servings per container	
Serving size	3oz (85g)
Amount per serving	
Calories	210
	% Daily Value*
Total Fat 11g	14%
Saturated Fat 1.5g	8%
<i>Trans</i> Fat 2g	
Polyunsaturated Fat 2.5g	
Monounsaturated Fat 5g	
Cholesterol 20mg	7%
Sodium 640mg	28%
Total Carbohydrate 20g	7%
Dietary Fiber --g	--%
Total Sugars 7g	
Includes --g Added Sugars	--%
Protein 8g	
Vitamin D --mcg	--%
Calcium 0mg	0%
Iron 0mg	0%
Potassium --mg	--%

*The % Daily Value 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: Chicken Wing (Chicken Breast with Rib Meat containing up to 20% of a solution of Water, Salt, and Sodium Phosphates), Breading (Wheat Flour, Water, Salt, Spices, Wheat Gluten, Egg White Solids, Dried Whey, Leavening (Sodium Bicarbonate, Sodium Acid Pyrophosphate, Sodium Aluminum Phosphate, Monocalcium Phosphate), Dextrose, Onion Powder and Paprika), Breading set in (Vegetable Oil), Bourbon BBQ Glaze (Brown Sugar, Water, Tomato Paste, Sugar, Salt, Distilled Vinegar, Dextrose, Modified Corn Starch, Grill Flavor, Caramel Color, Mustard Flour, Bourbon Type Flavor(Maltodextrin, Seasoning (Contains Soy Sauce (Wheat, Soybeans), Cream Flavor(Anhydrous Milk Fat, Butter Oil, Cream And Butter Fat) Autolyzed Yeast Extract, Tapioca Maltodextrin, Refiners Syrup, Cultured Whey, Onion Powder, Tricalcium Phosphate, Modified Food Starch, Enzyme Modified Butter and Buttermilk Powder(Butter(Cream, Salt), Dry Buttermilk, Mono and Diglycerides, Enzymes), Corn Syrup Solids, Honey Powder, Salt, Butter(Cream, Salt), Wheat Bran.

CONTAINS: Wheat, Eggs, Soy, and Milk.



Breakfast Corn Tortilla Kit

Nutrition Facts	
Variable servings per container	
Serving size	5oz (142g)
Amount per serving	
Calories	300
	% Daily Value*
Total Fat 20g	26%
Saturated Fat 9g	45%
<i>Trans Fat</i> 0g	
Cholesterol 200mg	67%
Sodium 610mg	27%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 187mg	15%
Iron 1mg	6%
Potassium 63mg	2%
*The % Daily Value 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: Scrambled Eggs (Whole Eggs, Skim Milk, Soybean Oil, Modified Food Starch, Salt, Xanthan Gum, Liquid Pepper Extract, Citric Acid), Tortilla Shells (Yellow Corn Masa Flour, Water, contains 2% or less of Cellulose Gum, Guar Gum, Amylase, Propionic Acid, Benzoic Acid, and Phosphoric Acid), Water, Vegetable Shortening (Interesterified and Hydrogenated Soybean Oils), contains 2% or less of Salt, Sugar, Baking Soda, Sodium Acid, Calcium Propionate, and Sorbic Acid), Shredded Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Artificial Color, Potato Starch, Powdered Cellulose (prevent caking), Natamycin), Picante Sauce (Tomato Puree (Water, Tomato Paste), Onions, Jalapeno Peppers, Water, Distilled Vinegar, Salt, Dehydrated Garlic, Natural Flavor), Sour Cream (Cream, Milk, Food Starch Modified (Corn), Lacti and Citric Acid, Gelatin, Mono and Diglycerides, Guar Gum, Potassium Sorbate (preserve freshness), Carageenan, Sodium Phosphate, Natural and Artificial Flavor, Lactic Acid Culture).

CONTAINS: Soy, Milk, and Egg.



Breakfast Flour Tortilla Kit

Nutrition Facts	
Variable servings per container	
Serving size	5oz (142g)
Amount per serving	
Calories	360
	% Daily Value*
Total Fat 23g	29%
Saturated Fat 10g	50%
<i>Trans</i> Fat 1g	
Cholesterol 200mg	67%
Sodium 930mg	40%
Total Carbohydrate 23g	8%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 14g	
Vitamin D 0mcg	0%
Calcium 202mg	15%
Iron 2mg	10%
Potassium 63mg	2%

*The % Daily Value 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: Scrambled Eggs (Whole Eggs, Skim Milk, Soybean Oil, Modified Food Starch, Salt, Xanthan Gum, Liquid Pepper Extract, Citric Acid), Tortilla Shells (Enriched Bleached Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Shortening (Interesterified and Hydrogenated Soybean Oils), contains 2% or less of Salt, Sugar, Baking Soda, Sodium Acid, Calcium Propionate, and Sorbic Acid), Shredded Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Artificial Color, Potato Starch, Powdered Cellulose (prevent caking), Natamycin), Picante Sauce (Tomato Puree (Water, Tomato Paste), Onions, Jalapeno Peppers, Water, Distilled Vinegar, Salt, Dehydrated Garlic, Natural Flavor), Sour Cream (Cream, Milk, Food Starch Modified (Corn), Lacti and Citric Acid, Gelatin, Mono and Diglycerides, Guar Gum, Potassium Sorbate (preserve freshness), Carageenan, Sodium Phosphate, Natural and Artificial Flavor, Lactic Acid Culture).

CONTAINS: Wheat, Soy, Milk, and Egg.



Broccoli and Cheese Quiche

Nutrition Facts	
Variable servings per container	
Serving size	5oz (142g)
Amount per serving	
Calories	360
	% Daily Value*
Total Fat 24g	31%
Saturated Fat 8g	40%
<i>Trans</i> Fat 4g	
Cholesterol 105mg	35%
Sodium 400mg	17%
Total Carbohydrate 26g	9%
Dietary Fiber 1g	4%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 219mg	15%
Iron 1mg	6%
Potassium 56mg	2%
<small>*The % Daily Value 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.</small>	

INGREDIENTS: Eggs, Whey, Cream Cheese (Pasteurized Milk, Cream, Cheese Culture, Salt, Carob Bean Gum), Broccoli, Cheddar Cheese (Salt, Cheese Cultures, Annatto (added for color)), Swiss Cheese (Salt, Cheese Cultures, Annatto (added for color)), Water, Powdered Bakers Cheese (Cultured Milk Solids, Lactic Acid), Partially Hydrogenated Soybean Oil, Contains Less than 2% of the following: Salt, Carrageenan, Sodium Phosphate, Poly Glycol Esters of Fatty Acids, Carbohydrate Gum, Natural Flavor, Xanthum Gum, Parsley, White Pepper, Guar Gum, Locust Bean Gum.

CONTAINS: Milk, Soy, and Eggs.



Broccoli and Cheese Stuffed Chicken Breast

Nutrition Facts	
Variable servings per container	
Serving size	4oz (113g)
Amount per serving	
Calories	230
	% Daily Value*
Total Fat 13g	17%
Saturated Fat 4g	20%
<i>Trans Fat</i> --g	
Cholesterol 45mg	15%
Sodium 460mg	20%
Total Carbohydrate 11g	4%
Dietary Fiber --g	--%
Total Sugars 1g	
Includes --g Added Sugars	--%
Protein 15g	
Vitamin D --mcg	--%
Calcium --mg	--%
Iron --mg	--%
Potassium --mg	--%

*The % Daily Value 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: Chicken, Bacon (Cured With Water, Salt, Sugar, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite), Medium Cheddar Cheese (Pasteurized Processed Cheddar Cheese Pasteurized Cultured Milk, Salt, Enzymes, Milk Fat, Sodium Citrate, Sodium Phosphate, Salt Sorbic Acid, Artificial Color, Powdered Cellulose, Potassium Sorbate and Natamycin), And Broccoli

CONTAINS: Milk.



Broccoli and Chicken Mac and Cheese

Nutrition Facts	
Variable servings per container	
Serving size	8 oz (227g)
Amount per serving	
Calories	360
% Daily Value*	
Total Fat 18g	23%
Saturated Fat 10g	50%
Trans Fat 0.5g	
Cholesterol 70mg	23%
Sodium 900mg	39%
Total Carbohydrate 24g	9%
Dietary Fiber 0g	0%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 25g	
Vitamin D 1mcg	6%
Calcium 344mg	25%
Iron 1mg	6%
Potassium 127mg	2%

*The % Daily Value 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: Pasta(Water, Enriched Durum Semolina (Durum Semolina Wheat Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid)), Alfredo Sauce(Cream, Milk, Parmesan and Romano Cheese Powder[Parmesan and Romano Cheeses(Milk, Salt, Cheese Cultures, Enzymes), Whey, Disodium Phosphate, and Lactic Acid], Water, Butter, Canola Oil, Modified Food Starch, Palm Oil, Contains less than 2% of the following: Nonfat Dry Milk, Sugar, Soy Lecithin, Maltodextrin, Sodium Caseinate, Natural Flavors, Salt, Spice, DATEM, Mono and Diglycerides), Chicken (Boneless, Skinless Chicken Breast Meat With Rib Meat, Water, Seasoning(Maltodextrin, Salt, Sugar, Chicken Stock, Vegetable Stock(Carrot, Onion, Celery), Flavors, Carrot Powder and Garlic Powder), Modified Food Starch, Sodium Phosphates, Soy Protein Concentrate, Sea Salt), Parmesan(Parmesan Cheese (Pasteurized Part-Skim Cow's Milk, Cheese Cultures, Salt, Enzymes), Powdered Cellulose Added to Prevent Caking), Broccoli, Dinner Roll(Patent Flour(Bleached Wheat Flour, Malted Barley Flour, Potassium Bromate), Water, Danish Base(Enriched Wheat Flour Bleached (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Partially Hydrogenated Vegetable Oil(Soybean and/or Cottonseed Oil). Dextrose, Wheat Starch, Mono & Diglycerides With BHT And Citric Acid As Preservatives , Leavening(Baking Soda, Sodium Acid Pyrophosphate, Monocalcium Phosphate), Salt, Dry Whole Egg, Soy Flour, Potato Flour, Soybean Oil, Dry Whey, Vital Wheat Gluten Corn Starch, Sodium Stearoyl Lactylate, Sodium Propionate (preservative) Poppy seed, Sesame seed,, Corn Oil, Beta Carotene as color, Citric Acid, Alpha Tocopherols (preservative)), Yeast, S-500 Dough Conditioner (Wheat Flour, DATEM, Dextrose, Soybean Oil, Ascorbic Acid, L-Cysteine, Enzymes), Salt), Parmesan Cheese (Pasteurized Part Skim Cows Milk, Cheese Cultures, Salt, Enzymes), Modified Food Starch, Powdered Cellulose (added to prevent caking), Potassium Sorbate (added to protect flavor).

CONTAINS: Milk, Soy, and Wheat.



Buffalo Chicken Tenders with Ranch

Nutrition Facts	
Variable servings per container	
Serving size	5oz (142g)
Amount per serving	
Calories	380
	% Daily Value*
Total Fat 30g	38%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 1620mg	70%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 27mg	2%
Iron 1mg	6%
Potassium 39mg	0%
*The % Daily Value 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: Chicken Strips(Chicken Breast Tenderloins contains up to 20% solution of Water, Seasoning [Sugar, Salt, Onion Powder, Garlic Powder, Lemon Juice Powder (Corn Syrup Solids, Lemon Juice Solids, Lemon Oil, BHT), and Citric Acid], Sodium Phosphates), Breading (Wheat Flour, Modified Corn Starch, Salt, Wheat Gluten, Leavening(Sodium Bicarbonate, Sodium Aluminum Phosphate, Monocalcium Phosphate), Yeast Extract, Spice, Dehydrated Onion, Dextrose, Disodium Inosinate And Disodium Guanylate, Paprika, Extractives Of Paprika, Natural Flavor), Batter (Water, Wheat Flour, Salt, and Leavening(Sodium Bicarbonate, Sodium Acid Pyrophosphate, Sodium Aluminum Phosphate, Monocalcium Phosphate), Predusted with (Wheat Flour, Wheat Gluten, and Salt), Breading set in (Vegetable Oil), Buffalo Marinade (Salt, Spices, Turmeric, Sugar, Paprika, Onion Powder, Garlic Powder, Contains less than 2% of Dextrose, Spice Extractive), Buttermilk Ranch Soybean Oil, Water, Cultured Low-Fat Buttermilk(Cultured Low-Fat Milk and Skim Milk), Egg Yolks, Salt, Natural Flavors, Sugar, Modified Corn Starch, Monosodium Glutamate, Sour Cream (Cream, Nonfat Milk, Modified Food Starch, Gelatin, Sodium Citrate, Cultures), Phosphoric Acid, Vinegar, Lactic Acid, Polysorbate 60, Xanthan Gum, Spices, Mustard Flour, Color added, Maltodextrin, Potassium Sorbate and Calcium Disodium EDTA (added to protect quality), Propylene Glycol Alginate, Whey, Garlic Powder, Onion Powder, Autolyzed Yeast Extract, Skim Milk).

CONTAINS: Wheat, Soy, Milk, and Egg.



Buffalo Pulled Rotisserie Chicken

Nutrition Facts	
Variable servings per container	
Serving size	5oz (142g)
Amount per serving	
Calories	220
	% Daily Value*
Total Fat 13g	17%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 7360mg	320%
Total Carbohydrate 8g	3%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 2mg	10%
Potassium 46mg	0%

*The % Daily Value 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: Pulled Chicken (Contains up to 17% solution of Water, Salt, Sodium Phosphate and Garlic). Surechef Seasoning (Salt, Spices, Paprika, Maltodextrin, Onion Powder, Extractive of Paprika, Garlic Powder, Disodium Inosinate, Disodium Guanylate, with not more than 2% Silica Gel added as an anticaking agent), Buffalo Sauce (Distilled Vinegar, Aged Cayenne Red Peppers, Salt, Water, Canola Oil, Paprika, Xanthan Gum, Natural Butter Type Flavor, and Garlic Powder).



Butternut Squash with Spinach and Cranberries

Nutrition Facts	
Serving size	(110g)
Amount Per Serving	
Calories	100
	<small>% Daily Value*</small>
Total Fat 3g	4%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 18g	7%
Dietary Fiber 2g	7%
Total Sugars 8g	
Includes 3g Added Sugars	6%
Protein 1g	2%
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 0mg	0%
Potassium 276mg	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: Butternut Squash, Spinach, Water, Cranberries (Cranberries, Sugar Cane, Sunflower Oil), Red Onions, Extra Virgin Olive Oil, Garlic, Salt, Modified Starch, Parsley, Thyme, Red Jalapeno Peppers.



Calico Beans

Nutrition Facts	
Variable servings per container	
Serving size	3 oz (85g)
Amount per serving	
Calories	100
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 360mg	16%
Total Carbohydrate 21g	8%
Dietary Fiber --g	--%
Total Sugars 12g	
Includes --g Added Sugars	--%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 38mg	2%
Iron 1mg	6%
Potassium 142mg	4%
*The % Daily Value 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.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Pork and Beans (Prepared White Beans, Water, Sugar, Tomato Paste, Salt, Brown Sugar, Pork, Modified Corn Starch, Dextrose, Paprika, Seasoning (Onion, Garlic, Spices), Calcium Chloride (firming agent)), Kidney Beans (Prepared Dark Red Kidney Beans, Water, Salt, Calcium Chloride (added as a firming agent), Citric Acid, Disodium EDTA (added for color retention)), Red Beans (Prepared Red Beans, Water, Salt, Calcium Chloride (firming agent), Calcium Disodium EDTA (added for color retention)), Butter Beans (Prepared Lima Beans, Water, Salt, Dextrose, Calcium Chloride (firming agent), Calcium Disodium EDTA (added for color retention)), Brown Sugar, Tomato Sauce (Tomatoes, Sugar Cane, Sea Salt, Dehydrated Onions, Peppers, Vinegar, Dehydrated Garlic, Citric Acid), Molasses, Onion, Beef Crumbles (Ground Beef, Water, Textured Vegetable Protein Product (Soy Flour, Caramel Color), Soy Protein Concentrate, Salt, Black Pepper, Sodium Phosphates), Modified Food Starch, Vinegar, Mustard Flour, Salt, Seasoning (Salt, Sugar, Spices including Paprika, Corn Starch, Onion, Extractive of Paprika, Natural Flavor, less than 2% Tircalcium Phosphate (added to prevent caking)), Onion, Salt, Potassium Sorbate and Sodium Benzoate (added as preservatives), Spices.

CONTAINS: Soy.



Cauliflower and Broccoli Cheese Bake

Nutrition Facts	
about 8 servings per container	
Serving Size	113g
Amount per Serving	
Calories	110
	% Daily Value
Total Fat 7g	9%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 290mg	13%
Total Carbohydrate 6g	2%
Dietary Fiber <1g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0µg	0%
Calcium 113mg	9%
Iron 0mg	2%
Potassium 148mg	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: Broccoli, Cauliflower, Semi-Skimmed Milk, Emmental Cheese (Cow's Milk, Salt, Starter Cultures, Rennet), Water, Cream, Modified Starch (Corn or Rice or Apioca), Sunflower Oil, Butter, Salt, Garlic, Milk Proteins, Pepper Extract, Thickening Agents (Xanthan Gum, Guar Gum, Dextrose (Wheat and/or Corn and/or Potato), Nutmeg.

CONTAINS: Milk.



Cheese Lasagna Roll-Ups

Nutrition Facts	
Variable servings per container	
Serving size	3oz (85g)
Amount per serving	
Calories	160
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 390mg	17%
Total Carbohydrate 14g	5%
Dietary Fiber --g	--%
Total Sugars 2g	
Includes --g Added Sugars	--%
Protein 9g	
Vitamin D --mcg	--%
Calcium 184mg	15%
Iron 0mg	0%
Potassium 59mg	2%

*The % Daily Value 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: Cheese Filling; Ricotta Cheese (Pasteurized Whey, Pasteurized Milk, Vinegar, Carrageenan) Water, Mozzarella Cheese (Cultured Pasteurized Milk, Powder Cellulose, Salt, Enzymes) Modified Corn Starch, Spinach, Salt, Black Pepper, Precooked Pasta; Water, Enriched Semolina (Durum Wheat Semolina Ferrous Sulfate, Niacin, Thiamine Mononitrate, Riboflavin, Folic Acid) and Egg White, Pasta Sauce (Vine-Ripened Tomatoes, Sautéed and Caramelized Onions in a blend of Extra Virgin Olive Oil and Sunflower Oil, Carrot Puree, Garlic Puree, Salt, Sugar, Basil, Seasonings, Citric Acid), Mozzarella Cheese (Pasteurized Part-Skim Milk, Cheese Culture, Salt, Enzymes, Powdered Cellulose and Dextrose (added to prevent caking))

CONTAINS: Milk, Wheat, and Eggs.



Cheesy Hashbrowns

Nutrition Facts	
Variable servings per container	
Serving size	8 oz (227g)
Amount per serving	
Calories	380
	% Daily Value*
Total Fat 25g	32%
Saturated Fat 16g	80%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 610mg	27%
Total Carbohydrate 21g	8%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 14g	
Vitamin D 0mcg	0%
Calcium 380mg	30%
Iron 1mg	6%
Potassium 106mg	2%

*The % Daily Value 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: Hashbrowns (Potatoes, Dextrose, Sodium Acid Pyrophosphate), Sour Cream (Cultured Sour Cream (Nonfat Milk, Cream, Whey, Corn Starch- Modified, Sodium Phosphate, Guar Gum, Carrageenan, Sodium Citrate, Locust Bean Gum), Potassium Sorbate), Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto, Potato Starch, Powdered Cellulose and Dextrose), Cream of Chicken Soup (Chicken Broth, Bleached Wheat Flour, Cooked Chicken Meat, Cream, Butter (Sweet Cream, Salt), Chicken Fat, Food Starch-Modified, Salt, Shortening Powder (Partially Hydrogenated Soybean Oil, Lactose, Sodium Caseinate, Dipotassium Phosphate), Cream Flavor (Cream, Enzymes) Hydrolyzed Corn Gluten, Sugar, Hydrolyzed Wheat Gluten, Chicken Flavor (Autolyzed Yeast Extract, Soy Flour, Dehydrated Cooked Chicken, Chicken Fat, Natural Flavor, Disodium Inosinate, Disodium Guanylate, Torula Yeast, Partially Hydrogenated Soybean Oil, Hydrolyzed Gelatin), Disodium Inosinate, Disodium Guanylate, Autolyzed Yeast Extract, Beta Carotene, Natural Flavorings), Milk, Seasoning Salt(Salt, Sugar, Spices (including Paprika and Turmeric), Onion, Cornstarch, Garlic, Tricalcium Phosphate, Paprika Oleoresin, Natural Flavor), Mrs. Dash Seasoning (Onion, Spices, (Black Pepper, Parsley, Celery Seed, Basil, Bay, Marjoram, Oregano, Savory, Thyme, Cayenne Pepper, Coriander, Cumin, Mustard, Rosemary), Garlic, Carrot, Orange Peel, Tomato, Lemon Juice Powder, Citric Acid, Oil of Lemon).

CONTAINS: Milk, Wheat, and Soy.



Chicken Alfredo Pasta Dinner

Nutrition Facts	
Variable servings per container	
Serving size	8oz (227g)
Amount per serving	
Calories	440
	% Daily Value*
Total Fat 28g	36%
Saturated Fat 15g	75%
Trans Fat 0g	
Cholesterol 95mg	32%
Sodium 860mg	37%
Total Carbohydrate 31g	11%
Dietary Fiber --g	--%
Total Sugars 1g	
Includes --g Added Sugars	--%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 170mg	15%
Iron 2mg	10%
Potassium 216mg	4%

*The % Daily Value 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: Penne Pasta (Cooked Penne Pasta (Semolina (Wheat), Enriched with Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid), Soybean Oil, Contains less than 2% of Salt), Alfredo Sauce (Water, Heavy Cream (Cream, Milk, less than 1% of Carrageenan, Mono and Diglycerides, Cellulose Gum, Polysorbate 80), Grated Parmesan and Romano Cheese Blend (Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes), Butter (Pasteurized Cream, Salt), Enriched Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Contains less than 2% of Modified Corn Starch, Salt, Spices), Sliced Chicken (Cooked Chicken Breast with Rib Meat, Water, Contains less than 2% of Marinade (Rice Starch, Maltodextrin, Lemon Juice Solids, Natural Flavor), Salt), Dried Parsley.

CONTAINS: Milk, Wheat, and Soy.



Chicken and Gravy

Nutrition Facts	
Variable servings per container	
Serving size	5oz (142g)
Amount per serving	
Calories	220
	% Daily Value*
Total Fat 15g	19%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 870mg	38%
Total Carbohydrate 2g	1%
Dietary Fiber --g	--%
Total Sugars 0g	
Includes --g Added Sugars	--%
Protein 17g	
Vitamin D --mcg	--%
Calcium 0mg	0%
Iron 1mg	6%
Potassium --mg	--%
*The % Daily Value 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.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Chicken(Chicken with up to 17% of a Solution of Water, Salt, Sodium Phosphates, Seasoning (Salt, Gum Arabic, Garlic Extractive)), Turkey Gravy (Water, Roasted Dark Turkey Meat, Modified Food Starch, Enriched Wheat Flour(Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Chicken Fat, Salt, less than 1% of the following: Dehydrated Turkey Meat, Dehydrated Turkey Broth, Turkey Fat(Tocopherols), Sugar, Nonfat Dry Milk, Soy Flour, Cornstarch, Autolyzed Yeast Extract, Torula Yeast, Lipolyzed Butter Oil, Ascorbic Acid, Natural Flavorings, Flavoring(Canola Oil), Maltodextrin, Soy Sauce Solids(Soybeans, Wheat, Salt), Lactic Acid, Calcium Lactate, Onion Powder, Garlic Powder, Caramel Color, Turmeric, Oleoresin Paprika (added for flavor), Disodium Inosinate, Disodium Guanylate).

CONTAINS: Wheat, Soy, and Milk.



Chicken Burrito

Nutrition Facts	
Variable servings per container	
Serving size	5oz (142g)
Amount per serving	
Calories	200
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 10mg	3%
Sodium 610mg	27%
Total Carbohydrate 44g	16%
Dietary Fiber --g	--%
Total Sugars 3g	
Includes --g Added Sugars	--%
Protein 11g	
Vitamin D --mcg	--%
Calcium 40mg	4%
Iron 0mg	0%
Potassium --mg	--%

*The % Daily Value 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: Salsa (Diced Tomatoes, Water, Jalapeno Peppers, Tomato Paste, Onions, Dehydrated Onions, Distilled Vinegar, Salt, Dehydrated Garlic, Natural Flavor), Spanish Rice (Parboiled Long Grain Rice Enriched with Iron (Ferric Orthophosphate), Thiamin (Thiamine Mononitrate) and Folate (Folic Acid); Vegetables: Tomato, Green Bell Pepper, Garlic, Onion; Maltodextrin, Salt, Sugar, Hydrolyzed Soy Protein, Yeast EXtract, Chili Powder (Ground Chili Pepper, Salt Cumin, Garlic, Oregano) Paprika (added for color), Sunflower Oil, Spices, Citric Acid, Xanthan Gum, Hydrogenated Cottonseed/Soybean Oil), Flour Tortilla (Enriched Bleached Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Shortening (Interesterified and Hydrogenated Soybean Oils), Corn Masa Flour, Contains 2% or less of: Salt, Baking Soda, Fumaric Acid, And Calcium Propionate and Sorbic Acid (added to maintain freshness), Refried Beans (Water, Pinto Beans, Lard, Salt), Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Artificial Color, Potato Starch And Powdered Cellulose (added to prevent caking), Natamycin (A Natural Mold Inhibitor).

CONTAINS: Wheat, Soy, and Milk.



Chicken Caprese

Nutrition Facts	
Variable servings per container	
Serving size	5oz (142g)
Amount per serving	
Calories	240
	% Daily Value*
Total Fat 12g	15%
Saturated Fat 7g	35%
<i>Trans Fat</i> 0g	
Cholesterol 45mg	15%
Sodium 620mg	27%
Total Carbohydrate 20g	7%
Dietary Fiber --g	--%
Total Sugars 2g	
Includes --g Added Sugars	--%
Protein 12g	
Vitamin D --mcg	--%
Calcium 130mg	10%
Iron 1mg	6%
Potassium --mg	--%
<small>*The % Daily Value 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.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

INGREDIENTS: Chicken, Mozzarella (Cultured Pasteurized Part Skim Milk, Salt, Enzymes, Vitamin A Palmitate), Tomato, Basil Leaves, Salt, and Pepper.

CONTAINS: Milk



Chicken Cordon Bleu

Nutrition Facts	
Variable servings per container	
Serving size	4oz (113g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 13g	17%
Saturated Fat --g	--%
Trans Fat --g	--%
Cholesterol 45mg	15%
Sodium 720mg	31%
Total Carbohydrate 8g	3%
Dietary Fiber --g	--%
Total Sugars --g	--%
Includes --g Added Sugars	--%
Protein 19g	
Vitamin D --mcg	--%
Calcium --mg	--%
Iron --mg	--%
Potassium 470mg	10%

*The % Daily Value 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: Boneless, Skinless Chicken Breast With Rib Meat Containing Up To 10% Solution (Water, Sodium Tripolyphosphate And Sodium Polyphosphate, Glassy [Sodium Hexame{Aphosphate}], Salt), Corn Flake Crumbs (Milled Corn, Sugar, Malt Flavor, Salt, Reduced Iron, Riboflavin [Vitamin B2], Thiamin Hydrochloride [Vitamin B1], Calcium Pantothenate, Pyridoxine Hydrochloride [Vitamin B6], Folic Acid), Swiss Cheese (Cultured Pasteurized Part Skim Milk, Salt, Enzymes), Ricotta Cheese (Pasteurized Milk, Pasteurized Whey, Pasteurized Cream, Vinegar, Salt, Stabilizer,[Modified Food Starch, Guar Gum, Carrageenan] Potassium Sorbate (added to protect flavor)), Canadian Bacon (Cured With Water, Potassium Lactate, Sugar, Natural Flavor, Sodium Diacetate, Sodium Phosphates, Sodium Ascorbate, Sodium Nitrite), Parmesan Cheese (Pasteurized Part-Skim Cow's Milk, Cheese Culture, Salt, Enzymes, Powdered Cellulose [Anti-Caking Agent]), Eggs, Breadcrumbs (Bleached Wheat Flour, Dextrose, Yeast, Salt), Roasted Garlic (Roasted Garlic, Water, Contains Less Than 1% Phosphoric Acid, Sodium Benzoate), Pan Spray (Soybean Oil, Soy Lecithin, Non-Chlorofluorocarbon Propellant), Corn Starch, Black Pepper, Parsley.

CONTAINS: Milk, Wheat, Eggs, and Soy.



Chicken Egg Rolls

Nutrition Facts	
Variable servings per container	
Serving size	3oz (85g)
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0.5g	3%
Trans Fat --g	
Cholesterol 10mg	3%
Sodium 380mg	17%
Total Carbohydrate 26g	9%
Dietary Fiber --g	--%
Total Sugars 8g	
Includes --g Added Sugars	--%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 32mg	2%
Iron 1mg	6%
Potassium 198mg	4%

*The % Daily Value 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: Chicken Egg Roll(Cabbage, Enriched Flour (Bleached Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Calcium Propionate, Malted Barley Flour, Dark Meat Chicken, Water, Carrots, Onion, Celery, Enriched Durum Flour (Wheat Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Textured Soy Flour, Contains 2% Or Less Of: Salt, Vegetable Oil (Soybean, Cottonseed, Corn, and/or Canola Oil), Modified Food Starch, Autolyzed Yeast Extract, Sugar, Dried Garlic, Soy Sauce Powder (Soy Sauce (Wheat, Soybeans, Salt), Maltodextrin, Salt, Wheat Gluten, Spice, Dextrose, Natural Flavor, Eggs, Cornstarch, Fried in Vegetable Oil (Soybean, Cottonseed, Corn, and/or Canola)). Sweet and Sour Sauce(High Fructose Corn Syrup, Water, Distilled and Cider Vinegar, Pineapple Juice Concentrate, Modified Food Starch, Salt, Spices, Red and Green Bell Peppers, Soy Sauce (Water, Salt, Hydrolyzed Soy Protein, Corn Syrup, Caramel Color, Potassium Sorbate (Preservative)), Xanthan Gum, Soybean Oil, Garlic, Onion, Sugar, Turmeric, Beta Carotene, Citric Acid, Potassium Sorbate and Sodium Benzoate (Preservatives), FD&C Yellow #6, Oleoresin Paprika).

CONTAINS: Wheat, Eggs, and Soy.



Chicken Enchilada

Nutrition Facts	
Variable servings per container	
Serving size	7oz (198g)
Amount per serving	
Calories	300
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 3.5g	18%
<i>Trans</i> Fat 0g	
Cholesterol 35mg	12%
Sodium 830mg	36%
Total Carbohydrate 35g	13%
Dietary Fiber --g	--%
Total Sugars 1g	
Includes --g Added Sugars	--%
Protein 20g	
Vitamin D --mcg	--%
Calcium 102mg	8%
Iron 3mg	15%
Potassium --mg	--%

*The % Daily Value 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: Chicken(Boneless, Skinless Breasts With Rib Meat, With Up To 3% Retained Water), Nonfat Greek Yogurt (Cultured, Pasteurized Nonfat Milk, Live and Active Cultures; S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, Casel),Flour Tortillas (Bleached Wheat Flour (Enriched With Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin And Folic Acid), Water, White Corn Masa Flour And A Trace Of Lime, Interesterified Soybean Oil, Hydrogenated Soybean Oil And/OR Partially Hydrogenated Soybean Oil, Hydrogenated Cottonseed Oil, Vital Wheat Gluten, Mono & Diglycerides, Salt, Sugar, Sodium Bicarbonate, Sodium Acid Pyrophosphate, Calcium Propionate, Sodium Aluminum Sulfate,Fumaric Acid, Potassium Sorbate, Sodium Stearoyl Lactylate (Ssl),Cellulose Gum and/or Guar Gum, Enzymes, Sodium Metabisulfite),Mozzarella Cheese (Pasteurized Part-Skim Milk, Cheese Culture, Salt, Enzymes), Jalapeno Pepper, Cilantro, Green Onion, Olive Oil, Lime Juice, Garlic, Chili Powder, Cumin Seed, Garlic Powder, and Black Pepper, Black Olives,Tomatoes, Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto (Veg Color), Potato Cellulose with Enzymes (added to prevent caking), Water, Crushed Tomato Paste, Modified Food Starch, Chili Powder (Chili Pepper, Cumin, Oregano), Distilled Vinegar, Salt, Canola Oil, Spices, Dehydrated Garlic, Citric Acid.

CONTAINS: Milk, Wheat, and Soy.



Chicken Fettuccini Alfredo

Nutrition Facts	
variable servings per container	
Serving size	8oz (227g)
Amount per serving	
Calories	410
	% Daily Value*
Total Fat 21g	27%
Saturated Fat 6g	30%
<i>Trans Fat</i> 0g	
Cholesterol 55mg	18%
Sodium 1110mg	48%
Total Carbohydrate 28g	10%
Dietary Fiber --g	--%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 27g	
Vitamin D --mcg	--%
Calcium 147mg	10%
Iron 1mg	6%
Potassium --mg	--%

*The % Daily Value 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: Fettuccini Pasta (Water, Enriched Durum Semolina (Durum Semolina Wheat Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid)), Alfredo Sauce(Alfredo Sauce [Water, Milk (Milk, Vitamin D), Romano Cheese [Pasteurized Sheep’s Milk, Cheese Cultures, Salt, Enzymes, Anti-Caking Agent (Modified Corn Starch, Powdered Cellulose)], Soybean Oil, Heavy Cream (Cream, less than 1.0% of Mono and Diglycerides, Polysorbate 80, Carrageenan), Whey, Nonfat Dry Milk, Egg Yolks, Salt, Modified Corn Starch, Soy Protein Concentrate, Dextrose, Carrageenan, Garlic Powder, Spice, Disodium Inosinate and Disodium Guanylate], Fettuccine (Water, Durum Semolina, Ferrous Sulfate, Niacin, Thiamine Mononitrate, Riboflavin, Folic Acid), Cultured Whey. Chicken (Boneless, Skinless Chicken Breast Meat With Rib Meat, Water, Seasoning (Maltodextrin, Salt, Sugar, Chicken Stock, Vegetable Stock (Carrot, Onion, Celery), Flavors, Carrot Powder and Garlic Powder), Modified Food Starch, Sodium Phosphates, Soy Protein Concentrate, Sea Salt), Parmesan (Parmesan Cheese (Pasteurized Part-Skim Cow’s Milk, Cheese Cultures, Salt, Enzymes), Powdered Cellulose (added to prevent caking)).

CONTAINS: Milk, Soy, Wheat, and Egg.



Chicken Fried Rice

Nutrition Facts	
Variable servings per container	
Serving size	3oz (85g)
Amount per serving	
Calories	120
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 400mg	17%
Total Carbohydrate 20g	7%
Dietary Fiber --g	--%
Total Sugars 2g	
Includes --g Added Sugars	--%
Protein 4g	
Vitamin D --mcg	--%
Calcium 12mg	0%
Iron 1mg	6%
Potassium --mg	--%
<small>*The % Daily Value 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.</small>	

INGREDIENTS: Chicken Fried Rice(Cooked Rice, Soy Sauce (Water, Wheat, Soybean, Salt, Alcohol [to retain freshness]), Seasoned Chicken Dark Meat(Chicken Dark Meat, Soy Sauce [Water, Wheat, Soybean, Salt], Water, Sugar, Sweet Cooking Rice Wine [Sake {Water, Rice, Koji{Aspergillus Oryzae}}, Sugar, Water, Salt, Yeast Extract], Sake [Water, Rice, Koji {Aspergillus Oryzae}, Salt] Salt), Onion, Carrot, Scrambled Egg (Whole Egg, Modified Food Starch, Citric Acid [to preserve color]), Green Pea, Red Bell Pepper, Sugar, Corn Oil, Sesame Oil).

CONTAINS: Eggs, Wheat, and Soy.



Chicken Gravy

Nutrition Facts	
Variable servings per container	
Serving size	4.5oz (128g)
Amount per serving	
Calories	80
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 650mg	28%
Total Carbohydrate 8g	3%
Dietary Fiber --g	--%
Total Sugars 2g	
Includes --g Added Sugars	--%
Protein 2g	
Vitamin D --mcg	--%
Calcium 0mg	0%
Iron 0mg	0%
Potassium --mg	--%
<small>*The % Daily Value 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.</small>	

INGREDIENTS: Chicken Stock, Wheat Flour, Cooked Chicken, Chicken Fat, Modified Food Starch, Nonfat Dry Milk, Salt, Sugar, Autolyzed Yeast Extract, Natural Flavors, Dextrose, Turmeric, Spices, Yellow 5.

CONTAINS: Wheat and Milk.



Chicken Marsala

Nutrition Facts	
Variable servings per container	
Serving size	5oz (142g)
Amount per serving	
Calories	130
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 65mg	22%
Sodium 810mg	35%
Total Carbohydrate 6g	2%
Dietary Fiber --g	--%
Total Sugars 1g	
Includes --g Added Sugars	--%
Protein 22g	
Vitamin D --mcg	--%
Calcium 33mg	2%
Iron 1mg	6%
Potassium --mg	--%
<small>*The % Daily Value 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.</small>	

INGREDIENTS: Chicken (Boneless Breast of Chicken, Water, Sodium Lactate, Hydrolyzed Soy Protein, Salt, Sodium Phosphate), Marsala Sauce (Water, Marsala Wine, Modified Corn Starch, Roasted Vegetable Base (Carrots, Onions, Celery, Garlic, Water, Dextrose, Salt, Onion Powder, Canola Oil, Natural Flavorings, Disodium Inosinate/Disodium Guanylate and Potassium Sorbate), Beef Base (Salt, Sugar, Hydrolyzed Protein, Beef Fat, Soybean Oil, Caramel Color, Corn Starch, Natural Flavorings, Disodium Inosinate /Disodium Guanylate and Potassium Sorbate), Salt, Spices, Sugar), Mushrooms (Mushrooms, Water, Salt, Citric Acid, Ascorbic Acid).

CONTAINS: Soy.



Chicken Marsala with Fettuccini

Nutrition Facts	
Variable servings per container	
Serving size	8oz (227g)
Amount per serving	
Calories	430
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 2.5g	13%
<i>Trans</i> Fat 0g	
Cholesterol 70mg	23%
Sodium 310mg	13%
Total Carbohydrate 57g	21%
Dietary Fiber 0g	0%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 32g	
Vitamin D 0mcg	0%
Calcium 12mg	0%
Iron 2mg	10%
Potassium 401mg	8%
<small>*The % Daily Value 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.</small>	

INGREDIENTS: Chicken, Marsala Sauce (Chicken Stock, Marsala Wine (contains Sulfites), Butter (Cream, Salt), Modified Corn Starch, Veal Stock (Water, Veal Bones, Onions, Celery, Carrot, Tomato Paste, Mushrooms, Parsley Stems, Bay Leaves, Salt, Thyme, Peppercorns), Sugar, Natural Flavor, Chicken Base [Roasted Chicken, Salt, Hydrolyzed Wheat Gluten, Maltodextrin, Chicken Flavor (Hydrolyzed Corn Gluten, Soy Protein, and Wheat Gluten, Yeast Extract, Natural Flavor), Sugar, Chicken Extract, Chicken Fat, Onion Powder, Flavor (Torula Yeast), Carrot Powder, Mushroom Powder, Turmeric (Color), Disodium Inosinate, Garlic Powder, Disodium Guanylate, Xanthan Gum, Natural Flavor, Spice Extractive], Tomato Powder, Yeast Extract, Clarified Butter Oil, Shallots, Caramel Color, Salt, Beef Flavor (Beef Stock, Autolyzed Yeast Extract, Sodium Phosphate, Caramel Color, Lactic Acid, Calcium Lactate, Disodium Inosinate, Disodium Guanylate), Flavor (Hydrolyzed Corn Gluten, Soy Protein and Wheat Gluten), Xanthan Gum, Disodium Inosinate, Disodium Guanylate, Soy Lecithin, Spice, Garlic Powder), Fettuccini (Water, Enriched Durum Semolina (Durum Semolina Wheat Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid)), Sliced Mushrooms, Dried Parsley.

CONTAINS: Milk, Soy, and Wheat.



Chicken Noodle Casserole

Nutrition Facts	
Variable servings per container	
Serving size	8 oz (227g)
Amount per serving	
Calories	260
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 3g	15%
<i>Trans</i> Fat 0g	
Cholesterol 75mg	25%
Sodium 560mg	24%
Total Carbohydrate 25g	9%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 20g	
Vitamin D 0mcg	0%
Calcium 31mg	2%
Iron 1mg	6%
Potassium 52mg	2%
<small>*The % Daily Value 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.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

INGREDIENTS: Cream of Chicken Soup(Chicken Broth, Bleached Wheat Flour, Cooked Chicken Meat, Cream, Butter (Sweet Cream, Salt), Chicken Fat, Food Starch-Modified, and less than 2% of each of the following: Salt, Coconut Oil, Natural Flavoring, Hydrolyzed Corn Protein, Sugar, Maltodextrin, Hydrolyzed Wheat Gluten, Chicken Flavor[Soy Flour, Dried Chicken Meat Powder, Torula Yeast, Hydrolyzed Gelatin(added for flavor)], Disodium Inosinate, Disodium Guanylate, Yeast Extract, Flavoring, Sodium Caseinate, Dipotassium Phosphate, Mono and Diglycerides, Beta Carotene), Egg Noodles (Water, Enriched Durum Flour(Durum Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Enriched Wheat Flour(Wheat Flour, Malted Barley Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Whole Eggs, Salt), Grilled Chicken(Boneless, Skinless Chicken Breast Meat With Rib Meat, Water, Seasoning (Maltodextrin, Salt, Sugar, Chicken Stock, Vegetable Stock (Carrot, Onion, Celery), Flavors, Carrot Powder and Garlic Powder), Modified Food Starch, Sodium Phosphates, Soy Protein Concentrate, Sea Salt), Peas and Carrots, Water.

CONTAINS: Milk, Soy, Eggs, and Wheat.



Chicken Parmesan

Nutrition Facts	
Variable servings per container	
Serving size	5oz (142g)
Amount per serving	
Calories	300
	% Daily Value*
Total Fat 16g	21%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 690mg	30%
Total Carbohydrate 15g	5%
Dietary Fiber 0g	0%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 23g	
Vitamin D --mcg	--%
Calcium 167mg	15%
Iron 1mg	6%
Potassium 89mg	2%

*The % Daily Value 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: Breaded Chicken (Chicken, Bleached Enriched Wheat Flour (Enriched with Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt, Spices, Dextrose, Natural Flavor, Yeast and Extractives of Paprika), Batter (Water, Bleached Wheat Flour, Sugar, Spices, Leavening (Sodium Acid Pyrophosphate and Sodium Bicarbonate), Onion Powder, Whey, Natural Flavor, and Extractives of Paprika), Topping (Wheat Flour, Modified Corn Starch, Salt, Spices and Spice Extractives), Breaded in Vegetable Oil(Soybean, Cottonseed, Corn, and/or Canola Oil), Marinara Sauce (Vine-Ripened Fresh Tomatoes, Fresh Sautéed Onions (Extra Virgin Olive Oil and Sunflower Oil), Carrot Puree, Garlic Puree, Salt, Sugar, Basil, Seasonings and Naturally Derived Citric Acid), Mozzarella Cheese (Pasteurized Part Skim Milk, Cheese Culture, Salt and Enzymes, Cellulose (added to prevent caking), Parsley.

CONTAINS: Milk and Wheat.



Chicken Piccata

Nutrition Facts	
Variable servings per container	
Serving size	8oz (227g)
Amount per serving	
Calories	450
	% Daily Value*
Total Fat 29g	37%
Saturated Fat 16g	80%
Trans Fat 0g	
Cholesterol 170mg	57%
Sodium 880mg	38%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 36g	
Vitamin D 0mcg	0%
Calcium 78mg	6%
Iron 1mg	6%
Potassium 535mg	10%

*The % Daily Value 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: Boneless Skinless Butterfly Chicken Breast Fillets, Butter Sauce (Butter [Cream, Salt], Water, Contains less than 2% of Sodium Caseinate, Whey Protein Concentrate, Natural Flavor, Xanthan Gum, Potassium Sorbate (Preservative), Sodium Benzoate (Preservative), Polysorbate 60 (Emulsifier)), Wheat Flour, Grated Parmesan Cheese (Pasteurized Part-Skim Cow's Milk, Cheese Cultures, Salt, Enzymes), Modified Food Starch, Powdered Cellulose (Anti-Caking Agent with Potassium Sorbate to protect flavor), Lemon Juice (Filtered Water, Lemon Juice Concentrate, Sodium Bisulfite (Preservative), Sodium Benzoate (Preservative), Lemon Oil), Capers, Water, Acetic Acid, Salt, Pepper.

CONTAINS: Milk and Wheat.



Chicken Skewer

Nutrition Facts	
Variable servings per container	
Serving size	2 skewers (85g)
Amount per serving	
Calories	110
	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium --mg	--%
Total Carbohydrate 3g	1%
Dietary Fiber --g	--%
Total Sugars 0g	
Includes --g Added Sugars	--%
Protein 18g	
Vitamin D --mcg	--%
Calcium 0mg	0%
Iron 0mg	0%
Potassium --mg	--%

*The % Daily Value 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: Chicken Breast, Water, Modified Corn Starch, Corn Syrup Solids, Canola Oil, Salt, Sodium Phosphate, Dehydrated Onion, Dehydrated Garlic, Spice, Seasoning (Maltodextrin and Natural Flavor).



Chicken Street Corn Taco Kit

Nutrition Facts	
Variable servings per container	
Serving size	5oz (142g)
Amount per serving	
Calories	200
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 260mg	11%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 18g	
Vitamin D 0mcg	0%
Calcium 120mg	10%
Iron 1mg	6%
Potassium 164mg	4%

*The % Daily Value 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: Chicken, Seasoning (Tomato Puree (Water, Tomato Paste), Fresh Onions, Fresh Jalapeno Peppers, Water, Distilled Vinegar, Salt, Dehydrated Garlic, Natural Flavor, Spices (including Chile Pepper, Cumin, Paprika, Oregano), Onion, Whey (Milk), Salt, Sugar, Garlic, Potato Starch, and Citric Acid), Tortilla Shells (Yellow Corn Masa Flour, Water, contains 2% or less of Cellulose Gum, Guar Gum, Amylase, Propionic Acid, Benzoic Acid, and Phosphoric Acid), Water, Vegetable Shortening (Interesterified and Hydrogenated Soybean Oils), contains 2% or less of Salt, Sugar, Baking Soda, Sodium Acid, Calcium Propionate, and Sorbic Acid), Salsa (Tomatoes, Water, Concentrated Crushed Tomatoes, Onions, Jalapeno Peppers (Vinegar), Salt, Vinegar, Dehydrated Garlic, Onion Powder, Citric Acid, Natural Flavor, Garlic Powder), Avocado Dressing(Soybean Oil, Water, Buttermilk, Avocado, Distilled Vinegar, Egg Yolk, Salt, Garlic Juice, Sugar, Garlic, Onion, Spices, Lemon Juice Concentrate, Potassium Sorbate and Sodium Benzoate (added as preservatives), Xanthan Gum, Propylene Glycol Alginate, Fruit Juice Concentrate (added for color), Oleoresin Turmeric, Calcium Disodium EDTA (added to protect flavor), Natural Flavor), Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Artificial Color, Potato Starch, Powdered Cellulose (added to prevent caking), Natamycin), Cabbage, Carrots, Lime Wedges.

CONTAINS: Soy, Milk, and Egg.



Chicken Street Flour Taco Kit

Nutrition Facts	
Variable servings per container	
Serving size	5oz (142g)
Amount per serving	
Calories	250
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 3.5g	18%
<i>Trans</i> Fat 1g	
Cholesterol 50mg	17%
Sodium 530mg	23%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 19g	
Vitamin D 0mcg	0%
Calcium 133mg	10%
Iron 2mg	10%
Potassium 164mg	4%
<small>*The % Daily Value 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.</small>	

INGREDIENTS: Chicken, Seasoning (Tomato Puree (Water, Tomato Paste), Fresh Onions, Fresh Jalapeno Peppers, Water, Distilled Vinegar, Salt, Dehydrated Garlic, Natural Flavor, Spices (including Chile Pepper, Cumin, Paprika, Oregano), Onion, Whey (Milk), Salt, Sugar, Garlic, Potato Starch, and Citric Acid), Tortilla Shells (Enriched Bleached Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Shortening (Interesterified and Hydrogenated Soybean Oils), contains 2% or less of Salt, Sugar, Baking Soda, Sodium Acid, Calcium Propionate, and Sorbic Acid), Salsa (Tomatoes, Water, Concentrated Crushed Tomatoes, Onions, Jalapeno Peppers (Vinegar), Salt, Vinegar, Dehydrated Garlic, Onion Powder, Citric Acid, Natural Flavor, Garlic Powder), Avocado Dressing(Soybean Oil, Water, Buttermilk, Avocado, Distilled Vinegar, Egg Yolk, Salt, Garlic Juice, Sugar, Garlic, Onion, Spices, Lemon Juice Concentrate, Potassium Sorbate and Sodium Benzoate (added as preservatives), Xanthan Gum, Propylene Glycol Alginate, Fruit Juice Concentrate (added for color), Oleoresin Turmeric, Calcium Disodium EDTA (added to protect flavor), Natural Flavor), Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Artificial Color, Potato Starch, Powdered Cellulose (added to prevent caking), Natamycin), Cabbage, Carrots, Lime Wedges.

CONTAINS: Wheat, Soy, Milk, and Egg.



Chicken Tenders with Ranch

Nutrition Facts	
Variable servings per container	
Serving size	4oz (113g)
Amount per serving	
Calories	340
	% Daily Value*
Total Fat 27g	35%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 800mg	35%
Total Carbohydrate 8g	3%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 13g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1mg	6%
Potassium 0mg	0%

*The % Daily Value 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: chicken strips(chicken breast tenderloins contains up to 20% solution of Water, Seasoning [Sugar, Salt, Onion Powder, Garlic Powder, Lemon Juice Powder (Corn Syrup Solids, Lemon Juice Solids, Lemon Oil, BHT), and Citric Acid], Sodium Phosphates), Breading (Wheat Flour, Modified Corn Starch, Salt, Wheat Gluten, Leavening(Sodium Bicarbonate, Sodium Aluminum Phosphate, Monocalcium Phosphate), Yeast Extract, Spice, Dehydrated Onion, Dextrose, Disodium Inosinate And Disodium Guanylate, Paprika, Extractives Of Paprika, Natural Flavor), Batter (Water, Wheat Flour, Salt, and Leavening(Sodium Bicarbonate, Sodium Acid Pyrophosphate, Sodium Aluminum Phosphate, Monocalcium Phosphate), Predusted with (Wheat Flour, Wheat Gluten, and Salt), Breading set in (Vegetable Oil), Buttermilk Ranch Soybean Oil, Water, Cultured Low-Fat Buttermilk(Cultured Low-Fat Milk and Skim Milk), Egg Yolks, Salt, Natural Flavors, Sugar, Modified Corn Starch, Monosodium Glutamate, Sour Cream (Cream, Nonfat Milk, Modified Food Starch, Gelatin, Sodium Citrate, Cultures), Phosphoric Acid, Vinegar, Lactic Acid, Polysorbate 60, Xanthan Gum, Spices, Mustard Flour, Color added, Maltodextrin, Potassium Sorbate and Calcium Disodium EDTA (added to protect quality), Propylene Glycol Alginate, Whey, Garlic Powder, Onion Powder, Autolyzed Yeast Extract, Skim Milk).

CONTAINS: Wheat, Soy, Milk, and Egg.



Chicken with Cheesy Poblano Pasta

Nutrition Facts	
Variable servings per container	
Serving size	8oz (227g)
Amount per serving	
Calories	420
	% Daily Value*
Total Fat 21g	27%
Saturated Fat 11g	55%
Trans Fat 0.5g	
Cholesterol 70mg	23%
Sodium 770mg	33%
Total Carbohydrate 38g	14%
Dietary Fiber --g	--%
Total Sugars 4g	
Includes --g Added Sugars	--%
Protein 19g	
Vitamin D 0mcg	0%
Calcium 166mg	15%
Iron 2mg	10%
Potassium 260mg	6%

*The % Daily Value 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: Smokey Poblano and Cheese Soup (Water, Whipping Cream, Pasteurized American Cheese (Milk, Cheese Cultures, Salt, Enzymes), Water, Cream, Sodium Phosphate, Color added, Salt, Sorbic Acid (added as a preservative), Onions, Roasted Poblano Peppers, Corn, Butter (Pasteurized Cream, Salt), Red Bell Peppers, Vegetable Base (Carrots, Onions, Celery, Salt, Sugar, Corn Oil, Potato Flour, Modified Potato Starch, Maltodextrin (Corn), Carrot Powder), Contains less than 2% of Ground Corn (Corn, Lime Water), Modified Corn Starch, Salt, Spices, Granulated Garlic, Chipotle Pepper Base (Red Chili Peppers, Chipotle Peppers, Salt, Natural Applewood Smoke Flavor)), Queso Cheese Dip (Pasteurized American Cheese (Milk, Cheese Cultures, Salt, Enzymes), Water, Cream, Sodium Phosphate, Color added, Salt, Sorbic Acid (added as a preservative) Water, Heavy Cream (Cream, Milk, Contains less than 1% of Carrageenan, Mono and Diglycerides, Cellulose Gum, Polysorbate 80), Jalapeno Peppers, Contains less than 2% of Nonfat Dry Milk, Cultured Nonfat Dry Milk Powder, Red Bell Peppers (Red Bell Peppers, Water, Citric Acid), Lactic Acid Powder (Lactic Acid, Calcium Lactate), Onions, Maltodextrin, Xanthan Gum, Salt, Onion Powder, Spices), Diced Chicken (Cooked Chicken Breast with Rib Meat, Water, Contains less than 2% of Marinade (Rice Starch, Maltodextrin, Lemon Juice Solids, Natural Flavor), Salt), Elbow Macaroni (Cooked Enriched Macaroni Product (Semolina (Wheat), Enriched Niacin, Iron (Ferrous Sulfate), Thiamin Mononitrate, Riboflavin, Folic Acid), Soybean Oil, Contains less than 2% of Salt), Dried Parsley.

CONTAINS: Milk, Wheat, and Soy.



Chili Lime Wings

Nutrition Facts	
Variable servings per container	
Serving size	3oz (85g)
Amount per serving	
Calories	180
	% Daily Value*
Total Fat 12g	15%
Saturated Fat 3g	15%
<i>Trans</i> Fat 0g	
Cholesterol 115mg	38%
Sodium 620mg	27%
Total Carbohydrate 2g	1%
Dietary Fiber --g	--%
Total Sugars 0g	
Includes --g Added Sugars	--%
Protein 18g	
Vitamin D --mcg	--%
Calcium 90mg	6%
Iron 1mg	6%
Potassium --mg	--%
*The % Daily Value 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: Chicken Wing (Chicken Breast with Rib Meat containing up to 20% of a solution of Water, Salt, and Sodium Phosphates), Breading (Wheat Flour, Water, Salt, Spices, Wheat Gluten, Egg White Solids, Dried Whey, Leavening (Sodium Bicarbonate, Sodium Acid Pyrophosphate, Sodium Aluminum Phosphate, Monocalcium Phosphate), Dextrose, Onion Powder and Paprika), Breading set in (Vegetable Oil), Chili Lime Marinade (Chili Pepper, Spices, Dehydrated Red and Green Peppers, Sugar, Salt, Corn Syrup Solids, Dehydrated Onion and Garlic, Dehydrated Jalapeno Pepper, Autolyzed Yeast Extract, Sodium Phosphate(4.3%), Citric Acid, Lime Juice Solids, Natural Flavor, Disodium Inosinate, Disodium Guanylate).

CONTAINS: Wheat and Eggs.



Cod with Seafood Stuffing

Nutrition Facts	
Variable servings per container	
Serving size	5oz (142g)
Amount per serving	
Calories	280
	% Daily Value*
Total Fat 16g	21%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 600mg	26%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 20g	
Vitamin D 1mcg	6%
Calcium 71mg	6%
Iron 0mg	0%
Potassium 178mg	4%
*The % Daily Value 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: Cod, Seafood Stuffing (Imitation Crab Meat, Water, Pollock, Egg Whites, Potato Starch, Sugar, Wheat Starch, Salt, Soybean Oil, Sweet Rice Wine, Natural and Artificial Flavors, Sodium Tripolyphosphate, Color added), Cooked Rice, (Cooked Rice, Water), Soy Bean Oil, Bread Crumbs, (Bleached Wheat Flour, Whole Wheat Flour, Sugar, Contains 2% or less of Partially Hydrogenated Soybean and/or Cottonseed Oil, Salt and Yeast), Water, Jack Cheese(Pasteurized Milk, Salt, Culture,Enzymes), Captain Seasoning(Dehydrated Vegetables(Onion, Bell Pepper, Celery, Garlic, Parsley), Salt Hydrolyzed Soy Protein, Maltodextrin, Chicken Fat, Spices Inducing Paprika, Chicken Powder(Cooked Chicken Meat, BHA, Propyl Gallate, Citric Acid), Autolyzed Yeast, Citric Acid, Oil of Lemon, Spice Extractives), Egg Yolk, Vinegar, Modified Food Starch, Salt, Sugar, Sodium Benzoate and Potassium Sorbate(added as preservatives), Corn Syrup, Spice, Calcium Disodium EDTA(Added To Protect Flavor), And Natural Flavors).

CONTAINS: Wheat, Fish, Shellfish, Soy, Milk, and Eggs.



Cod, Potato, and Coleslaw Dinner

Nutrition Facts	
Variable servings per container	
Serving size	4oz (113g)
Amount per serving	
Calories	220
	% Daily Value*
Total Fat 15g	19%
Saturated Fat 3g	15%
Trans Fat 2g	
Cholesterol 20mg	7%
Sodium 360mg	16%
Total Carbohydrate 14g	5%
Dietary Fiber 0g	0%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 17mg	2%
Iron 0mg	0%
Potassium 166mg	4%

*The % Daily Value 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: Coleslaw(Coleslaw Mix(Cabbage, Carrots), Dressing (Salad Dressing(Water, Soybean Oil, High Fructose Corn Syrup, Vinegar, Modified Food Starch, Egg Yolk, Salt, Natural Flavor, Garlic, Paprika, Calcium Disodium EDTA(To Protect Flavor), Lemon Juice), Sugar, Salt, Onions, Stabilizer(Xanthan Gum, Maltodextrin)). Cod(Bleached Wheat Flour, Water, Beer (Water, Malted Barley, High Maltose Syrup, Hops, Caramel), Yellow Corn Flour, Modified Food Starch, Salt, Natural Flavor, White Corn Flour Leavening (Sodium Aluminum Phosphate, Sodium Bicarbonate), Spices, Sugar.(fried in a blend of Cottonseed, Canola and Soybean Oil), Tartar Sauce(Soybean Oil, Water, Sweet Relish(Cured Cucumber, High Fructose Corn Syrup, Distilled Vinegar, Salt, Onion, Red Bell Pepper, Xanthan Gum, Sodium Benzoate and Potassium Sorbate (preservative), Natural Flavor, Polysorbate 80, Extractive of Turmeric), High Fructose Corn Syrup, Distilled Vinegar, Food Starch-Modified, Egg Yolks, Salt, Contains less than 2% of:Spices, Lemon Juice Concentrate, Onion, Calcium Disodium EDTA(added to protect flavor)). Tartar Sauce(Soybean Oil, High Fructose Corn Syrup, Water, Distilled and Cider Vinegar, Pickle Relish(Pickles, Distilled Vinegar, Salt, Xanthan Gum, Sodium Benzoate, Alum, Natural Spice Flavors), Egg Yolk, Modified Food Starch, Salt, Onion, Xanthan Gum, Caramel Color, Sodium Benzoate (preservative), Oleoresin Turmeric, Calcium Disodium EDTA (added to protect flavor)). Potato Wedges(Potatoes, Partially Hydrogenated Vegetable Oil(Soybean and/or Cottonseed Oil) and/or Vegetable Oil (Canola, Soybean, and/or Sunflower Oils), Enriched Bleached Flour(Wheat Flour(Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Salt, Food Starch-Modified, Rice Flour, Dextrin, Cornstarch, Spices, Onion Powder, Garlic Powder, Leavening(Sodium Acid Pyrophosphate, Sodium Bicarbonate) Canola or Soybean Oil, Color(Oleoresin Paprika, Oleoresin Turmeric) Guar Gum, Natural Flavors, Dextrose, Disodium Dihydrogen Pyrophosphate(to maintain natural color)), Garnishes(Lemon, Kale, Lettuce).

CONTAINS: Wheat, Eggs, and Soy.



Corned Beef and Cabbage

Nutrition Facts	
Variable servings per container	
Serving size	3oz (113g)
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 2.5g	13%
<i>Trans Fat</i> 0g	
Cholesterol 35mg	12%
Sodium 730mg	32%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 6mg	0%
Iron 1mg	6%
Potassium 23mg	0%

*The % Daily Value 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: Corned Beef(Contains up to 20% of Water, Salt, Sugar, Granulated Garlic, Sodium Phosphate, Dextrose, Brown Sugar, Sodium Erythorbate, Natural Flavor, Spice Extractives, Sodium Nitrite), Rehydrated Potatoes, Potatoes, Water, 2% or less of Salt, Sugar, Dehydrated Onions, Ascorbic Acid, Sodium Nitrite, Extractives of Black Pepper, Gum Arabic, Onion Extract, Carrots.



Country Fried Beef Steak and Mashed Potatoes

Nutrition Facts	
Variable servings per container	
Serving size	5oz (142g)
Amount per serving	
Calories	190
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 440mg	19%
Total Carbohydrate 13g	5%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 17g	
Vitamin D 0mcg	0%
Calcium 22mg	2%
Iron 2mg	10%
Potassium 28mg	0%

*The % Daily Value 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: Country Fried Steak (Beef, Salt, Sodium Phosphate. Breaded with: Enriched Wheat Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Wheat Flour, Modified Corn Starch, Corn Flour, Salt, Spice, Torula Yeast, Guar Gum. Battered with: Water, Enriched Wheat Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Wheat Starch, Wheat Flour, Salt, Buttermilk Blend (Buttermilk, Whey), Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Mashed Potatoes (Russet Potatoes, Whole Milk, Butter (Cream, Salt), Salt, Potassium Sorbate (added as a preservative), Soybean Mono & Diglycerides, Sodium Acid Pyrophosphate (added for color retention), Natural Flavor), Vegetables (Corn, Green Peas, Green Beans, or Carrots), Peppered Gravy (Food Starch-Modified, Shortening Powder (Coconut Oil, Corn Syrup Solids, Sodium Caseinate, Mono & Diglycerides), Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin and Folic Acid), Maltodextrin, Buttermilk Powder, Salt, Hydrolyzed Wheat Protein, Sugar, Palm and Soybean Oil, Spice, Yeast Extract, Titanium Dioxide, Disodium Inosinate, Disodium Guanylate), Garnished with Dried Parsley.

CONTAINS: Wheat, Milk, and Soy.



Crab Cakes

Nutrition Facts	
Serving size	4oz (113g)
Amount per serving	
Calories	370
	% Daily Value*
Total Fat 34g	44%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 800mg	35%
Total Carbohydrate 8g	3%
Dietary Fiber --g	--%
Total Sugars 1g	
Includes --g Added Sugars	--%
Protein 12g	
Vitamin D --mcg	--%
Calcium 53mg	4%
Iron 0mg	0%
Potassium --mg	--%

*The % Daily Value 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: Imitation Crab Meat (Fish Protein (Alaska Pollock and/or Pacific Whiting), Water, Wheat Flour, Sugar, Soybean Oil, Natural and Artificial Flavor, Snow Crab Meat, Contains less than 2% of the following: Salt, Sorbitol, Rice Extract, Alcohol, Salt, Dextrose, Corn Syrup Solids), Maltose, Calcium Carbonate, Potato Starch, Disodium Inosinate, Disodium Guanylate, Hydrolyzed Corn/Soy/Wheat/Whey Protein, Autolyzed Yeast Extract, Monoglyceride, Egg White, Sodium Tripolyphosphate and/or Tetrasodium Pyrophosphate, color added (Carmine, Annatto)), Mayonnaise (Soybean Oil, Corn Syrup, Water, Egg Yolk, Egg, Vinegar, Salt, Spice, Lemon Juice Concentrate), Isolated Soy Protein, Eggs, Cottonseed and/or Soybean Oil, Red Bell Pepper, Onion, Dijon Mustard (Water, Mustard Seed, Vinegar, Salt, White Wine, Tartaric and Citric Acid, Pectin, Spices), Contains less than 2% of the following: Worcestershire Sauce (Vinegar, Molasses, Corn Syrup, Water, Salt, Caramel Color, Sugar, Spices, Anchovies, Natural Flavor, Tamarind), Spices, Vinegar, Salt, Garlic Powder, Corn Starch, Egg White Powder, Modified Food Starch, Carrageenan, Modified Cellulose/Locust Bean, Xanthan Gum, Guar Gum, Garnish (Kale).

CONTAINS: Milk, Wheat, Soy, Eggs, Fish, and Shellfish.



Creamy Chicken Pot Pie

Nutrition Facts	
Variable servings per container	
Serving size	8oz (227g)
Amount per serving	
Calories	560
	% Daily Value*
Total Fat 33g	42%
Saturated Fat 9g	45%
Trans Fat 8g	
Cholesterol 45mg	15%
Sodium 750mg	33%
Total Carbohydrate 49g	18%
Dietary Fiber 0g	0%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 18g	
Vitamin D 0mcg	0%
Calcium 55mg	4%
Iron 1mg	6%
Potassium 17mg	0%

*The % Daily Value 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.

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

INGREDIENTS: Pot Pie Filling(Milk, Water, Potatoes, Peas, Margarine (Liquid and Partially Hydrogenated Soybean Oil, Salt, Soy Lecithin, Vegetable Mono and Diglycerides, Sodium Benzoate, Citric Acid, Natural and Artificial Flavor, Beta Carotene, Vitamin A Palmitate), Carrots, Celery, Cream Sauce (Wheat Flour, Modified Food Starch, Natural Butter Flavor), Onions, Red Peppers, Mushrooms (Mushrooms, Ascorbic Acid, Calcium Disodium EDTA), Chicken Base (Chicken and Chicken Stock, Hydrolyzed Corn and Wheat Gluten, Soy, Corn), Proteins, Chicken Fat, Sugar, Maltodextrin, Dried Whey, Sodium Caseinate, Disodium Inosinate, Disodium Guanylate, Corn Oil, Yeast Extract, Extractives of Turmeric, Annatto, Black Pepper).Half and Half(Cream, Milk). Cream of Chicken Soup(Chicken Broth, Bleached Wheat Flour, Cooked Chicken Meat, Cream, Butter (Sweet Cream, Salt), Chicken Fat, Food Starch-Modified, Contains less than 2% of each of the following: Salt, Coconut Oil, Natural Flavoring, Hydrolyzed Corn Protein, Sugar, Maltodextrin, Hydrolyzed Wheat Gluten, Chicken Flavor (Soy Flour, Dried Chicken Meat Powder, Torula Yeast, Hydrolyzed Gelatin (for flavor)), Disodium Inosinate, Disodium Guanylate, Yeast Extract, Flavoring, Sodium Caseinate, Dipotassium Phosphate, Mono And Diglycerides, Beta Carotene)(No MSG added)). Fully-Cooked Diced White Chicken (White Chicken), Vegetable Round Pie Crust (Vegetable Shortening, Dextrose, Baking Soda). Vegetable Roll off Pie Shell (Vegetable Shortening, Dextrose, Baking Soda). Egg Shell (Grade AA Egg).

CONTAINS: Milk, Soy, Wheat, and Eggs.



Creamy Mac and Cheese

Nutrition Facts	
Variable servings per container	
Serving size	8oz (227g)
Amount per serving	
Calories	330
	% Daily Value*
Total Fat 15g	19%
Saturated Fat 8g	40%
<i>Trans Fat</i> 0g	
Cholesterol 45mg	15%
Sodium 1000mg	43%
Total Carbohydrate 37g	13%
Dietary Fiber --g	--%
Total Sugars 5g	
Includes --g Added Sugars	--%
Protein 12g	
Vitamin D --mcg	--%
Calcium 202mg	15%
Iron 1mg	6%
Potassium --mg	--%
*The % Daily Value 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.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Macaroni (Water, Enriched Wheat Semolina [Semolina, Egg Whites, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid]), Cheddar and American Cheeses (Pasteurized Milk, Cheese Culture, Salt, Enzymes), Butter (Cream, Salt), Liquid and Partially Hydrogenated Soybean Oil, Food Starch- Modified, Salt, Skim Milk, Whey, Milk Fat, Sodium Phosphate, Whey Protein Concentrate, Soy Lecithin, Mono and Diglycerides, Sodium Benzoate and Potassium Sorbate (Preservatives), Artificial Flavor, Vitamin A Palmitate, Artificial Color, Annatto (Color).

CONTAINS: Wheat, Egg, Milk, and Soy.



Creamy Polenta and Parmesan Cheese

Nutrition Facts	
about 6 servings per container	
Serving Size	150g
Amount per Serving	
Calories	180
	% Daily Value
Total Fat 8g	10%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 360mg	16%
Total Carbohydrate 21g	8%
Dietary Fiber 0g	0%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0µg	0%
Calcium 212mg	15%
Iron 0mg	0%
Potassium 185mg	4%
<small>*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.</small>	

INGREDIENTS: Semi Skimmed Milk, Water, Precooked Corn Meal, Cream, Parmesan Cheese (Milk, Salt, Rennet), Salt, White Pepper.

CONTAINS: Milk.



Creamy Risotto

Nutrition Facts	
about 6 servings per container	
Serving Size	150g
Amount per Serving	
Calories	260
	% Daily Value
Total Fat 11g	14%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 420mg	18%
Total Carbohydrate 32g	12%
Dietary Fiber 0g	0%
Total Sugars <1g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0µg	0%
Calcium 137mg	10%
Iron 0mg	0%
Potassium 56mg	0%
*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: Cooked Rice (Water, Rice), Cream, Water, Hard Cheese (Milk, Salt, Rennet, Lactic Starter), White Wine, Emmental Cheese (Milk, Salt, Lactic Starter, Rennet), Onions, Modified Starch, Butter, Salt, Extra Virgin Olive Oil, Milk Proteins, Thickeners (Xanthan Gum, Guar Gum), Dextrose (Wheat and/or Corn, and/or Potato), Natural Flavor (contains Milk), Onion Concentrates (Concentrated Onion Juice, Sunflower Oil), Pepper Extract.

CONTAINS: Milk.



Eggplant Rollantini

Nutrition Facts	
Variable servings per container	
Serving size	8oz (227g)
Amount per serving	
Calories	290
	% Daily Value*
Total Fat 15g	19%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 690mg	30%
Total Carbohydrate 31g	11%
Dietary Fiber --g	--%
Total Sugars 5g	
Includes --g Added Sugars	--%
Protein 11g	
Vitamin D --mcg	--%
Calcium 200mg	15%
Iron 1mg	6%
Potassium 213mg	4%
<small>*The % Daily Value 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.</small>	

INGREDIENTS: Eggplant, Mozzarella Cheese(Pasteurized Whole Milk, Cheese Culture, Salt, Enzymes, Calcium), Ricotta(Pasteurized Whole Milk, Starter Culture, Salt), Bread Crumbs,(Bleached Malted Flour, Niacin, Iron, Potassium Bromate, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Yeast, Salt, Sugar), Flour (Bleached Malted Wheat Flour, Niacin, Iron, Potassium Bromate, Thiamine Mononitrate, Riboflavin, Folic Acid), Sundried Tomatoes, Canola Oil, Salt, Spices.

CONTAINS: Wheat and Milk.



Fiesta Pie

Nutrition Facts	
Variable servings per container	
Serving size	7 oz (198g)
Amount per serving	
Calories	300
	% Daily Value*
Total Fat 21g	27%
Saturated Fat 10g	50%
<i>Trans</i> Fat 0g	
Cholesterol 50mg	17%
Sodium 830mg	36%
Total Carbohydrate 16g	6%
Dietary Fiber 0g	0%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 229mg	20%
Iron 1mg	6%
Potassium 98mg	2%
<small>*The % Daily Value 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.</small>	

INGREDIENTS: Refried Beans (Water, Pinto Beans, Lard, Salt), Guacamole (Hass Avocado, Tomato, Onion, Jalapeno Pepper, Garlic, Sea Salt, Serrano Pepper Cilantro, Spices), Salsa (Diced Tomatoes, Water, Jalapeno Peppers, Tomato Paste, Onions, Distilled Vinegar, Dehydrated Onions, Salt, Dehydrated Garlic, Natural Flavor), Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Powdered Cellulose (added to prevent caking), and Artificial Color).

CONTAINS: Milk and Eggs.



Fried Cod with Tartar Sauce, Potatoes, and Coleslaw

Nutrition Facts	
Variable servings per container	
Serving size	5oz (142g)
Amount per serving	
Calories	270
	% Daily Value*
Total Fat 16g	21%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 460mg	20%
Total Carbohydrate 22g	8%
Dietary Fiber 0g	0%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 1mcg	6%
Calcium 18mg	2%
Iron 1mg	6%
Potassium 304mg	6%

*The % Daily Value 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: Coleslaw (Coleslaw Mix (Cabbage, Carrots), Dressing (Salad Dressing (Water, Soybean Oil, High Fructose Corn Syrup, Vinegar, Modified Food Starch, Egg Yolk, Salt, Natural Flavor, Garlic, Paprika, Calcium Disodium EDTA (To Protect Flavor), Lemon Juice), Sugar, Salt, Onions, Stabilizer (Xanthan Gum, Maltodextrin)). Cod(Bleached Wheat Flour, Water, Beer (Water, Malted Barley, High Maltose Syrup, Hops, Caramel), Yellow Corn Flour, Modified Food Starch, Salt, Natural Flavor, White Corn Flour Leavening (Sodium Aluminum Phosphate, Sodium Bicarbonate), Spices, Sugar. (fried in a blend of Cottonseed, Canola and Soybean Oil)), Tartar Sauce (Soybean Oil, Water, Sweet Relish (Cured Cucumber, High Fructose Corn Syrup, Distilled Vinegar, Salt, Onion, Red Bell Pepper, Xanthan Gum, Sodium Benzoate and Potassium Sorbate (preservative), Natural Flavor, Polysorbate 80, Extractive of Turmeric), High Fructose Corn Syrup, Distilled Vinegar, Food Starch-Modified, Egg Yolks, Salt, Contains less than 2% of: Spices, Lemon Juice Concentrate, Onion, Calcium Disodium EDTA (added to protect flavor)). Tartar Sauce(Soybean Oil, High Fructose Corn Syrup, Water, Distilled and Cider Vinegar, Pickle Relish (Pickles, Distilled Vinegar, Salt, Xanthan Gum, Sodium Benzoate, Alum, Natural Spice Flavors), Egg Yolk, Modified Food Starch, Salt, Onion, Xanthan Gum, Caramel Color, Sodium Benzoate (preservative), Oleoresin Turmeric, Calcium Disodium EDTA (added to protect flavor)). Potato Wedges(Potatoes, Partially Hydrogenated Vegetable Oil(Soybean and/or Cottonseed Oil) and/or Vegetable Oil (Canola, Soybean, and/or Sunflower Oils), Enriched Bleached Flour(Wheat Flour(Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Salt, Food Starch-Modified, Rice Flour, Dextrin, Cornstarch, Spices, Onion Powder, Garlic Powder, Leavening(Sodium Acid Pyrophosphate, Sodium Bicarbonate) Canola or Soybean Oil, Color (Oleoresin Paprika, Oleoresin Turmeric) Guar Gum, Natural Flavors, Dextrose, Disodium Dihydrogen Pyrophosphate(to maintain natural color)).

CONTAINS: Eggs, Wheat, and Soy.



Garlic Mashed Potatoes

Nutrition Facts	
About 17 servings per container	
Serving size	1/2 cup (135g)
Amount per serving	
Calories	140
	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 450mg	20%
Total Carbohydrate 21g	8%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 21mg	2%
Iron 1mg	6%
Potassium 460mg	10%
<small>*The % Daily Value 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.</small>	

INGREDIENTS: Red Potatoes, Milk, Butter (Cream, Salt), Margarine (Soybean Oil, Water, Salt, Whey, Hydrogenated Cottonseed Oil, Mono and Diglycerides, Soy Lecithin, Sodium Benzoate (added as a preservative), Citric Acid, Artificial Flavor, Vitamin A Palmitate), Salt, Monoglycerides, Water, Garlic, Phosphoric Acid (added as a preservative), Soybean Oil, Xanthan Gum, Maltodextrin, Black Pepper.

CONTAINS: Milk and Soy.



Garlic Parmesan Boneless Wings

Nutrition Facts	
Variable servings per container	
Serving size	3oz (85g)
Amount per serving	
Calories	210
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 360mg	16%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 13g	
Vitamin D 0mcg	0%
Calcium 7mg	0%
Iron 0mg	0%
Potassium 127mg	2%
*The % Daily Value 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.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Chicken Wing (Chicken Breast with Rib Meat containing up to 20% of a solution of Water, Salt, and Sodium Phosphates), Breading (Wheat Flour, Water, Salt, Spices, Wheat Gluten, Egg White Solids, Dried Whey, Leavening (Sodium Bicarbonate, Sodium Acid Pyrophosphate, Sodium Aluminum Phosphate, Monocalcium Phosphate), Dextrose, Onion Powder and Paprika), Breading set in (Vegetable Oil), Parmesan Garlic Sauce(Soybean Oil, Filtered Water, Distilled Vinegar, Parmesan Cheese (Pasteurized Cow’s Milk, Cheese Culture, Salt, and Enzymes), High Fructose Corn Syrup, Salt, Contains less than 2% Egg Yolk, Garlic, Spices, Food Starch-Modified, Natural Flavors, Citric Acid, Phosphoric Acid, Sesame Oil, Dehydrated Onion and Parsley, Lemon Juice Concentrate, Basil, Caramel Color, Xanthan Gum and Propylene Glycol Alginate (thickening agent), Potassium Sorbate, Sodium Benzoate and Calcium Disodium EDTA (added to protect flavor)).

CONTAINS: Wheat, Milk, and Eggs.



General Tso Chicken

Nutrition Facts	
Variable servings per container	
Serving size	3 oz (85g)
Amount per serving	
Calories	140
	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 20mg	7%
Sodium 380mg	17%
Total Carbohydrate 20g	7%
Dietary Fiber --g	--%
Total Sugars 10g	
Includes --g Added Sugars	--%
Protein 8g	
Vitamin D --mcg	--%
Calcium 0mg	0%
Iron 0mg	0%
Potassium --mg	--%

*The % Daily Value 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: Chicken Breast Meat, Water, Salt, Sodium Phosphate. Battered With: Enriched Wheat Flour (Bleached Wheat Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Enzyme), Corn Starch. Battered With: Water, Corn Starch, Bleached And Enriched Wheat Flour (Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Modified Potato Starch, Rice Flour, Dextrin, Salt, Nonfat Dry Milk, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Monocalcium Phosphate), Egg White Powder, Egg Yolk Powder, Silicon Dioxide, Xanthan Gum, Cooked In Vegetable Oil. Asian BBQ Sauce: Sucrose, Water, Soy Sauce (Water, Wheat, Soybeans, Salt, Lactic Acid, Sodium Benzoate)), Modified Food Starch, Rice, Salt, Dextrose, Spices, Sesame Seeds, Corn Syrup, Soybean Oil, Red Chili Peppers, Corn Syrup Solids, Garlic, Dehydrated Garlic, Garlic Juice, Lactic Acid, Caramel Color, Xanthan Gum, Chicken Flavor (Salt, Hydrolyzed Corn Gluten, Wheat Gluten, Soy Protein, Sugar, Chicken Fat, Cornstarch, Partially Hydrogenated Cottonseed Oil, Tapioca, Maltodextrin, Dehydrated Onion, Autolyzed Yeast Extract, Disodium Inosinate, Disodium Guanylate, Turmeric, Thiamine Hydrochloride And Lactic Acid), Natural Flavor, Vinegar, Sodium Benzoate, Disodium Inosinate And Disodium Guanylate, Phosphoric Acid, Citric Acid. Garnish: Sesame Seeds, Chili Peppers.

CONTAINS: Wheat, Egg, Milk, and Soy.



German Potato Salad

Nutrition Facts	
Variable servings per container	
Serving size	5oz (142g)
Amount per serving	
Calories	340
	% Daily Value*
Total Fat 27g	35%
Saturated Fat 3.5g	18%
<i>Trans</i> Fat 0g	
Cholesterol 30mg	10%
Sodium 440mg	19%
Total Carbohydrate 20g	7%
Dietary Fiber --g	--%
Total Sugars 1g	
Includes --g Added Sugars	--%
Protein 3g	
Vitamin D --mcg	--%
Calcium 0mg	0%
Iron 1mg	6%
Potassium --mg	--%
<small>*The % Daily Value 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.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

INGREDIENTS: Potatoes, Hot Bacon Dressing (Water, Corn Syrup, High Fructose Corn Syrup, Distilled Vinegar, Soybean Oil, Sugar, Food Starch-Modified, Hydrolyzed Soy Protein, Contains Less Than 2% Of Bacon Bits (Bacon, Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Hickory Smoke Flavoring), Salt, Onion, Natural Bacon Flavor, Spice, Xanthan Gum, Sodium Benzoate (added as a preservative), Hydrolyzed Vegetable Protein, Caramel Color, Paprika, Garlic), Celery, Onion, Bacon (Bacon cured with Water, Salt, Sugar, Sodium Erythorbate, Sodium Nitrite, Dextrose, Flavoring, Honey, Dehydrated Pork Broth, Potassium Chloride, Potassium Lactate, Smoke Flavoring, Sodium Diacetate, Sodium Phosphate).

CONTAINS: Soy.



Glazed Carrots

Nutrition Facts	
Variable servings per container	
Serving size	4.5 oz (128g)
Amount per serving	
Calories	140
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 290mg	13%
Total Carbohydrate 15g	5%
Dietary Fiber --g	--%
Total Sugars 13g	
Includes --g Added Sugars	--%
Protein 1g	
Vitamin D --mcg	--%
Calcium 24mg	2%
Iron 0mg	0%
Potassium --mg	--%

*The % Daily Value 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: Carrots, Brown Sugar, Molasses, Lemon Juice, Butter Blend (Palm and Palm Kernel Oil, Soybean Oil, Water, Butter (Cream Salt), Contains less than 2% of Salt, Non-Fat Milk Solids, Sodium Benzoate (added as a preservative), Soy Lecithin, Artificial Flavor, Vitamin A Palmitate added, Beta Carotene (added for color)).

CONTAINS: Soy and Milk.



Goulash

Nutrition Facts	
Variable servings per container	
Serving size	8 oz (227g)
Amount per serving	
Calories	290
	% Daily Value*
Total Fat 11g	14%
Saturated Fat 2.5g	13%
<i>Trans</i> Fat 0g	
Cholesterol 30mg	10%
Sodium 490mg	21%
Total Carbohydrate 33g	12%
Dietary Fiber 0g	0%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 16g	
Vitamin D 0mcg	0%
Calcium 49mg	4%
Iron 3mg	15%
Potassium 527mg	10%
<small>*The % Daily Value 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.</small>	

INGREDIENTS: Ground Beef, Rotini(Enriched Durum Flour(Durum Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Egg Whites) Aldente Sauce (Tomato Puree [Water, Tomato Paste] Diced Tomatoes, High Fructose Corn Syrup, Soybean Oil, Salt, Dried Garlic, Dried Onion, Citric Acid, Dried Parsley, Spices) Onion, Green Pepper, Black Pepper, Garlic Salt

CONTAINS: Eggs, Soy, and Wheat.



Goulash with Gluten Free Pasta

Nutrition Facts	
Variable servings per container	
Serving size	8 oz (227g)
Amount per serving	
Calories	280
	% Daily Value*
Total Fat 11g	14%
Saturated Fat 2.5g	13%
<i>Trans</i> Fat 0g	
Cholesterol 30mg	10%
Sodium 490mg	21%
Total Carbohydrate 33g	12%
Dietary Fiber 0g	0%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 14g	
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 2mg	10%
Potassium 543mg	10%
<small>*The % Daily Value 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.</small>	

INGREDIENTS: Ground Beef, Gluten Free Pasta (Brown Rice Flour, Water, Potato Starch, Tapioca Starch, Whole Egg, Salt, Xanthan Gum), Aldente Sauce (Tomato Puree [Water, Tomato Paste] Diced Tomatoes, High Fructose Corn Syrup, Soybean Oil, Salt, Dried Garlic, Dried Onion, Citric Acid, Dried Parsley, Spices) Onion, Green Pepper, Black Pepper, Garlic Salt

CONTAINS: Eggs and Soy.



Green Bean Amandine

Nutrition Facts	
Variable servings per container	
Serving size	4.5oz (128g)
Amount per serving	
Calories	150
	% Daily Value*
Total Fat 12g	15%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 340mg	15%
Total Carbohydrate 10g	4%
Dietary Fiber 4g	14%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 69mg	6%
Iron 1mg	6%
Potassium 301mg	6%
<small>*The % Daily Value 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.</small>	

INGREDIENTS: Green Beans, Almonds, Butter (Cream, Salt), Lemon Juice, Garlic Salt, Black Pepper.

CONTAINS: Tree Nuts and Milk.



Green Bean Casserole

Nutrition Facts	
Variable servings per container	
Serving size	8 oz (227g)
Amount per serving	
Calories	200
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 2.5g	13%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 930mg	40%
Total Carbohydrate 23g	8%
Dietary Fiber --g	--%
Total Sugars 7g	
Includes --g Added Sugars	--%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 168mg	15%
Iron 2mg	10%
Potassium 193mg	4%
*The % Daily Value 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: Green Beans, Cream of Mushroom Soup (Water, Mushrooms, Cream, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Food Starch-Modified, Corn Oil, Salt, Partially Hydrogenated Soybean Oil, Flavor [Natural Flavors (Contains Canola Oil), Nonfat Dry Milk, Autolyzed Yeast Extract, Hydrolyzed Corn Gluten, Hydrolyzed Soy Protein, Salt, Cultured Whey, Disodium Inosinate And Disodium Guanlyate, Lecithin], Hydrolyzed Wheat Gluten, Sugar, Maltodextrin, Onion Powder, Disodium Inosinate, Disodium Guanylate, Natural Flavoring), Cream of Celery Soup (Water, Celery, Cream, Food Starch- Modified, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt, Onion Powder, Flavor (Autolyzed Yeast Extract, Salt, Maltodextrin, Lactic Acid Powder, Flavor, Disodium Inosinate, Disodium Guanylate), Disodium Inosinate, Disodium Guanylate, Natural Flavorings), Milk, Crispy Onions (Onions, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sunflower, Safflower and/or Canola Oil, Salt).

CONTAINS: Milk, Soy, and Wheat.



Grilled Chicken Breast

Nutrition Facts	
Variable servings per container	
Serving size	4oz (113g)
Amount per serving	
Calories	160
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 530mg	23%
Total Carbohydrate 1g	0%
Dietary Fiber --g	--%
Total Sugars 0g	
Includes --g Added Sugars	--%
Protein 20g	
Vitamin D --mcg	--%
Calcium 20mg	2%
Iron 1mg	6%
Potassium --mg	--%
<small>*The % Daily Value 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.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

INGREDIENTS: Chicken Breast, Water, Soy Protein, Sodium Lactate, Salt, Carrageenan, Modified Corn Starch.

CONTAINS: Soy.



Grilled Lemon Chicken

Nutrition Facts	
Variable servings per container	
Serving size	4oz (113g)
Amount per serving	
Calories	120
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 800mg	35%
Total Carbohydrate 4g	1%
Dietary Fiber --g	--%
Total Sugars 3g	
Includes --g Added Sugars	--%
Protein 19g	
Vitamin D --mcg	--%
Calcium 16mg	2%
Iron 1mg	6%
Potassium --mg	--%

*The % Daily Value 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: Chicken(Boneless Chicken Breast, Water, Contains 2% or less of the following: Soy Protein Concentrate, Sodium Lactate, Salt, Modified Corn Starch, Carrageenan, Sodium Phosphate), Lemon Sauce [Water, Pineapple Juice(Pineapple Juice, Water, Pineapple Juice Concentrate, Ascorbic Acid(Vitamin C), Vitamin E, Vitamin A), Corn Syrup(Light Corn Syrup, Water, High Fructose Corn Syrup, Salt, Vanilla), Dextrose, Lemon Seasoning[Citric Acid, Lemon Powder (Maltodextrin, Lemon Puree, Lemon Juice, Citric Acid, Sugar), Fructose, Dextrose, Vegetable Shortening Powder, Partially Hydrogenated Coconut Oil, Corn Syrup Solids, Modified Corn Starch, Mono and Diglycerides, Natural Flavor, Yellow # 5 and # 6], Lime Juice (Water, Lime Juice Concentrate), Sugar, Salt, Soybean Oil, Chicken Flavor(Dextrose, Corn Syrup, Salt, Vegetable Oil, Vegetable Shortening, Dehydrated Vegetables, Hydrolyzed Vegetable Protein, Spice, Turmeric), Fructose, Modified Corn Starch, Onion Powder, Spice].

CONTAINS: Soy.



Grilled Mahi Mahi, Wild Rice, Asparagus

Nutrition Facts	
Variable servings per container	
Serving size	4oz (113g)
Amount per serving	
Calories	170
	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 450mg	20%
Total Carbohydrate 27g	10%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 31mg	2%
Iron 3mg	15%
Potassium 223mg	4%
*The % Daily Value 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: Mahi Mahi (Mahi Mahi, Water, Contains 2% or less of: Salt, Sugar, Sodium Phosphates, Maltodextrin, Dehydrated Garlic, Dehydrated Onion, Spices, Xanthan Gum, Paprika, Natural Flavor, Spice Extractive), Wild Rice (Enriched Parboiled Rice (Long Grain Rice, Iron (Ferric Orthophosphate), Niacin, Thiamin (Thiamin Mononitrate), Folate (Folic Acid)), Seasoning Blend (Hydrolyzed Corn/Soy/Wheat Protein, Onion, Parsley, Sugar, Autolyzed Yeast Extract, Spinach, Garlic Powder, Salt, Spices, Torula Yeast, Celery, Onion Powder, Hydrolyzed Yeast Protein, Natural Smoke Flavor, Natural Flavors, Tomato, Carrot, Turmeric (added for color), Paprika (added for color)), Orzo (Whole Durum Wheat Semolina), Water, Cream, Palm Oil, Canola Oil, Butter (Cream, Natural Flavor), Modified Food Starch, Nonfat Dry Milk, Contains 2% or less of the following: Lemon Juice, Salt, Chicken Fat, Maltodextrin, Sugar, DATEM, Mono and Diglycerides, Citric Acid, Onion Powder, Spice, Disodium Inosinate, Disodium Guanylate, Turmeric (added for color), Beta Carotene (added for color), Annatto Extract (added for color), Natural and Artificial Flavors), Roasted Asparagus (Asparagus, Refined Olive Pomace Oil, Virgin Olive Oil, Kosher Salt, Pepper), Garnish (Fresh Lemon, Parsley).

CONTAINS: Fish, Wheat, Milk, and Soy.



Grilled Salmon

Nutrition Facts	
Variable servings per container	
Serving size	5oz (142g)
Amount per serving	
Calories	150
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 80mg	27%
Sodium 280mg	12%
Total Carbohydrate 1g	0%
Dietary Fiber --g	--%
Total Sugars 0g	
Includes --g Added Sugars	--%
Protein 26g	
Vitamin D --mcg	--%
Calcium 50mg	4%
Iron 1mg	6%
Potassium --mg	--%
<small>*The % Daily Value 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.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

INGREDIENTS: Salmon, Water, Contains 2% or less of: Salt, Sugar, Sodium Phosphates, Maltodextrin, Dehydrated Garlic, Dehydrated Onion, Spices, Xanthan Gum, Paprika, Spice Extractives, Modified Tapioca Starch, Ground Mustard, Natural Flavor.

CONTAINS: Fish.



Grilled Teriyaki Chicken

Nutrition Facts	
Variable servings per container	
Serving size	5oz (142g)
Amount per serving	
Calories	80
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 700mg	30%
Total Carbohydrate 12g	4%
Dietary Fiber --g	--%
Total Sugars 8g	
Includes --g Added Sugars	--%
Protein 8g	
Vitamin D --mcg	--%
Calcium 17mg	2%
Iron 1mg	6%
Potassium --mg	--%
<small>*The % Daily Value 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.</small>	

INGREDIENTS: Chicken Breast, Marinade(Sugar, Salt Hydrolyzed Protein From Soy and Milk, Soy Sauce Powder, (Fermented Soy Beans, Wheat, Salt,) Sodium Phosphate 5%, Onion and Garlic Powder, Caramel Powder, Spices, Flavorings, Orange and Sherry Wine, Autolyzed Yeast, Spice Extractives and 2% Tricalcium Phosphate (added as an anticaking agent)), Pineapple, Red Peppers.

CONTAINS: Wheat, Soy, and Milk.



Grilled Turkey Patty

Nutrition Facts	
Variable servings per container	
Serving size	4oz (113g)
Amount per serving	
Calories	180
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 2g	10%
<i>Trans</i> Fat 0g	
Cholesterol 75mg	25%
Sodium 560mg	24%
Total Carbohydrate 6g	2%
Dietary Fiber --g	--%
Total Sugars 2g	
Includes --g Added Sugars	--%
Protein 20g	
Vitamin D --mcg	--%
Calcium 48mg	4%
Iron 2mg	10%
Potassium --mg	--%
<small>*The % Daily Value 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.</small>	

INGREDIENTS: Turkey, Bread Crumbs (Enriched Wheat Flour (Bleached, Malted, Barley Flour, Niacin, Iron, Potassium Bromate, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Yeast, Sugar, Salt), Soy Protein, Onion, Sodium Lactate, Spices, Salt.

CONTAINS: Soy and Wheat.



Gyro Meat

Nutrition Facts	
Variable servings per container	
Serving size	5 oz (142g)
Amount per serving	
Calories	500
	% Daily Value*
Total Fat 40g	51%
Saturated Fat 16g	80%
<i>Trans Fat</i> 0g	
Cholesterol 90mg	30%
Sodium 1070mg	47%
Total Carbohydrate 10g	4%
Dietary Fiber --g	--%
Total Sugars 0g	
Includes --g Added Sugars	--%
Protein 21g	
Vitamin D --mcg	--%
Calcium 50mg	4%
Iron 2mg	10%
Potassium --mg	--%

*The % Daily Value 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: Beef, Water, Bread Crumbs [Enriched Wheat Flour (Wheat Flour, Barley Malt, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt, Yeast, contains 2% or less of the following: Sugar, Calcium Propionate (a preservative)], Lamb, Contains 2% or Less of: Vegetable Protein Product [Soy Protein Concentrate, Zinc oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), and Cyanocobalamin (B12)], Onions, Spices, Salt, Monosodium Glutamate, Dehydrated Garlic, Lemon Juice Concentrate, Maltodextrin.

CONTAINS: Wheat and Soy.



Hamburger Hot Dish

Nutrition Facts	
Variable servings per container	
Serving size	8oz (227g)
Amount per serving	
Calories	340
	% Daily Value*
Total Fat 17g	22%
Saturated Fat 7g	35%
<i>Trans</i> Fat 0g	
Cholesterol 90mg	30%
Sodium 550mg	24%
Total Carbohydrate 22g	8%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 22g	
Vitamin D 0mcg	0%
Calcium 32mg	2%
Iron 3mg	15%
Potassium 244mg	6%

*The % Daily Value 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: Hamburger, Egg Noodles(Durum Flour, Egg Yolks, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid), Cream Of Mushroom Soup(Water, Mushrooms, Whipping Cream, Enriched Wheat Flour(Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Food Starch-Modified, Corn Oil, Salt, Partially Hydrogenated Soybean Oil Flavor (Dehydreted Mushrooms, Nonfat Dry Milk, Autolyzed Yeast Extract, Hydrolyzed Soy Protein, Salt, Cultured Whey, Lecithin), Hydrolyzed Wheat Gluten, Sugar, Maltodextrin, Onion Powder, Disodium Inosinate, Disodium Guanylate, Natural Flavoring), Cream Of Chicken(Chicken Broth, Bleached Wheat Flour, Cooked Chicken Meat, Cream, Butter (Sweet Cream, Salt), Chicken Fat, Food Starch-Modified, and less than 2% of each of the following: Salt, Coconut Oil, Natural Flavoring, Hydrolyzed Corn Protein, Sugar, Maltodextrin, Hydrolyzed Wheat Gluten, Chicken Flavor [Soy Flour, Dried Chicken Meat Powder, Torula Yeast, Hydrolyzed Gelatin (added for flavor)], Disodium Inosinate, Disodium Guanylate, Yeast Extract, Flavoring, Sodium Caseinate, Dipotassium Phosphate, Mono and Diglycerides, Beta Carotene.).

CONTAINS: Soy, Milk, and Wheat.



Honey Dijon Boneless Wings

Nutrition Facts	
Variable servings per container	
Serving size	3oz (85g)
Amount per serving	
Calories	200
	% Daily Value*
Total Fat 11g	14%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Polyunsaturated Fat 2.5g	
Monounsaturated Fat 5g	
Cholesterol 20mg	7%
Sodium 810mg	35%
Total Carbohydrate 16g	6%
Dietary Fiber --g	--%
Total Sugars 5g	
Includes --g Added Sugars	--%
Protein 9g	
Vitamin D --mcg	--%
Calcium 0mg	0%
Iron 0mg	0%
Potassium --mg	--%
*The % Daily Value 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: Chicken Wing (Chicken Breast with Rib Meat containing up to 20% of a solution of Water, Salt, and Sodium Phosphates), Breading (Wheat Flour, Water, Salt, Spices, Wheat Gluten, Egg White Solids, Dried Whey, Leavening (Sodium Bicarbonate, Sodium Acid Pyrophosphate, Sodium Aluminum Phosphate, Monocalcium Phosphate), Dextrose, Onion Powder and Paprika), Breading set in (Vegetable Oil), Dijon Mustard(Water, Mustard Seed, Vinegar, Salt, White Wine, Citric Acid, Tartaric Acid, Spices), Sugar, High Fructose Corn Syrup, Corn Syrup, Tomato Paste, Distilled Vinegar, Honey, Molasses, Salt, Fructose, Modified Corn Starch, Soybean Oil, Mustard Seed, Poppy Seed, Soy Sauce Powder(Soy Sauce (Fermented Soybeans, Wheat, Salt), Dextrin), Xanthan Gum, Sodium Benzoate, Garlic Powder, Spices, Onion Powder, Extractives of Turmeric, Caramel Color and Paprika.

CONTAINS: Wheat, Soy, and Eggs.



Hot Buffalo Boneless Wings

Nutrition Facts	
Variable servings per container	
Serving size	3oz (85g)
Amount per serving	
Calories	140
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 500mg	22%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 7mg	0%
Iron 0mg	0%
Potassium 155mg	4%

*The % Daily Value 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.

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

INGREDIENTS: Chicken Wing (Chicken Breast with Rib Meat containing up to 20% of a solution of Water, Salt, and Sodium Phosphates), Breading (Wheat Flour, Water, Salt, Spices, Wheat Gluten, Egg White Solids, Dried Whey, Leavening (Sodium Bicarbonate, Sodium Acid Pyrophosphate, Sodium Aluminum Phosphate, Monocalcium Phosphate), Dextrose, Onion Powder and Paprika), Breading set in (Vegetable Oil), Hot Buffalo Sauce (Aged Cayenne Red Peppers, Vinegar, Salt, Natural Flavor and Garlic).

CONTAINS: Wheat and Eggs.



Italian Stromboli

Nutrition Facts	
Variable servings per container	
Serving size	8oz (227g)
Amount per serving	
Calories	540
% Daily Value*	
Total Fat 29g	37%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 1700mg	74%
Total Carbohydrate 41g	15%
Dietary Fiber 0g	0%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 29g	
Vitamin D 0mcg	0%
Calcium 274mg	20%
Iron 3mg	15%
Potassium 172mg	4%

*The % Daily Value 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.

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

INGREDIENTS: Pizza Dough (Enriched Unbleached Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron as Ferrous Sulfate, Thiamine Mononitrate, Enzyme, Riboflavin, Folic Acid), Water, Yeast, High Fructose Corn Syrup, Contains less than 2% of: Salt, Soybean Oil, Wheat Gluten, Ascorbic Acid, Enzyme), Pasta Sauce (Vine-Ripened Tomatoes, Sauteed and Caramelized Onions in a blend of Extra Virgin Olive Oil and Sunflower Oil, Carrot Puree, Garlic Puree, Salt, Sugar, Basil, Seasonings, Citric Acid), Ham (Ham cured with: Water, Honey, Contains 2% Or Less Of: Salt, Potassium Lactate, Sugar, Sodium Phosphates, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite), Mozzarella Cheese (Pasteurized Part-Skim Milk, Cheese Culture, Salt, Enzymes, Powdered Cellulose And Dextrose Added To Prevent Caking), Hard Salami (Pork, Beef, Salt, Dextrose, Spices, Lactic Acid Starter Culture, Sodium Ascorbate, Natural Smoke Flavor, Flavoring, Sodium Nitrite, BHA, BHT, Citric Acid), Pepperoni (Pork and Beef, Salt, Spices, Dextrose, Lactic Acid Starter Culture, Oleoresin Of Paprika, Flavorings, Sodium Ascorbate, Sodium Nitrite, BHA, BHT, Citric Acid). May be brushed with Olive Oil, Egg Whites, Liquid Butter (Liquid And Hydrogenated Soybean Oil, Salt, Soy Lecithin, Natural & Artificial Flavor, Beta Carotene (Color), TBHQ and Citric Acid Added To Protect Flavor, Dimethylpolysiloxane, An Anti-Foaming Agent Added), and/or Karo Syrup (Corn Syrup, Salt, Vanilla).

CONTAINS: Wheat, Milk, Egg, and Soy.



Korean Style BBQ Chicken

Nutrition Facts	
Variable servings per container	
Serving size	3oz (85g)
Amount per serving	
Calories	130
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 640mg	28%
Total Carbohydrate 7g	3%
Dietary Fiber 0g	0%
Total Sugars 6g	
Includes --g Added Sugars	--%
Protein 19g	
Vitamin D --mcg	--%
Calcium 16mg	2%
Iron 1mg	6%
Potassium --mg	--%
*The % Daily Value 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: Grilled White Meat Chicken Breast (Chicken Breast Meat, Water, Rice Starch, Salt, Sodium Bicarbonate, Black Pepper. Korean Style BBQ Sauce (Water, Sugar, Low Sodium Soy Sauce (Water, Wheat, Soybeans, Salt, Alcohol (added to retain freshness), Vinegar, and Lactic Acid), Dextrose, Miso Paste (Water, Soybeans, Rice, Sea Salt, Alcohol), Brown Sugar, Red Chili Pepper, Garlic Puree (Garlic, Citric Acid), Distilled Vinegar, Apple Paste, Modified Corn Starch, Ginger Puree (Ginger, Water, Citric Acid), Sesame Oil, Yeast Extract, Cooking Wine (Water, Rice, Alcohol, Salt), Spices, and Cultured Dextrose).

CONTAINS: Wheat and Soy.



Lemon and Herb Rotisserie Style Chicken

Nutrition Facts	
Variable servings per container	
Serving size	4 oz (85g)
Amount per serving	
Calories	150
	% Daily Value*
Total Fat 10g	13%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 810mg	35%
Total Carbohydrate 0g	0%
Dietary Fiber --g	--%
Total Sugars 0g	
Includes --g Added Sugars	--%
Protein 13g	
Vitamin D --mcg	--%
Calcium 0mg	0%
Iron 1mg	6%
Potassium --mg	--%

*The % Daily Value 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: Chicken (Chicken with up to 17% of a Solution of Water, Salt, Sodium Phosphates), Seasoning (Salt, Citric Acid, Onion, Sugar, Spices (Including Oregano and Basil), Corn Maltodextrin, Torula Yeast, Sherry Wine Solids and other Natural Flavors, FD&C Yellow No. 5 Lake, Lemon Juice Solids, Natural and Artificial Flavors, Maltol (added to enhance flavor), and Lemon Oil).

CONTAINS: Wheat, Milk, Soy, and Eggs.



Loaded Mashed Potatoes

Nutrition Facts	
Variable servings per container	
Serving size	3oz (85g)
Amount per serving	
Calories	100
	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 320mg	14%
Total Carbohydrate 14g	5%
Dietary Fiber --g	--%
Total Sugars 2g	
Includes --g Added Sugars	--%
Protein 3g	
Vitamin D --mcg	--%
Calcium 23mg	2%
Iron 0mg	0%
Potassium --mg	--%
*The % Daily Value 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, Butter Margarine Blend (Milk, Butter [Cream, Salt], Margarine [Liquid and Partially Hydrogenated Soybean Oil, Water, Salt, Whey, Soybean Lecithin, Vegetable Mono & Diglycerides, Sodium Benzoate (as a preservative), Artificial Flavor, Vitamin A Palmitate Added], Salt, Mono & Diglycerides), Sour Cream (Cultured Grade A Milk, Cream, Skim Milk, Modified Corn Starch, Guar Gum, Sodium Citrate, Carrageenan, Locust Bean Gum, Potassium Sorbate [to preserve freshness], Natural Flavoring), Water, Bacon (Bacon [Cured With Water, Salt, Sugar, Sodium Tripoly Phosphate, Sodium Ascorbate, Sodium Nitrite], Hickory Smoke Flavor), Monterey Jack Cheese Flavor (Dehydrated Monterey Jack Cheese [Pasteurized Milk, Cheese Culture, Salt, Enzymes], Whey, Buttermilk Solids, Salt, Sodium Phosphate, Lactic Acid), Onion Powder, Sun Dried Tomatoes (Sun Dried Tomatoes, Sulfur Dioxide [color retention]), Salt, Potassium Sorbate (preservative), Sun Dried Tomato Powder (Sun Dried Tomatoes, Sulfur Dioxide [color retention]), Chives, Red Pepper, Sodium Acid Pyrophosphate (for color retention)

CONTAINS: Soy and Milk.



Marinara Cheese Ravioli with Gluten Free Pasta

Nutrition Facts	
Variable servings per container	
Serving size	8oz (227g)
Amount per serving	
Calories	320
	% Daily Value*
Total Fat 13g	17%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 120mg	40%
Sodium 880mg	38%
Total Carbohydrate 31g	11%
Dietary Fiber 0g	0%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 264mg	20%
Iron 1mg	6%
Potassium 29mg	0%
*The % Daily Value 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.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Cheese Ravioli(Cooked Pasta(Gluten Free Flour [Maize Starch, Rice Flour, Potato Starch, Skim Milk Powder, Milk Protein, Guar Gum, Dextrose, Hydroxypropylmethyl Cellulose], Water, Dried Whole Eggs), Ricotta Cheese(Whey, Whole Milk, Cream, Vinegar, Salt, Carrageenan, Xanthan Gum, Locust Bean Gum, Guar Gum), Water, Modified Corn Starch, Salt, Romano Cheese(Pasteurized Sheep’s and/or Cow’s Milk, Rennet, Salt, Cheese Cultures, Enzymes), Dried Whole Eggs, Black Pepper, Parsley), Marinara Sauce(Tomato Puree (Water, Tomato Paste), Diced Tomatoes, High Fructose Corn Syrup, Soybean Oil, Salt, Dried Garlic, Sea Salt, Dried Onion, Citric Acid, Dried Parsley, Spices), Mozzarella Cheese(Pasteurized Part-Skim Milk, Cheese Culture, Salt, Enzymes, Powdered Cellulose and Dextrose (added to prevent caking)), Parsley.

CONTAINS: Eggs, Milk, and Soy.



Marinara Tortellini

Nutrition Facts	
Variable servings per container	
Serving size	8oz (227g)
Amount per serving	
Calories	390
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 770mg	33%
Total Carbohydrate 55g	20%
Dietary Fiber --g	--%
Total Sugars 6g	
Includes --g Added Sugars	--%
Protein 17g	
Vitamin D --mcg	--%
Calcium 272mg	20%
Iron 3mg	15%
Potassium 171mg	4%

*The % Daily Value 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: Tortellini (Dough Mixture (Enriched Durum Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Dried Whole Eggs, Turmeric, Filling: Ricotta Cheese (Whey, Milk, Vinegar, Salt, Stabilizers), Bread Crumbs (Wheat Flour, Salt, Yeast), Soybean Oil, Salt, Natural Flavors, Romano Cheese (Pasteurized Sheep's and Cow's Milk, Rennet, Salt, Cheese Culture, Enzymes), Al Dente Sauce (Vine-Ripened Fresh Tomatoes, Fresh Sautéed and Caramelized Onions in a blend of Extra Virgin Olive Oil and Sunflower Oil, Carrot Puree, Garlic Puree, Salt, Sugar, Basil, Black Pepper, Red Pepper and Natural Derived Citric Acid), Mozzarella Cheese (Pasteurized Part-Skim Milk, Cheese Culture, Salt, Enzymes, Powdered Cellulose and Dextrose).

CONTAINS: Milk, Soy, Eggs, and Wheat.



Mashed Butternut Squash

Nutrition Facts	
Variable servings per container	
Serving size	3oz (85g)
Amount per serving	
Calories	70
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 25mg	2%
Iron 1mg	6%
Potassium 0mg	0%

*The % Daily Value 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: Butternut Squash, Water, Sugar, Butter (Cream, Salt), Contains 2% or less of: Brown Sugar, Wheat Flour, Salt, Modified Food Starch and Spices, Mini Marshmallows (Corn Syrup, Sugar, Modified Food Starch (Corn), Gelatin, Water, Dextrose, Natural and Artificial Flavor, Tetrasodium Phosphate).

CONTAINS: Milk and Wheat.



Mashed Potatoes

Nutrition Facts	
Variable servings per container	
Serving size	3 oz (85g)
Amount per serving	
Calories	100
	% Daily Value*
Total Fat 4g	5%
Saturated Fat 2.5g	13%
<i>Trans</i> Fat 0g	
Cholesterol 10mg	3%
Sodium 250mg	11%
Total Carbohydrate 15g	5%
Dietary Fiber --g	--%
Total Sugars 1g	
Includes --g Added Sugars	--%
Protein 2g	
Vitamin D --mcg	--%
Calcium 12mg	0%
Iron 0mg	0%
Potassium --mg	--%
<small>*The % Daily Value 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.</small>	

INGREDIENTS: Idaho Russet Potatoes, Whole Milk, Butter (Cream, Salt), Salt, Potassium Sorbate (Preservative), Soybean Mono & Diglycerides, Sodium Acid Pyrophosphate (For Color Retention), Natural Flavor, Topped with Liquid Butter (Liquid and Hydrogenated Soybean Oil, Salt, Soy Lecithin, Natural & Artificial Flavor, Beta Carotene (color), TBHQ and Citric Acid (added to protect flavor), Dimethylpolysiloxane, an Anti-Foaming Agent Added), May be garnished with Parsley and/or Paprika.

CONTAINS: Milk and Soy.



Meatballs with Gravy and Mashed Potatoes

Nutrition Facts	
Variable servings per container	
Serving size	8 oz (227g)
Amount per serving	
Calories	430
% Daily Value*	
Total Fat 29g	37%
Saturated Fat 11g	55%
Trans Fat 0.5g	
Cholesterol 125mg	42%
Sodium 1330mg	58%
Total Carbohydrate 15g	5%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 27g	
Vitamin D 1mcg	6%
Calcium 57mg	4%
Iron 6mg	35%
Potassium 440mg	10%

*The % Daily Value 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.

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

INGREDIENTS: Meatballs (Beef, Pork, Milk, Whole Eggs, Citric Acid(added to preserve color), 0.15% Water (added as carrier for Citric Acid), Crackers (Enriched Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Vegetable Oil (Soybean, Canola, and/or Palm), Citric Acid and TBHQ, Salt, Sodium Bicarbonate, Enzymes, Malted Barley Flour, Sodium Sulfite), Onion, Seasoning (Salt, Spices, Sugar), Ketchup (Tomato Concentrate, High Fructose Corn Syrup, Vinegar, Corn Syrup, Salt, Onion Powder, Spice, Natural Flavors)). Beef Gravy (Water, Roasted Beef and Beef Juices, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Food Starch-Modified, Salt, Onion Powder, Hydrolyzed Corn Gluten, Wheat Protein and Soy Protein, Sugar, Caramel Color, Disodium Inosinate, Disodium Guanylate, Flavoring). Premium Mashed Potatoes(Russet Potatoes, Whole Milk, Butter (Cream, Salt), Salt, Potassium Sorbate (added as a preservative), Soybean Mono and Diglycerides, Sodium Acid Pyrophosphate (added for color retention), Natural Flavor). Oil Butter Alternative (Liquid and Hydrogenated Soybean Oil, Contains less than 2% of: Salt, Soy Lecithin, Natural and Artificial Flavor, Beta Carotene (Color), TBHQ and Citric Acid(added to protect flavor), Dimethylpolysiloxane, an Anti-Foaming Agent added).

CONTAINS: Soy, Milk, Wheat, and Eggs.



Meatloaf and Mashed Potatoes

Nutrition Facts	
Variable servings per container	
Serving size	4oz (113g)
Amount per serving	
Calories	250
	% Daily Value*
Total Fat 16g	21%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 650mg	28%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 36mg	2%
Iron 2mg	10%
Potassium 248mg	6%

*The % Daily Value 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: Moms Meatloaf(Beef, Pork, Milk, Eggs, Crackers (Enriched Flour(Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Vegetable Oil(Soybean, Canola, and/or Palm), Citric Acid & TBHQ, Salt, Sodium Bicarbonate, Enzymes, Malted Barley Flour, Sodium Sulfite), Onion, Seasoning (Salt, Red Pepper, Sage, Sugar, Black Pepper)), Green Pepper, Processed Cheddar Cheese(Pasteurized Processed Cheese (Cheddar Cheese[Cultured Milk, Salt, Enzymes], Water, Cream, Sodium Phosphates, Salt, Beta Carotene), Powdered Cellulose, Potassium Sorbate & Natamycin), Ketchup (Tomato Concentrate, High Fructose Corn Syrup, Vinegar, Corn Syrup, Salt, Onion Powder, Spice, Natural Flavors). Mashed Potatoes (Idaho Russet Potatoes, Whole Milk, Butter (Cream, Salt), Salt, Potassium Sorbate (Preservative), Soybean Mono & Diglycerides, Sodium Acid Pyrophosphate(For Color Retention), Natural Flavor, Topped with Liquid Butter (Liquid and Hydrogenated Soybean Oil, Salt, Soy Lecithin, Natural & Artificial Flavor, Beta Carotene (color), TBHQ and Citric Acid Added to Protect Flavor, Dimethylpolysiloxane Added as an Anti-Foaming Agent). May be garnished with Parsley and/or Paprika), Beef Gravy (Water, Roasted Beef And Beef Juices, Enriched Wheat Flour(Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Food Starch-Modified, Salt, Onion Powder, Hydrolyzed Corn Gluten, Wheat Protein And Soy Protein, Sugar, Caramel Color, Disodium Inosinate, Disodium Guanylate, Flavoring)

CONTAINS: Wheat, Milk, Eggs, and Soy.



Mini Chicken Burrito

Nutrition Facts	
Variable servings per container	
Serving size	3oz (85g)
Amount per serving	
Calories	130
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 280mg	12%
Total Carbohydrate 18g	7%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 1mg	0%
Iron 0mg	0%
Potassium 0mg	0%
*The % Daily Value 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: Mini Chicken Burrito (Flour Tortilla (Enriched Wheat Flour, Water, Canola Oil, Baking Powder (Sodium Bicarbonate, Sodium Aluminum Sulfate, Calcium Carbonate, Modified Corn Starch, Monocalcium Phosphate), Salt, Potassium Sorbate, Monoglycerides, Sodium Stearoyl Lactylate, Sodium Propionate, Fumaric Acid, Cellulose Gum, Carrageenan, Maltodextrin), Brown Rice (Water, Brown Rice), Chicken (Boneless Chicken Breast, Water, contains 2% or less of the following: Soy Protein Concentrate, Sodium Lactate, Salt, Modified Corn Starch, Carrageenan, Sodium Phosphate), Black Beans (Black Beans, Water, Salt, Calcium Chloride and Ferrous Gluconate), Tomato Sauce (Tomato Concentrate, Salt, Citric Acid, Red Bell Pepper Powder, Natural Flavoring, Spice), Corn (Corn, Water, Sugar, Salt), Water, Onion, Red Bell Pepper, Kidney Beans (Kidney Beans, Water, Salt, Calcium Chloride and Disodium EDTA to preserve color), Soybean Oil, Cultured Dextrose (Dextrose, Maltodextrin), Garlic, Salt, Spices, Glucono Delta Lactone (a natural acidifier), Modified Corn Starch, Spice)), Cheese Cheddar Mild Colored Shredded Fancy (Cultured Pasteurized Milk, Salt, Enzymes, Artificial Color, Potato Starch and Powdered Cellulose (added to prevent caking), Natamycin (A Natural Mold Inhibitor)). Salsa Thick Chunky Mild (Diced Tomatoes, Water, Jalapeno Peppers, Tomato Paste, Onions, Dehydrated Onions, Distilled Vinegar, Salt, Dehydrated Garlic, Natural Flavor), Olive Ripe Slice Black Can Import (Olives, Water, Salt, and Ferrous Gluconate), and Green Onion).

CONTAINS: Milk, Soy, and Wheat.



Mini Pepperoni Pizza Kit

Nutrition Facts	
Variable servings per container	
Serving size	5oz (142g)
Amount per serving	
Calories	350
	% Daily Value*
Total Fat 20g	26%
Saturated Fat 9g	45%
Trans Fat 1g	
Cholesterol 40mg	13%
Sodium 1010mg	44%
Total Carbohydrate 24g	9%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 330mg	25%
Iron 2mg	10%
Potassium 109mg	2%

*The % Daily Value 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: Shredded Mozzarella Cheese (Pasteurized Part Skim Milk, Cheese Culture, Salt, Enzymes, Powdered Cellulose, Dextrose), Tortilla Shells (Enriched Bleached Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Shortening (Interesterified and Hydrogenated Soybean Oils), contains 2% or less of Salt, Sugar, Baking Soda, Sodium Acid, Calcium Propionate, and Sorbic Acid), Pizza Sauce (Fresh Vine Ripened Crushed Tomatoes, Sea Salt, Sugar, Extra Virgin Olive Oil, Sunflower Oil, Spices, Dehydrated Garlic, Natural Derived Citric Acid), Pepperoni (Pork, Beef, Salt, contains 2% or less of Water, Dextrose, Natural Flavorings, Natural Smoke Flavor, Sodium Ascorbate, Garlic Powder, Oleoresin of Paprika, Lactic Acid Starter Culture, Sodium Nitrite, Citric Acid, BHA, BHT), Sliced Ripe Olives (Ripe Olives, Water, Salt, Ferrous Gluconate), Red Onion.

CONTAINS: Milk and Wheat.



Mom's Meatloaf

Nutrition Facts	
Variable servings per container	
Serving size	4 oz (113g)
Amount per serving	
Calories	330
	% Daily Value*
Total Fat 23g	29%
Saturated Fat 8g	40%
Trans Fat 0.5g	
Cholesterol 105mg	35%
Sodium 840mg	37%
Total Carbohydrate 8g	3%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 24g	
Vitamin D 1mcg	6%
Calcium 49mg	4%
Iron 2mg	10%
Potassium 403mg	8%

*The % Daily Value 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: Mom's Meatloaf (Beef, Pork, Milk, Eggs, Crackers (Enriched Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Vegetable Oil (Soybean, Canola, and/or Palm), Citric Acid & TBHQ, Salt, Sodium Bicarbonate, Enzymes, Malted Barley Flour, Sodium Sulfite), Onion, Seasoning (Salt, Red Pepper, Sage, Sugar, Black Pepper)), Green Pepper, Processed Cheddar Cheese (Pasteurized Processed Cheese (Cheddar Cheese [Cultured Milk, Salt, Enzymes], Water, Cream, Sodium Phosphates, Salt, Beta Carotene), Powdered Cellulose, Potassium Sorbate & Natamycin), Ketchup (Tomato Concentrate, High Fructose Corn Syrup, Vinegar, Corn Syrup, Salt, Onion Powder, Spice, Natural Flavors).

CONTAINS: Milk, Soy, Wheat, and Eggs.



Old Fashioned Stuffing

Nutrition Facts	
Variable servings per container	
Serving size	8 oz (227g)
Amount per serving	
Calories	400
	% Daily Value*
Total Fat 19g	24%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 1570mg	68%
Total Carbohydrate 45g	16%
Dietary Fiber --g	--%
Total Sugars 5g	
Includes --g Added Sugars	--%
Protein 13g	
Vitamin D 0mcg	0%
Calcium 101mg	8%
Iron 3mg	15%
Potassium 275mg	6%
*The % Daily Value 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.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Croutons (Wheat Flour, [Enriched with Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Sugar, Yeast, Salt, Sunflower Oil, Whey, Maltodextrin, Salt, Garlic Powder, Hydrolyzed Corn, Soy, Wheat Gluten Protein, Dehydrated Parsley, Romano Cheese, Solids From Cow's Milk [Pasteurized Milk, Cultures, Salt, Enzymes], Corn Syrup Solids, Caramel Color, Paprika, Extractive Of Paprika, Natural and Artificial Flavor [Autolyzed Yeast Extract], Oil Of Onion, Silicon Dioxide [Anti Caking], {Contains Sulfites}), Water, Cream Of Chicken Soup (Chicken Broth, Bleached Wheat Flour, Cooked Chicken Meat, Cream, Butter [Sweet Cream, Salt], Chicken Fat, Modified Corn Starch, Salt, Coconut Oil, Natural Flavor, Hydrolyzed Corn Protein, Sugar, Maltodextrin, Hydrolyzed Wheat Gluten, Chicken Flavor [Soy Flour, Dried Chicken Meat Powder, Torula Yeast, Hydrolyzed Gelatin {for flavor}], Disodium Inosinate, Disodium Guanylate, Yeast Extract, Flavoring, Sodium Caseinate, Dipotassium Phosphate, Mono and Diglycerides, Beta Carotene), Cream Of Celery Soup (Water, Celery, Cream, Modified Corn Starch, Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Salt, Onion Powder, Flavor [Autolyzed Yeast Extract, Salt, Maltodextrin, Lactic Acid Flavoring, Calcium Lactate, Disodium Inosinate, Disodium Guanylate], Disodium Inosinate, Disodium Guanylate, Natural Flavor), Turkey (Turkey, Mechanically Separated Turkey, Seasoning [Yeast Extract, Sugar, Dextrose, Onion Powder, Garlic Powder, Spice, Disodium Inosinate and Disodium Guanylate], Salt, Sugar, Flavorings, Potassium Chloride), Celery, Onions, Anti-Microbial (Sodium Diacetate, Salt, Sodium Lactate), Non Fat Dry Milk, Chicken Flavor (Salt, Chicken Flavoring [Maltodextrin, Autolyzed Yeast Extract, Natural Flavors, Torula Yeast, Disodium Inosinate, Disodium Guanylate], Dextrose, Onion Powder, Modified Corn Starch, Hydrolyzed Corn Protein, Parsley, Spice Extractives, Silicon Dioxide [Anti-Caking]), Natural Butter Flavor, Sodium Benzoate (added to maintain freshness)).

CONTAINS: Wheat and Soy.



Parmesan Encrusted Portabella Steak

Nutrition Facts	
Variable servings per container	
Serving size	3oz (85g)
Amount per serving	
Calories	160
	% Daily Value*
Total Fat 12g	15%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 400mg	17%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 227mg	15%
Iron 1mg	6%
Potassium 61mg	2%

*The % Daily Value 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: Beef, Parmesan Breading (Bleached Wheat Flour, Salt, Sugar, Dehydrated Parsley, Dextrose, Yeast, Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes), Butter Buds Oil (Canola Oil, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Natural Butter Flavor (Whey Solids, Enzyme-Modified Butter, Maltodextrin, Salt, Dehydrated Butter, Guar Gum, Annatto and Turmeric (added for color)), Dijon Mustard Powder (Dehydrated Dijon Mustard (Distilled Vinegar, Mustard Seed, Salt, White Wine, Citric Acid, Tartaric Acid, Spices)), Maltodextrin, Modified Food Starch, Silicon Dioxide, Natural Flavor, Salt.

CONTAINS: Wheat and Milk.



Peanut Thai Chicken Veg and Yakisoba Noodles

Nutrition Facts	
Variable servings per container	
Serving size	7oz (198g)
Amount per serving	
Calories	480
	% Daily Value*
Total Fat 14g	18%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 630mg	27%
Total Carbohydrate 57g	21%
Dietary Fiber 1g	4%
Total Sugars 14g	
Includes 0g Added Sugars	0%
Protein 31g	
Vitamin D 0mcg	0%
Calcium 21mg	2%
Iron 1mg	6%
Potassium 213mg	4%

*The % Daily Value 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: Chicken, Peanut Thai Sauce (Sugar, Water, Peanut Butter (Peanuts, Dextrose, Hydrogenated Vegetable Oil (Rapeseed and Cottonseed), Salt, Sugar), Soy Sauce (Water, Wheat, Soybeans, Salt, Sodium Benzoate (as a preservative)), Dry Roasted Peanuts, Rice Wine Vinegar (Sugar, Salt and Potassium Metabisulfite), Ginger (Water, Phosphoric Acid and Potassium Sorbate (Preservative)), Toasted Sesame Oil, Salt, Soybean Oil, Soy Lecithin, Chicken Broth, Modified Food Starch, Spice, Onion Powder, Xanthan Gum, Disodium Inosinate, Disodium Guanylate, Hydrolyzed Corn Protein, Autolyzed Yeast Extract, Dextrose, Extractive of Turmeric (Color)), Yakisoba Noodles (Water, Enriched Wheat Flour (Wheat Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Modified Tapioca Starch, Vital Wheat Gluten, Canola Oil, Salt, Turmeric (color)), Cabbage, Carrots, Green Onion, Dried Parsley.

CONTAINS: Peanuts, Wheat, and Soy.



Penne and Bolognese Dinner

Nutrition Facts	
Variable servings per container	
Serving size	8oz (227g)
Amount per serving	
Calories	390
	% Daily Value*
Total Fat 17g	22%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 600mg	26%
Total Carbohydrate 39g	14%
Dietary Fiber --g	--%
Total Sugars 6g	
Includes --g Added Sugars	--%
Protein 19g	
Vitamin D --mcg	--%
Calcium 52mg	4%
Iron 0mg	0%
Potassium --mg	--%

*The % Daily Value 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: Penne Pasta (Cooked Enriched Macaroni Product (Semolina (Wheat), Enriched with Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid), Soybean Oil, Contains less than 2% of Salt), Bolognese Sauce (Cooked Ground Beef, Water, Tomato Paste (Tomatoes, Citric Acid), Onions, Cooked Ground Pork, Carrots, Celery, Burgundy Wine (Wine, Salt, Potassium Sorbate, Potassium Metabisulfite (added as preservatives)) Contains less than 2% of Whipping Cream, Garlic, Pork Base (Pork Meat including Natural Pork Juices, Natural Sea Salt, Pork Fat, Natural Flavoring), Beef Base (Roasted Beef and Beef Stock, Salt, Sugar, Malt Extract, Tomato Paste, Flavors, Soy Sauce (Water, Soybeans, Wheat, Salt), Contains less than 2% of Sunflower Oil, Corn Oil, Beef Fat, Potato Starch), Beef Fat, Oil Blend (Canola Oil, Extra Virgin Olive Oil), Brown Stock (Veal Stock (Veal Bones, Water), Beef Stock, Mirepoix Stock (Carrot, Celery, Onion Stocks), Red Wine, Tomato Paste, Gelatin, Salt, Carrot Stock, Celery Stock), Spices, Salt, Granulated Garlic), Dried Parsley.

CONTAINS: Milk, Wheat, and Soy.



Picnic Chicken

Nutrition Facts	
Variable servings per container	
Serving size	5 oz (142g)
Amount per serving	
Calories	420
	% Daily Value*
Total Fat 26g	33%
Saturated Fat 6g	30%
<i>Trans</i> Fat 0g	
Cholesterol 110mg	37%
Sodium 790mg	34%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 28g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1mg	6%
Potassium 179mg	4%
<small>*The % Daily Value 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.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

INGREDIENTS: Chicken (Chicken injected with a solution of 12% of Water, Salt, Sodium Phosphate), Breading (Wheat Flour, Corn Starch, Salt, Spices, Guar Gum, Onion Powder, Wheat Gluten, Garlic Powder, Paprika (added for color), Xanthan Gum, Spice Extractive).

CONTAINS: Wheat.



Pizza Burger

Nutrition Facts	
Variable servings per container	
Serving size	3oz (85g)
Amount per serving	
Calories	200
	% Daily Value*
Total Fat 14g	18%
Saturated Fat 6g	30%
<i>Trans Fat</i> 0g	
Cholesterol 45mg	15%
Sodium 460mg	20%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 14g	
Vitamin D 0mcg	0%
Calcium 158mg	10%
Iron 1mg	6%
Potassium 197mg	4%

*The % Daily Value 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: Mild Italian Sausage (Pork, Water, Salt, Paprika, Red Pepper, Fennel, Marjoram, Garlic Powder, Black Pepper, Monosodium Glutamate (MSG), Parsley, Nutmeg, and Anise), Ultra Premium Pasta Sauce (Vine-Ripened Fresh Tomatoes, Fresh Sauteed and Caramelized Onions in a blend of Extra Virgin Olive Oil and Sunflower Oil, Carrot Puree, Garlic Puree, Salt, Sugar, Basil, Black Pepper, Red Pepper, and Naturally Derived Citric Acid), Mozzarella Cheese (Pasteurized Part-Skim Milk, Cheese Culture, Salt, Enzymes, Powdered Cellulose and Dextrose).

CONTAINS: Milk.



Pizza Stuffed Mushrooms

Nutrition Facts	
Variable servings per container	
Serving size	5 oz (142g)
Amount per serving	
Calories	260
	% Daily Value*
Total Fat 14g	18%
Saturated Fat 6g	30%
<i>Trans Fat</i> 0g	
Cholesterol 40mg	13%
Sodium 700mg	30%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 17g	
Vitamin D 0mcg	0%
Calcium 218mg	15%
Iron 2mg	10%
Potassium 395mg	8%
<small>*The % Daily Value 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.</small>	

INGREDIENTS: Crimini Mushroom, Italian Sausage(Pork, Water, Salt, Paprika, Red Pepper, Fennel, Marjoram, Garlic Powder, Black Pepper), Mozzarella Cheese (Pasteurized Part Skim Milk, Cheese Culture, Salt, Enzymes), Fennel Seed, Red Onion, Bread Crumbs (Bleached Wheat Flour, Salt, Soybean Oil, Dextrose, Leavening {Sodium Acid Pyrophosphate, Sodium Bicarbonate}, Whey, And Paprika Extract), Pizza Sauce (Tomatoes, Sugar, Sea Salt, Corn Starch, Dehydrated Garlic, Olive Oil, Spices, Dehydrated Garlic, Peppers, Natural Flavors, Vinegar), Basil, Garlic, Fennel Seed, Marjoram.

CONTAINS: Wheat and Milk.



Pork and Chicken Potstickers

Nutrition Facts	
Variable servings per container	
Serving size	3oz (85g)
Amount per serving	
Calories	150
	% Daily Value*
Total Fat 4g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 350mg	15%
Total Carbohydrate 21g	8%
Dietary Fiber --g	--%
Total Sugars 2g	
Includes --g Added Sugars	--%
Protein 6g	
Vitamin D --mcg	--%
Calcium 0mg	0%
Iron 0mg	0%
Potassium --mg	--%

*The % Daily Value 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: Wheat Flour, Pork, Chicken, Water, Cabbage, Onion, Pork Fat, Canola Oil, Garlic, Garlic Chives, Sesame Oil, Sake (Water, Rice, Koji [Aspergillus Oryzae], Salt), Seasoning (Salt, Yeast Extract, Fermented Wheat Protein), Sugar, Monosodium Glutamate, Carrageenan, Spices, Soy Sauce (Water, Wheat, Soybean, Salt, Alcohol), Rice Flour, Potato Starch, Flavour (Hydrolyzed Wheat Gluten, Hydrolyzed Soy Protein, Hydrolyzed Corn Gluten, Yeast Extract, Salt, Citric Acid), Chicken Broth Base (Chicken Broth, Autolyzed Yeast Extract, Chicken Fat, Modified Potato Starch, Sugar), Soy Lecithin, Soy Flour, Pork Base(Roasted Pork Including Pork Juice, Salt, Potato Flour, Corn Oil, Pork Flavor [Contains Pork Fat], Flavorings), Sodium Caseinate, Dried Egg Whites (Sodium Lauryl Sulfate Added), Disodium Guanylate, Disodium Inosinate.

CONTAINS: Wheat, Soy, and Eggs.



Pork and Vegetable Egg Roll

Nutrition Facts	
Variable servings per container	
Serving size	3oz (85g)
Amount per serving	
Calories	180
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 510mg	22%
Total Carbohydrate 19g	7%
Dietary Fiber --g	--%
Total Sugars 3g	
Includes --g Added Sugars	--%
Protein 7g	
Vitamin D --mcg	--%
Calcium 40mg	4%
Iron 2mg	10%
Potassium --mg	--%

*The % Daily Value 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: Pork Egg Roll(Cabbage, Enriched Bleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Calcium Propionate, Malted Barley Flour, Pork, Water, Textured Soy Protein (Textured Soy Flour, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate [B1], Pyridoxine Hydrochloride [B6], Riboflavin [B2], Cyanocobalamin [B12]), Carrots, Celery, Onion, Enriched Durum Flour (Wheat Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Contains 2% or less of: Salt, Sugar, Fish Sauce (Anchovy Fish Extract, Salt, Sugar), Dried Whole Egg, Vegetable Oil (Soybean, Cottonseed, Corn, and/or Canola Oil), Wheat Gluten, Spice, Cornstarch, Fried in Vegetable Oil (Soybean, Cottonseed, Corn, and/or Canola Oil)). Sweet and Sour Sauce(High Fructose Corn Syrup, Water, Distilled and Cider Vinegar, Pineapple Juice Concentrate, Modified Food Starch, Salt, Spices, Red and Green Bell Peppers, Soy Sauce (Water, Salt, Hydrolyzed Soy Protein, Corn Syrup, Caramel Color, Potassium Sorbate (Preservative)), Xanthan Gum, Soybean Oil, Garlic, Onion, Sugar, Turmeric, Beta Carotene, Citric Acid, Potassium Sorbate and Sodium Benzoate(Preservatives), FD&C Yellow #6, Oleoresin Paprika), Vegetable Egg Roll (Cabbage, Enriched Flour (Bleached Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Calcium Propionate, Malted Barley Flour, Celery, Water, Carrots, Bok Choy, Water Chestnuts, Enriched Durum Flour (Wheat Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Bamboo Shoots, Salt, Vegetable Oil (Soybean and/or Cottonseed and/or Corn and/or Canola Oil), Sugar, Modified Cornstarch, Spices, Roasted Garlic, Wheat Gluten, Toasted Sesame Oil, Dried Onion, Maltodextrin, Natural Flavor, Disodium Inosinate, Disodium Guanylate, Dried Whole Egg, Cornstarch, Fried in Vegetable Oil (Soybean and/or Cottonseed and/or Corn and/or Canola Oil)). Sweet and Sour Sauce(High Fructose Corn Syrup, Water, Distilled and Cider Vinegar, Pineapple Juice Concentrate, Modified Food Starch, Salt, Spices, Red and Green Bell Peppers, Soy Sauce (Water, Salt, Hydrolyzed Soy Protein, Corn Syrup, Caramel Color, Potassium Sorbate (Preservative)), Xanthan Gum, Soybean Oil, Garlic, Onion, Sugar, Turmeric, Beta Carotene, Citric Acid, Potassium Sorbate and Sodium Benzoate(Preservatives), FD&C Yellow #6, Oleoresin Paprika).

CONTAINS: Soy, Eggs, and Wheat.



Pork Egg Rolls

Nutrition Facts	
Variable servings per container	
Serving size	3oz (85g)
Amount per serving	
Calories	160
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 1.5g	8%
<i>Trans</i> Fat 0g	
Cholesterol 10mg	3%
Sodium 440mg	19%
Total Carbohydrate 23g	8%
Dietary Fiber --g	--%
Total Sugars 7g	
Includes --g Added Sugars	--%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 29mg	2%
Iron 1mg	6%
Potassium 28mg	0%
*The % Daily Value 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: Pork Egg Roll(Cabbage, Enriched Bleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Calcium Propionate, Malted Barley Flour, Pork, Water, Textured Soy Protein (Textured Soy Flour, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate [B1], Pyridoxine Hydrochloride [B6], Riboflavin [B2], Cyanocobalamin [B12]), Carrots, Celery, Onion, Enriched Durum Flour (Wheat Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Contains 2% or less of: Salt, Sugar, Fish Sauce (Anchovy Fish Extract, Salt, Sugar), Dried Whole Egg, Vegetable Oil (Soybean, Cottonseed, Corn, and/or Canola Oil), Wheat Gluten, Spice, Cornstarch, Fried in Vegetable Oil (Soybean, Cottonseed, Corn, and/or Canola Oil)). Sweet and Sour Sauce(High Fructose Corn Syrup, Water, Distilled and Cider Vinegar, Pineapple Juice Concentrate, Modified Food Starch, Salt, Spices, Red and Green Bell Peppers, Soy Sauce (Water, Salt, Hydrolyzed Soy Protein, Corn Syrup, Caramel Color, Potassium Sorbate (Preservative)), Xanthan Gum, Soybean Oil, Garlic, Onion, Sugar, Turmeric, Beta Carotene, Citric Acid, Potassium Sorbate and Sodium Benzoate(Preservatives), FD&C Yellow #6, Oleoresin Paprika).

CONTAINS: Wheat, Eggs, Fish, and Soy.



Pork Potstickers

Nutrition Facts	
Variable servings per container	
Serving size	3oz (85g)
Amount per serving	
Calories	160
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 470mg	20%
Total Carbohydrate 24g	9%
Dietary Fiber --g	--%
Total Sugars 2g	
Includes --g Added Sugars	--%
Protein 6g	
Vitamin D --mcg	--%
Calcium 0mg	0%
Iron 1mg	6%
Potassium --mg	--%

*The % Daily Value 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: Wheat Flour, Pork, Water, Cabbage, Onion, Pork Fat, Canola Oil, Garlic, Garlic Chives, Sesame Oil, Sake (Water, Rice, Koji [Aspergillus Oryzae], Salt), Seasoning (Salt, Yeast Extract, Fermented Wheat Protein), Sugar, Monosodium Glutamate, Carrageenan, Spices, Soy Sauce (Water, Wheat, Soybean, Salt, Alcohol), Rice Flour, Potato Starch, Flavour (Hydrolyzed Wheat Gluten, Hydrolyzed Soy Protein, Hydrolyzed Corn Gluten, Yeast Extract, Salt, Citric Acid), Chicken Broth Base (Chicken Broth, Autolyzed Yeast Extract, Chicken Fat, Modified Potato Starch, Sugar), Soy Lecithin, Soy Flour, Pork Base(Roasted Pork Including Pork Juice, Salt, Potato Flour, Corn Oil, Pork Flavor [Contains Pork Fat], Flavorings), Sodium Caseinate, Dried Egg Whites (Sodium Lauryl Sulfate Added), Disodium Guanylate, Disodium Inosinate.

CONTAINS: Wheat, Soy, and Eggs.



Potato Skins

Nutrition Facts	
Variable servings per container	
Serving size	3oz (85g)
Amount per serving	
Calories	180
	% Daily Value*
Total Fat 14g	18%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 580mg	25%
Total Carbohydrate 9g	3%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 0mg	0%
Potassium 15mg	0%

*The % Daily Value 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, Cheese sauce(Whey, Skim Milk, Water, Vegetable Oil(contains one or more of the following: Canola Oil, Soybean Oil, Sunflower Oil), Modified Corn Starch, Cheddar Cheese(Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Maltodextrin, contains less than 2% Of Salt, Sodium Phosphate, Jalapeno Peppers, Distilled Vinegar, Lactic Acid, Green Chile Peppers, Natural Flavors, Yeast Extract, Mono and Diglycerides, Sodium Citrate, Sodium Caseinate, Paprika Extract(added for color), Annatto Extract (added for color), Soy Lecithin), Bacon(Cured With Water, Salt, Sugar, Sodium Erythorbate, Sodium Nitrite, Dextrose, Flavoring, Honey, Potassium Chloride, Potassium Lactate, Smoke Flavoring, Sodium Diacetate, Sodium Phosphate), Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto (added for color), Potato Starch, Powdered Cellulose and Dextrose(added to prevent caking)), Onion, Seasoning Salt(Salt, Sugar, Spices, Onion, Cornstarch, Garlic, Tricalcium Phosphate, Paprika Oleoresin, Natural Flavor).

CONTAINS: Milk, Soy, and Wheat.



Premium Mashed Potatoes

Nutrition Facts	
Varied servings per container	
Serving size	2/3 cup (147g)
Amount per serving	
Calories	180
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 4.5g	24%
Trans Fat 0g	
Cholesterol 25mg	9%
Sodium 470mg	20%
Total Carbohydrate 25g	9%
Dietary Fiber 2g	8%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 28mg	2%
Iron 0mg	2%
Potassium 423mg	10%
<small>*The % Daily Value 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.</small>	

INGREDIENTS: Russet Potatoes, Whole Milk, Butter (Cream, Salt), Salt, Potassium Sorbate (added as a preservative), Soybean Monoglycerides, Natural Flavor.

CONTAINS: Milk and Soy.



Prime Rib

Nutrition Facts	
Variable servings per container	
Serving size	5 oz (142g)
Amount per serving	
Calories	350
% Daily Value*	
Total Fat 26g	33%
Saturated Fat 11g	55%
<i>Trans Fat</i> --g	
Cholesterol 70mg	23%
Sodium 3690mg	160%
Total Carbohydrate 7g	3%
Dietary Fiber --g	--%
Total Sugars 2g	
Includes --g Added Sugars	--%
Protein 23g	
Vitamin D --mcg	--%
Calcium 7mg	0%
Iron 2mg	10%
Potassium 149mg	4%
<small>*The % Daily Value 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.</small>	

INGREDIENTS: Prime Rib (Roast Beef Prime Rib, Injected up to 10% with a solution of: Water, Sodium Phosphates, Sugar, Salt, Flavoring, Seasoning (Salt, Flavoring). Rubbed with: Salt, Dextrose, Sugar, Caramel Color, Garlic Powder, Onion Powder and Spices), Au Jus (Salt, Modified Corn Starch, Lactose(Milk), Hydrolyzed Protein(Corn, Soy, Wheat), Corn Syrup Solids, Autolyzed Yeast Extract, Onion Powder, Caramel Color, Partially Hydrogenated Cottonseed And Soybean Oils, Maltodextrin, Beef Fat, Natural Flavors, Dextrose, Lactic Acid, Citric Acid, Lard, Beef Extract, Molasses, Disodium Inosinate, Disodium Guanylate, Wheat Starch, Calcium Stearate, Soybean Lecithin, Soy Flour).

CONTAINS: Milk, Soy, and Wheat.



Pulled Rotisserie Chicken

Nutrition Facts	
Variable servings per container	
Serving size	4oz (113g)
Amount per serving	
Calories	200
	% Daily Value*
Total Fat 13g	17%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 6210mg	270%
Total Carbohydrate 5g	2%
Dietary Fiber --g	--%
Total Sugars 1g	
Includes --g Added Sugars	--%
Protein 15g	
Vitamin D --mcg	--%
Calcium 22mg	2%
Iron 2mg	10%
Potassium --mg	--%

*The % Daily Value 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: Pulled Chicken (Contains up to 17% solution of Water, Salt, Sodium Phosphate and Garlic). Surechef Seasoning (Salt, Spices, Paprika, Maltodextrin, Onion Powder, Extractive of Paprika, Garlic Powder, Disodium Inosinate, Disodium Guanylate, with not more than 2% Silica Gel added as an anticaking agent).



Quiche Lorraine

Nutrition Facts	
Variable servings per container	
Serving size	5oz (142g)
Amount per serving	
Calories	380
	% Daily Value*
Total Fat 27g	35%
Saturated Fat 13g	65%
<i>Trans</i> Fat 0g	
Cholesterol 185mg	62%
Sodium 480mg	21%
Total Carbohydrate 17g	6%
Dietary Fiber --g	--%
Total Sugars 1g	
Includes --g Added Sugars	--%
Protein 16g	
Vitamin D --mcg	--%
Calcium 196mg	15%
Iron 1mg	6%
Potassium --mg	--%

*The % Daily Value 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: Filling (Eggs, Whole Milk, Cream, Swiss (Part Skim Milk, Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Ham with water added (cured with Water, Salt, Sugar, Sodium Phosphates, Flavorings, Sodium Erythorbate, Sodium Nitrite), Modified Corn Starch, Onions, Garlic, Salt, Vegetable and Olive Oil (Soybean Oil, Canola Oil, Corn Oil, 10% Olive Oil), Nutmeg, Cayenne Pepper), Crust (Wheat Flour (Unbleached, Unenriched), Palm Oil, Water, Pure Clove Honey, Salt.

CONTAINS: Soy, Eggs, Milk, and Wheat.



Ribs on a Stick

Nutrition Facts	
Variable servings per container	
Serving size	4oz (113g)
Amount per serving	
Calories	230
	% Daily Value*
Total Fat 16g	21%
Saturated Fat 6g	30%
Trans Fat --g	
Cholesterol 65mg	22%
Sodium 220mg	10%
Total Carbohydrate 1g	0%
Dietary Fiber --g	--%
Total Sugars 1g	
Includes --g Added Sugars	--%
Protein 19g	
Vitamin D --mcg	--%
Calcium 0mg	0%
Iron 1mg	6%
Potassium --mg	--%
<small>*The % Daily Value 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.</small>	

INGREDIENTS: Ribs (Pork, Pork Fat), Barbecue Sauce (High Fructose Corn Syrup, Tomato Paste, Water, Distilled Vinegar, Salt, Modified Corn Starch, Pineapple Juice Concentrate, Spices, Caramel Color, Natural Smoke Flavor, Potassium Sorbate and Sodium Benzoate (added as preservative), Onion, Garlic).



Riced Cauliflower

Nutrition Facts

21 Servings Per Container
Serving size 1 Cup (105g)

Amount per serving
Calories 30

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 22mg	2%
Iron 0mg	0%
Potassium 203mg	4%

INGREDIENTS: Cauliflower.

*The % Daily Value 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.



Rotisserie Turkey with Mashed Potatoes

Nutrition Facts	
Variable servings per container	
Serving size	5oz (142g)
Amount per serving	
Calories	160
	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 2g	10%
<i>Trans</i> Fat 0g	
Cholesterol 50mg	17%
Sodium 660mg	29%
Total Carbohydrate 11g	4%
Dietary Fiber --g	--%
Total Sugars 1g	
Includes --g Added Sugars	--%
Protein 18g	
Vitamin D --mcg	--%
Calcium 8mg	0%
Iron 1mg	6%
Potassium --mg	--%
*The % Daily Value 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: Sliced Rotisserie turkey (Turkey Breast, Turkey Broth, Contains 2% or less of Dextrose, Modified Food Starch, Salt, Sodium, Phosphate), Mashed Potatoes (Potatoes, Margarine(Liquid and Partially Hydrogenated Soybean Oil, Artificial Color, Water, Salt, Mono and Diglycerides, BHA, and BHT[added to improve stability], Artificial Flavors, Vitamin A Palminate, Vitamin D added), Nonfat Milk, Salt, Potassium Sorbate(to protect flavor), Modified Food Starch, Glucono-Delta-Lacton, Xanthan Gum), Turkey Gravy (Turkey Stock, Chicken Fat, Wheat Flour, Turkey Gizzards and Hearts, Dark Turkey Meat, Salt, Tomato Paste, Sugar, Dextrose, Caramel Color, Turmeric, Spices, Extractives Of Paprika), Butter alternative (Liquid and Hydrogenated Soybean Oil , Salt, Soy Lecithin, Natural and Artificial Flavor, Beta Carotene (color), TBHQ and Citric Acid (added to protect flavor), Dimethypolysiloxane, an Anti-Foaming Agent added), garnished with Parsley.

CONTAINS: Wheat, Milk, and Soy.



Santa Fe Turkey Pot Pie

Nutrition Facts	
Variable servings per container	
Serving size	8oz (227g)
Amount per serving	
Calories	580
	% Daily Value*
Total Fat 32g	41%
Saturated Fat 8g	40%
<i>Trans</i> Fat 8g	
Cholesterol 35mg	12%
Sodium 680mg	30%
Total Carbohydrate 55g	20%
Dietary Fiber 0g	0%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 16g	
Vitamin D 0mcg	0%
Calcium 49mg	4%
Iron 1mg	6%
Potassium 30mg	0%

*The % Daily Value 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: Crust (Wheat Flour (Enriched, Unbleached), Vegetable Shortening (Partially Hydrogenated Soybean Oil), Water, Dextrose, salt, Baking Soda), Condensed Cream of Chicken Soup (Chicken Broth, Bleached Wheat Flour, Cooked Chicken Meat, Cream, Butter (Sweet Cream, Salt), Chicken Fat, Food Starch-Modified, and less than 2% of each of the following: Salt, Coconut Oil, Natural Flavoring, Hydrolyzed Corn Protein, Sugar, Maltodextrin, Hydrolyzed Wheat Gluten, Chicken Flavor [Soy Flour, Dried Chicken Meat Powder, Torula Yeast, Hydrolyzed Gelatin (added for flavor)], Disodium Inosinate, Disodium Guanylate, Yeast Extract, Flavoring, Sodium Caseinate, Dipotassium Phosphate, Mono and Diglycerides, Beta Carotene), Turkey (Turkey Breast, Turkey Broth, Contains 2% or less of Salt, Dextrose, Sodium Phosphate), Cream, Diced Green Chiles (Green Chile Peppers, Water, Salt, Citric Acid and Calcium Chloride), Roasted Vegetables (Corn, Bell Peppers, Onions, Soybean Oil, Seasoning (Salt, Sugar, Dehydrated Garlic, Paprika, Dehydrated Onion, Spices, Chili Pepper, Citric Acid, Corn Dextrin, Grill Flavor, Natural Smoke Flavor, Natural Flavoring)), Vegetables (peas, carrots, corn, beans), Eggs, Smokey Mesquite Seasoning (Salt, Chili Pepper And Other Spices, Sugar, Dehydrated Garlic, Dehydrated Onion, Red Pepper, Natural Smoke Flavor, Extractives Of Paprika), Glaze (Corn Syrup, High Fructose Corn Syrup, Vanilla).

CONTAINS: Milk, Eggs, Soy, and Wheat.



Scalloped Potatoes and Ham

Nutrition Facts	
Variable servings per container	
Serving size	8 oz (227g)
Amount per serving	
Calories	350
	% Daily Value*
Total Fat 22g	28%
Saturated Fat 13g	65%
<i>Trans Fat</i> 0.5g	
Cholesterol 80mg	27%
Sodium 760mg	33%
Total Carbohydrate 26g	9%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 1mcg	6%
Calcium 37mg	2%
Iron 0mg	0%
Potassium 43mg	0%

*The % Daily Value 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 (Potato, Dextrose, Disodium Dihydrogen Pyrophosphate (added to maintain color), Potassium Sorbate (added to maintain freshness), Cream Of Chicken Soup (Chicken Broth, Bleached Wheat Flour, Cooked Chicken Meat, Cream, Chicken Fat , Partially Hydrogenated Soybean and/or Cottonseed Oil, Food Starch-Modified, Shortening Powder (Partially Hydrogenated Soybean Oil, Lactose, Sodium Caseinate, Dipotassium Phosphate, Sodium Silicoaluminate), Salt, Hydrolyzed Corn Gluten, Natural Flavor (Cream, Enzymes), Sugar, Hydrolyzed Wheat Gluten, Chicken Flavor (Autolyzed Yeast Extract, Soy Flour, Dehydrated Cooked Chicken, Chicken Fat, Natural Flavor, Disodium Inosinate, Disodium Guanylate, Torula Yeast, Partially Hydrogenated Soybean Oil, H Hydrolyzed Gelatin), Disodium Inosinate, Disodium Guanylate, Autolyzed Yeast Extract, Beta Carotene, Natural Flavorings), Pit Ham (Cured W/ Water, Honey, Salt, Contains 2% or less of Dextrose, Sodium Erythorbate, Sodium Nitrite, Sodium Phosphate), Whipping Cream.

CONTAINS: Wheat, Milk, and Soy.



Scalloped Potatoes

Nutrition Facts	
Variable servings per container	
Serving size	3 oz (85g)
Amount per serving	
Calories	130
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 5g	25%
<i>Trans</i> Fat 0g	
Cholesterol 25mg	8%
Sodium 105mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 16mg	2%
Iron 0mg	0%
Potassium 20mg	0%

*The % Daily Value 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 (Potato, Dextrose, Disodium Dihydrogen Pyrophosphate (added to maintain color), Potassium Sorbate (added to maintain freshness), Cream Of Chicken Soup (Chicken Broth, Bleached Wheat Flour, Cooked Chicken Meat, Cream, Chicken Fat , Partially Hydrogenated Soybean and/or Cottonseed Oil, Food Starch-Modified, Shortening Powder (Partially Hydrogenated Soybean Oil, Lactose, Sodium Caseinate, Dipotassium Phosphate, Sodium Silicoaluminate), Salt, Hydrolyzed Corn Gluten, Natural Flavor (Cream, Enzymes), Sugar, Hydrolyzed Wheat Gluten, Chicken Flavor (Autolyzed Yeast Extract, Soy Flour, Dehydrated Cooked Chicken, Chicken Fat, Natural Flavor, Disodium Inosinate, Disodium Guanylate, Torula Yeast, Partially Hydrogenated Soybean Oil, H Hydrolyzed Gelatin), Disodium Inosinate, Disodium Guanylate, Autolyzed Yeast Extract, Beta Carotene, Natural Flavorings).

CONTAINS: Wheat, Milk, and Soy.



Seafood Fettuccini Alfredo

Nutrition Facts	
Variable servings per container	
Serving size	8oz (227g)
Amount per serving	
Calories	340
	% Daily Value*
Total Fat 23g	29%
Saturated Fat 8g	40%
<i>Trans</i> Fat 0g	
Cholesterol 75mg	25%
Sodium 1020mg	44%
Total Carbohydrate 32g	12%
Dietary Fiber --g	--%
Total Sugars 13g	
Includes --g Added Sugars	--%
Protein 5g	
Vitamin D --mcg	--%
Calcium 0mg	0%
Iron 1mg	6%
Potassium --mg	--%

*The % Daily Value 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: Alfredo Sauce(Water, Milk (Milk, Vitamin D), Romano Cheese (Pasteurized Sheep’s Milk, Cheese Cultures, Salt, Enzymes, Anti-Caking Agent (Modified Corn Starch, Powdered Cellulose)), Soybean Oil, Heavy Cream (Contains less than 1.0% of Mono and Diglycerides, Polysorbate 80, Carrageenan), Whey, Nonfat Dry Milk, Egg Yolks, Salt, Modified Corn Starch, Soy Protein Concentrate, Dextrose, Carrageenan, Garlic Powder, Spice, Disodium Inosinate and Disodium Guanylate). Fettuccine (Water, Durum Semolina, Ferrous Sulfate, Niacin, Thiamine Mononitrate, Riboflavin, Folic Acid, Cultured Whey), Shredded Parmesan Cheese (Imported Parmesan Cheese (Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes), and Powdered Cellulose (anti-caking agent). Imitation Crabmeat(Fish Protein (Pollock and/or Whiting), Water, Corn Starch, Egg Whites, Potato Starch, Sugar, Sorbitol, Mirin Wine (Sake, Sugar, Salt, Water, Yeast Extract), Contains 2% or less of the following: Natural and Artificial Crab Flavors, Salt, Soy Protein Isolate, Soybean Oil, Carrageenan, Sodium Tripolyphosphate, Tetrasodium Pyrophosphate, Maltodextrin, Hydrolyzed Corn and Soy Protein, Disodium Guanylate, Disodium Inosinate, Sodium Succinate, Paprika Oleoresin, Carmine, Corn Syrup, Wheat Starch, Modified Food Starch, Soy Lecithin, Color Added.

CONTAINS: Milk, Eggs, Wheat, Shellfish, Fish, and Soy.



Seafood Lasagna Roll-Ups

Nutrition Facts	
Variable servings per container	
Serving size	3oz (85g)
Amount per serving	
Calories	140
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 3.5g	18%
<i>Trans</i> Fat 0g	
Cholesterol 40mg	13%
Sodium 430mg	19%
Total Carbohydrate 12g	4%
Dietary Fiber --g	--%
Total Sugars 2g	
Includes --g Added Sugars	--%
Protein 9g	
Vitamin D --mcg	--%
Calcium 115mg	8%
Iron 0mg	0%
Potassium --mg	--%
*The % Daily Value 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.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Cheese Filling (Ricotta Cheese (Whey, Milk, Cream, Vinegar, Salt), Water, Mozzarella Cheese (Part Skim Milk, Cheese Cultures, Salt, Enzymes), Modified Corn Starch Salt, Spice, Dehydrated Spinach), Pasta (Enriched Durum Semolina (Durum Semolina Wheat Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Egg Whites), Alfredo Sauce (Cream, Milk, Parmesan and Romano Cheese Powder [Parmesan and Romano Cheeses (Milk, Salt, Cheese Cultures, Enzymes), Whey, Disodium Phosphate, and Lactic Acid], Water, Butter, Canola Oil, Modified Food Starch, Palm Oil, Contains less than 2% of the following: Nonfat Dry Milk, Sugar, Soy Lecithin, Maltodextrin, Sodium Caseinate, Natural Flavors, Salt, Spice, DATEM, Mono and Diglycerides), Imitation Crab (Fish Protein (Pollock and/or Whiting), Water, Egg Whites, Corn Starch, Potato Starch, Sugar, Sorbitol, Mirin Wine, Contains 2% or less of the following: Salt, Natural and Artificial Crab Flavors, Soy Protein Isolate, Soybean Oil, Carrageenan, Sodium Phosphates, Paprika, Color added), Cooked Shrimp (Shrimp, Salt), Mozzarella Cheese (Pasteurized Part-Skim Milk, Cheese Culture, Salt, Enzymes, Powdered Cellulose and Dextrose (added to prevent caking)).

CONTAINS: Milk, Wheat, Eggs, Soy, Fish, and Shellfish.



Seafood Stuffed Mushrooms

Nutrition Facts	
Variable servings per container	
Serving size	5 oz (142g)
Amount per serving	
Calories	230
	% Daily Value*
Total Fat 16g	21%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 670mg	29%
Total Carbohydrate 16g	6%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 77mg	6%
Iron 0mg	0%
Potassium 188mg	4%
*The % Daily Value 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.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Mushrooms, Imitation Crab (Fish Protein (Pollock and/or Whiting), Water, Egg Whites, Corn Starch, Potato Starch, Sugar, Sorbitol, Mirin Wine, Contains 2% or less of the following: Salt, Natural And Artificial Crab Flavors, Soy Protein Isolate, Soybean Oil, Carrageenan, Sodium Phosphates, Paprika, Color Added), Parmesan Peppercorn Dressing (Soybean Oil, Buttermilk, Water, Corn Syrup, Parmesan Cheese (Pasteurized Milk, Salt, Enzymes), Egg Yolks, Whey Solids, Contains 2% or less: Distilled Vinegar, Salt, Balsamic Vinegar, Garlic, Onion, Lemon Juice Concentrate, Spices, Lactic Acid, Xanthan Gum, Polysorbate 60, Sodium Benzoate & Potassium Sorbate, Propylene Glycol Alginate, Autolyzed Yeast Extract, Parsley, Dextrose, Maltodextrin, Calcium Disodium EDTA), Croutons (Enriched Flour (Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), High Fructose Corn Syrup, Partially Hydrogenated Soybean and/or Cottonseed Oil, Contains 2% or less: Salt, Yeast, Calcium Propionate, Yeast Nutrients (Monocalcium Phosphate, Calcium Sulfate, Ammonium Sulfate), Cornstarch, Soy Flour), Mozzarella Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Powdered Cellulose & Dextrose), Liquid Butter (Liquid & Hydrogenated Soybean Oil, Salt, Soy Lecithin, Natural & Artificial Flavor, Beta Carotene, TBHQ & Citric Acid, Dimethylpolysiloxane), Onion, Chicken Base (Roasted Chicken, Salt, Maltodextrin, Hydrolyzed Corn Protein, Chicken Fat, Whey, Yeast Extract, Onion Powder, Disodium Inosinate & Guanylate, Spice Extractives, Turmeric, Caramel Color).

CONTAINS: Wheat, Milk, Eggs, Fish, Shellfish, and Soy.



Sesame Orange Chicken with Vegetable Fried Rice

Nutrition Facts	
Variable servings per container	
Serving size	4 oz (113g)
Amount per serving	
Calories	200
	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 250mg	11%
Total Carbohydrate 34g	12%
Dietary Fiber --g	--%
Total Sugars 13g	
Includes --g Added Sugars	--%
Protein 5g	
Vitamin D --mcg	--%
Calcium 0mg	0%
Iron 1mg	6%
Potassium --mg	--%

*The % Daily Value 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: Chicken (Chicken Breast Meat, Water, Salt, Sodium Phosphate), Breading (Enriched Wheat Flour (Bleached Wheat Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Enzyme), Corn Starch. Batter (Water, Cornstarch, Bleached and Enriched Wheat Flour(Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Modified Potato Starch, Rice Flour, Dextrin, Salt, Nonfat Dry Milk, Leavening(Sodium Acid Pyrophosphate, Sodium Bicarbonate, Monocalcium Phosphate), Egg White Powder, Egg Yolk Powder, Silicon Dioxide, Xanthan Gum, cooked in Vegetable Oil), Sesame Orange Sauce (Water, High Fructose Corn Syrup, Sugar, Distilled Vinegar, Modified Food Starch, Orange Juice Concentrate, Corn Syrup, Sesame Seed Oil, Ginger, Garlic, Soy Sauce (Water, Wheat Soybeans, Salt), Salt, Paprika, Xanthan Gum, Oil of Annatto, Natural and Artificial Flavor, Phosphoric Acid, Citric Acid, Potassium Sorbate, Sesame Seeds), Vegetable Fried Rice(Cooked White Rice, Carrots, Onions, Scrambled Egg(Whole Eggs, Nonfat Milk, Soybean Oil, Modified Food Starch, Salt, Xanthan Gum, Citric Acid, Butter Flavor, Pepper), Red Bell Peppers, Green Peas, Water, Rice Seasoning(Soy Sauce (Water, Wheat, Soybeans, Salt), Sugar, Corn Oil, Caramel, Sesame Seed Oil, Disodium Guanylate, Disodium Inosinate)).

CONTAINS: Wheat, Eggs, and Soy.



Shrimp Egg Rolls

Nutrition Facts	
Variable servings per container	
Serving size	3oz (85g)
Amount per serving	
Calories	140
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 2g	10%
Trans Fat --g	
Cholesterol 15mg	5%
Sodium 430mg	19%
Total Carbohydrate 18g	7%
Dietary Fiber --g	--%
Total Sugars 2g	
Includes --g Added Sugars	--%
Protein 5g	
Vitamin D --mcg	--%
Calcium 40mg	4%
Iron 2mg	10%
Potassium --mg	--%
<small>*The % Daily Value 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.</small>	

INGREDIENTS: Shrimp Egg Roll(Cabbage, Enriched Bleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Calcium Propionate, Malted Barley Flour), Water, Cooked Shrimp, Carrots, Celery, Enriched Durum Flour (Wheat Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Contains 2% or less of: Sugar, Onion, Vegetable Oil (Soybean,Cottonseed, Corn, and/or Canola Oil), Modified Food Starch, Salt, Garlic Powder, Dried Whole Egg, Flavor (Autolyzed Yeast Extract, Salt, Dextrose, Natural Flavor), Onion Powder, Toasted Sesame Oil, Wheat Gluten, Spice, Fried In Vegetable Oil (Soybean, Cottonseed, Corn, and/or Canola Oil)).Sweet and Sour Sauce(High Fructose Corn Syrup, Water, Distilled and Cider Vinegar, Pineapple Juice Concentrate, Modified Food Starch, Salt, Spices, Red and Green Bell Peppers, Soy Sauce (Water, Salt, Hydrolyzed Soy Protein, Corn Syrup, Caramel Color, Potassium Sorbate(Preservative)), Xanthan Gum, Soybean Oil, Garlic, Onion, Sugar, Turmeric, Beta Carotene, Citric Acid, Potassium Sorbate and Sodium Benzoate(Preservatives), FD&C Yellow #6, Oleoresin Paprika).

CONTAINS: Wheat, Eggs, Shellfish, and Soy.



Sloppy Joes

Nutrition Facts	
Variable servings per container	
Serving size	5 oz (142g)
Amount per serving	
Calories	200
	% Daily Value*
Total Fat 10g	13%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 870mg	38%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 18g	
Vitamin D 0mcg	0%
Calcium 18mg	2%
Iron 2mg	10%
Potassium 222mg	4%

*The % Daily Value 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: Beef, Water, Tomato Paste, Textured Vegetable Protein (Soy Protein Concentrate, Caramel Color), Sugar, Vinegar, Green Bell Peppers, Salt, Dehydrated Onion, Sodium Phosphates, Dehydrated Red Bell Peppers, Chili Powder (Chili Pepper, Spices, Salt, Garlic Powder), Dehydrated Garlic, Xanthan Gum, Paprika Extract, Spice, Caramel Color.

CONTAINS: Soy.

Sloppy Joes-BBQ

Nutrition Facts

Variable servings per container
Serving size 5 oz (142g)

Amount per serving
Calories 280

% Daily Value*

Total Fat 11g	14%
Saturated Fat 4g	20%
<i>Trans</i> Fat 0g	
Cholesterol 55mg	18%
Sodium 670mg	29%
Total Carbohydrate 31g	11%
Dietary Fiber 0g	0%
Total Sugars 28g	
Includes 5g Added Sugars	10%
Protein 17g	
Vitamin D 0mcg	0%
Calcium 31mg	2%
Iron 2mg	10%
Potassium 381mg	8%

*The % Daily Value 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: Ground Beef, Ketchup(Tomato Concentrate, High Fructose Corn Syrup, Vinegar, Corn Syrup, Salt, Onion Powder, Spice, Natural Flavors), Tomato Soup (Water, Tomato Paste, Enriched Wheat Flour (Wheat Flour, Niacin Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Salt, Partially Hydrogenated Soybean and/or Cottonseed Oil, Citric Acid, Dextrose, Natural Spices), BBQ Sauce (Tomato Puree (Water, Tomato Paste), Salt, Food Starch Modified, Contains less than 2% of Soybean Oil, Hydrolyzed Soy Protein, Mustard Flavor, Dried Onions, Dried Garlic, Natural Flavor, Red 40, Blue 1), Chili Powder, Dry Mustard, Salt, Pepper.

CONTAINS: Soy and Wheat.



Smoked BBQ Brisket

Nutrition Facts	
Variable servings per container	
Serving size	5oz (113g)
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 15g	19%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 80mg	27%
Sodium 880mg	38%
Total Carbohydrate 0g	0%
Dietary Fiber --g	--%
Total Sugars 0g	
Includes --g Added Sugars	--%
Protein 27g	
Vitamin D --mcg	--%
Calcium 0mg	0%
Iron 2mg	10%
Potassium --mg	--%

*The % Daily Value 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: Smoked Brisket (Beef, Water, Salt, Sugar, Sodium Phosphates, Rubbed with: Salt, Sugar, Spices, and Paprika), BBQ Sauce (High Fructose Corn Syrup, Tomato Paste, Water, Distilled Vinegar, Salt, Modified Corn Starch, Pineapple Juice Concentrate, Spices, Caramel Color, Natural Smoke Flavor, Potassium Sorbate and Sodium Benzoate (added as preservatives), Dehydrated Onion, Dehydrated Garlic).



Smoked Brisket

Nutrition Facts	
Variable servings per container	
Serving size	4oz (113g)
Amount per serving	
Calories	240
	% Daily Value*
Total Fat 15g	19%
Saturated Fat 5g	25%
Trans Fat --g	
Cholesterol 80mg	27%
Sodium 880mg	38%
Total Carbohydrate 0g	0%
Dietary Fiber --g	--%
Total Sugars 0g	
Includes --g Added Sugars	--%
Protein 27g	
Vitamin D --mcg	--%
Calcium 0mg	0%
Iron 2mg	10%
Potassium --mg	--%
<small>*The % Daily Value 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.</small>	

INGREDIENTS: Beef, Water, Salt, Sugar, Sodium Phosphates, Rubbed with (Salt, Sugar, Spices, and Paprika).



Spaghetti and Marinara Sauce

Nutrition Facts	
Variable servings per container	
Serving size	8oz (227g)
Amount per serving	
Calories	250
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 480mg	21%
Total Carbohydrate 44g	16%
Dietary Fiber --g	--%
Total Sugars 10g	
Includes --g Added Sugars	--%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 47mg	4%
Iron 2mg	10%
Potassium 441mg	10%

*The % Daily Value 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: Noodles (Water, Enriched Durum Semolina (Durum Semolina Wheat Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Marinara Sauce(Tomato Puree(Water, Tomato Paste), Diced Tomatoes, High Fructose Corn Syrup, Soybean Oil, Salt, Dried Garlic, Dried Onion, Citric Acid, Dried Parsley, Spices), Parmesan Cheese(Pasteurized Part-Skim Cow's Milk, Cheese Cultures, Salt, Enzymes), Modified Food Starch, Powdered Cellulose(added to prevent caking), Potassium Sorbate(added to protect flavor), may be garnished with Parsley.

CONTAINS: Wheat, Milk, and Soy.



Spicy Garlic Boneless Wings

Nutrition Facts	
Variable servings per container	
Serving size	3oz (85g)
Amount per serving	
Calories	160
	% Daily Value*
Total Fat 11g	14%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 570mg	25%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 7mg	0%
Iron 0mg	0%
Potassium 127mg	2%

*The % Daily Value 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.

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

INGREDIENTS: Chicken Wing (Chicken Breast with Rib Meat containing up to 20% of a solution of Water, Salt, and Sodium Phosphates), Breading (Wheat Flour, Water, Salt, Spices, Wheat Gluten, Egg White Solids, Dried Whey, Leavening (Sodium Bicarbonate, Sodium Acid Pyrophosphate, Sodium Aluminum Phosphate, Monocalcium Phosphate), Dextrose, Onion Powder and Paprika), Breading set in (Vegetable Oil), Spicy Garlic Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Garlic Powder), Filtered Water, Soybean Oil, Sugar, Garlic, Salt, Contains less than 2% of Food Starch- Modified, Egg Yolks, Worcestershire Sauce (Distilled Vinegar, Molasses, Corn Syrup, Water, Salt, Caramel Color, Dehydrated Garlic, Sugar, Spices, Tamarind, Natural Flavor), Garlic, Onion Powder, Natural Flavors, Spices, Citric Acid, Xanthan Gum (provides thickness).

CONTAINS: Wheat, Milk, Soy, and Eggs.



Sriracha Chicken

Nutrition Facts	
Variable servings per container	
Serving size	4oz (113g)
Amount per serving	
Calories	110
	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 40mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 20g	
Vitamin D 0mcg	0%
Calcium 5mg	0%
Iron 0mg	0%
Potassium 303mg	6%

*The % Daily Value 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: Tempura Chicken Breast (Chicken Breast Meat, Water, Cornstarch, Bleached Enriched Flour (Wheat Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Contains less than 2% of Dextrin, Egg Whites, Egg Yolks, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Monocalcium Phosphate), Modified Potato Starch, Nonfat Dry Milk, Rice Flour, Salt, Sodium Phosphate, Xanthan Gum. Vegetable Oil, Sriracha Sauce (Water, Sugar, Soybean Oil, Tomato Paste, Sriracha Hot Chili Sauce (Chili Pepper, Vinegar, Garlic, Sugar, Salt, Water, Natural Flavors, Xanthan Gum), Garlic, Cornstarch, Distilled Vinegar, Onion, Chili Garlic Sauce (Chili Pepper, Salt, Garlic, Sugar, Rice Vinegar, Water, Cornstarch, Acetic Acid), Orange Juice Concentrate, Chili Pepper, Salt, Cultured Sugar, Beet Juice (Color), Chili Powder, Torula Yeast Extract).

CONTAINS: Wheat, Eggs, Milk, and Soy.



Stuffed Cabbage Rolls

Nutrition Facts	
Variable servings per container	
Serving size	3oz (85g)
Amount per serving	
Calories	80
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 340mg	15%
Total Carbohydrate 9g	3%
Dietary Fiber --g	--%
Total Sugars 3g	
Includes --g Added Sugars	--%
Protein 4g	
Vitamin D --mcg	--%
Calcium 16mg	2%
Iron 1mg	6%
Potassium --mg	--%

*The % Daily Value 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: Cabbage Rolls (Water, Cooked Beef, Cabbage, Tomato Puree (Water, Tomato Paste), Tomatoes (Diced Tomatoes, Tomato Juice, Citric Acid, Calcium Chloride), Seasoning (Water, Sugar, Salt, Dehydrated Soy Sauce Powder (Soy Sauce (Wheat, Soybeans, Salt), Maltodextrin, Salt), Yeast Extract, Caramel Color), Cooked Enriched Rice (Water, Rice, Ferric Phosphate, Niacin, Thiamine Mononitrate, Folic Acid), Onion, 2% or less of: Soybean Oil, Bread Crumbs (Bleached Wheat Flour, Sugar, Canola Oil, Salt, Yeast), Modified Cornstarch, Sugar, Whey Protein Concentrate, Dehydrated Onions, Potassium Chloride, Natural Flavor, Bleached Wheat Flour, Salt, Spices), Dried Parsley.

CONTAINS: Milk, Wheat, and Soy.



Stuffed Chicken Breast

Nutrition Facts	
Variable servings per container	
Serving size	4oz (113g)
Amount per serving	
Calories	180
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 400mg	17%
Total Carbohydrate 14g	5%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 8mg	0%
Iron 0mg	0%
Potassium 131mg	2%
*The % Daily Value 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.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Chicken, Stuffing (Water, Stuffing Mix (Enriched Flour(Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Whole Wheat Flour, High Fructose Corn Syrup, Salt, Partially Hydrogenated Vegetable Oil (Soybean and/or Cottonseed), Dehydrated Onion. Contains 2% Or Less Of: Yeast, Wheat Gluten, Spices, Distilled Vinegar, Soy Lecithin, Cornstarch, Soy Flour), Chicken Base (Roasted Chicken, Salt, Monosodium Glutamate(MSG), Sugar, Autolyzed Yeast Extract, Chicken Fat, Onion Powder, Turmeric And Extractive Of Paprika, Spice Extractives)).

CONTAINS: Soy and Wheat.



Stuffed Green Peppers

Nutrition Facts	
Variable servings per container	
Serving size	5oz (142g)
Amount per serving	
Calories	110
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 1.5g	8%
<i>Trans Fat</i> 0g	
Cholesterol 15mg	5%
Sodium 550mg	24%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 22mg	2%
Iron 1mg	6%
Potassium 19mg	0%

*The % Daily Value 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: Stuffed Green Peppers (Green Peppers, Water, Cooked Beef, Tomato Puree (Water, Tomato Paste), Tomatoes (Diced Tomatoes, Tomato Juice, Citric Acid, Calcium Chloride), Blanched Enriched Long Grain Parboiled Rice (Water, Rice, Iron, Niacin, Thiamin Mononitrate, Folic Acid), 2% or less of Soybean Oil, Sugar, Modified Cornstarch, Salt, Soy Protein Concentrate (with Caramel Color), Dehydrated Onions, Rolled Oats, Bleached Enriched Wheat Flour (Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Potassium Chloride, Xanthan Gum, Yeast Extract, Oleoresin Paprika, Soy Lecithin, Dehydrated Soy Sauce (Soybeans, Salt, Wheat), Caramel Color, Citric Acid, Spice, Dehydrated Garlic), Dried Parsley.

CONTAINS: Wheat and Soy.



Stuffed Red and Green Peppers

Nutrition Facts	
Variable servings per container	
Serving size	5oz (142g)
Amount per serving	
Calories	140
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 2g	10%
<i>Trans Fat</i> 0g	
Cholesterol 20mg	7%
Sodium 260mg	11%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 66mg	6%
Iron 1mg	6%
Potassium 345mg	8%
<small>*The % Daily Value 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.</small>	

INGREDIENTS: Green Cherry Peppers (Cored Peppers, Water, Salt, Vinegar, Calcium Chloride, Sodium Benzoate, Sodium Metabisulfite), Prosciutto (Pork, Salt, Contains less than 2% Of: Dextrose, White Wine, Spices, Sodium Erythorbate, Lactic Acid Starter Culture, Garlic, Natural Flavoring, Sodium Nitrate, Sodium Nitrite), Provolone Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Red Cherry Peppers (Cored Peppers, Water, Salt, Vinegar, Calcium Chloride, Sodium Benzoate, Sodium Metabisulfite), Corn Oil and Olive Oil, White Vinegar, Lemon Juice, Garlic, Flavorings, and Salt.

CONTAINS: Milk.



Sweet and Sour Pork

Nutrition Facts	
Variable servings per container	
Serving size	3 oz (85g)
Amount per serving	
Calories	120
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 140mg	6%
Total Carbohydrate 23g	8%
Dietary Fiber --g	--%
Total Sugars 16g	
Includes --g Added Sugars	--%
Protein 4g	
Vitamin D --mcg	--%
Calcium 0mg	0%
Iron 0mg	0%
Potassium --mg	--%

*The % Daily Value 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: Tempura Pork(Pork, Water, Cornstarch, Bleached Enriched Flour(Wheat Flour, Niacin, Iron, Thiamine, Mononitrate, Riboflavin, Folic Acid), Vegetable Oil, Contains less than 2% of: Dextrin, Egg White, Egg Yolks, Leavening(Sodium Acid Pyrophosphate, Sodium Bicarbonate, Monocalcium Phosphate), Modified Potato Starch, Nonfat Dry Milk, Rice Flour, Salt, Sodium Phosphate, Xanthan Gum). Sweet and Sour Sauce(Sucrose, Water, Vinegar, Modified Food Starch, Soybean, Oil, Xanthan Gum, Sodium Benzoate(as a preservative), Salt, FD&C Red #40, FD&C Yellow #6, FD&C Yellow #5). Garnish (Chives).

CONTAINS: Eggs, Milk, Soy, and Wheat.



Tater Tot Casserole

Nutrition Facts	
Variable servings per container	
Serving size	8 oz (227g)
Amount per serving	
Calories	330
	% Daily Value*
Total Fat 18g	23%
Saturated Fat 6g	30%
Trans Fat 0.5g	
Cholesterol 55mg	18%
Sodium 740mg	32%
Total Carbohydrate 22g	8%
Dietary Fiber 0g	0%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 18g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 2mg	10%
Potassium 344mg	8%
<small>*The % Daily Value 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.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

Ingredients: Cream of Mushroom Soup (Water, Mushrooms, Cream, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Food Starch-Modified, Corn Oil, Salt, Partially Hydrogenated Soybean Oil, Flavor [Natural Flavors (Contains Canola Oil), Nonfat Dry Milk, Autolyzed Yeast Extract, Hydrolyzed Corn Gluten, Hydrolyzed Soy Protein, Salt, Cultured Whey, Disodium Inosinate and Disodium Guanylate, Lecithin], Hydrolyzed Wheat Gluten, Sugar, Maltodextrin, Onion Powder, Disodium Inosinate, Disodium Guanylate, Natural Flavoring), Beef, Tater Tots (Potatoes, Vegetable Oil (Canola, Soybean, Cottonseed, Sunflower, and/or Corn Oil). Contains 2% or less of Dextrose, Natural Flavor, Salt, Sodium Acid Pyrophosphate (to maintain natural color)), Mixed Vegetables (Carrots, Peas, Green Beans, Corn), Milk, may be garnished with Parsley.

CONTAINS: Wheat, Milk, and Soy.



Tequila Lime Bone-In Wings

Nutrition Facts	
Variable servings per container	
Serving size	3oz (85g)
Amount per serving	
Calories	180
	% Daily Value*
Total Fat 12g	15%
Saturated Fat 3g	15%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 5g	
Cholesterol 115mg	38%
Sodium 620mg	27%
Total Carbohydrate 2g	1%
Dietary Fiber --g	--%
Total Sugars 0g	
Includes --g Added Sugars	--%
Protein 18g	
Vitamin D --mcg	--%
Calcium 90mg	6%
Iron 1mg	6%
Potassium --mg	--%
<small>*The % Daily Value 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.</small>	

INGREDIENTS: Chicken Wing (Chicken Breast with Rib Meat containing up to 20% of a solution of Water, Salt, and Sodium Phosphates), Breading (Wheat Flour, Water, Salt, Spices, Wheat Gluten, Egg White Solids, Dried Whey, Leavening (Sodium Bicarbonate, Sodium Acid Pyrophosphate, Sodium Aluminum Phosphate, Monocalcium Phosphate), Dextrose, Onion Powder and Paprika), Breading set in (Vegetable Oil), Tequila Lime Marinade (Lime Juice, Water, High Fructose Corn Syrup, Salt, Tequila, Modified Food Starch, Distilled Vinegar, Hydrolyzed Corn Protein, Garlic, Spices (Cilantro and Jalapeno Pepper), Xanthan Gum, Lime Juice Solids, Citric Acid, Potassium Sorbate, Sodium Benzoate, Natural Flavors, Soy Lecithin).

CONTAINS: Wheat, Milk, Soy, and Eggs.



Teriyaki Bone-In Wings

Nutrition Facts	
Variable servings per container	
Serving size	3oz (85g)
Amount per serving	
Calories	190
	% Daily Value*
Total Fat 10g	13%
Saturated Fat 3.5g	18%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 2.5g	
Monounsaturated Fat 4.5g	
Cholesterol 85mg	28%
Sodium 620mg	27%
Total Carbohydrate 7g	3%
Dietary Fiber --g	--%
Total Sugars 6g	
Includes --g Added Sugars	--%
Protein 15g	
Vitamin D --mcg	--%
Calcium 0mg	0%
Iron 1mg	6%
Potassium --mg	--%
*The % Daily Value 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: Chicken Wing (Chicken Breast with Rib Meat containing up to 20% of a solution of Water, Salt, and Sodium Phosphates), Breading (Wheat Flour, Water, Salt, Spices, Wheat Gluten, Egg White Solids, Dried Whey, Leavening (Sodium Bicarbonate, Sodium Acid Pyrophosphate, Sodium Aluminum Phosphate, Monocalcium Phosphate), Dextrose, Onion Powder and Paprika), Breading set in (Vegetable Oil), Teriyaki Sauce(Soy Sauce(Soy Sauce (Water, Wheat, Soybeans, Salt), Sugar, Water, Modified Starch, White Vinegar, Onion Juice, Natural Flavor, Garlic Powder, Fumaric Acid, Dehydrated Yeast, Sodium Benzoate (added as a preservative)).

CONTAINS: Wheat, Milk, Soy, and Eggs.



Tuna Casserole

Nutrition Facts	
Variable servings per container	
Serving size	8oz (227g)
Amount per serving	
Calories	220
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 800mg	35%
Total Carbohydrate 25g	9%
Dietary Fiber --g	--%
Total Sugars 6g	
Includes --g Added Sugars	--%
Protein 15g	
Vitamin D --mcg	--%
Calcium 136mg	10%
Iron 1mg	6%
Potassium --mg	--%

*The % Daily Value 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: Macaroni And Cheese White Gourmet (Enriched Pasta(Water, Durum Wheat Semolina, Egg White, Iron, Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid), Milk, Pasteurized Cheese (Cheese[Milk, Cheese Culture, Salt, Enzymes], Water, Cream, Sodium Phosphate, Natural Flavor, Salt, Jalapeno Peppers, Color added), Cheddar Cheese(Milk, Cheese Culture, Salt, Enzymes), Butter(Cream, Salt), Water, Modified Food Starch, Milk Fat, Salt, Whey, Soybean Oil, Fully Hydrogenated Cottonseed Oil, Mono Diglycerides, Soy Lecithin, Citric Acid, Natural and Artificial Flavors, Potassium Sorbate and Sodium Benzoate (added as preservatives), Cayenne Pepper), Garden Peas, Tuna Chunk Light(Water, Vegetable Broth (Soy, Salt), Iodized Salt, Black Pepper, Potato Chips(Potatoes, Vegetable Oil(Contains one or more of the following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn), Contains 2% or less of Dextrose, Salt, Sodium Acid Pyrophosphate (added to maintain natural color)), Mild Cheddar Cheese(Cultured Pasteurized Milk, Salt, Enzymes, Artificial Color, Potato Starch and Powdered Cellulose (added to prevent caking), Natamycin(a natural mold inhibitor)

CONTAINS: Soy, Eggs, Milk, Fish, and Wheat.



Turkey and Gravy with Mashed Potatoes

Nutrition Facts	
Variable servings per container	
Serving size	5 oz (142g)
Amount per serving	
Calories	150
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 1.5g	8%
<i>Trans Fat</i> 0g	
Cholesterol 55mg	18%
Sodium 680mg	30%
Total Carbohydrate 3g	1%
Dietary Fiber --g	--%
Total Sugars 1g	
Includes --g Added Sugars	--%
Protein 19g	
Vitamin D --mcg	--%
Calcium 0mg	0%
Iron 0mg	0%
Potassium --mg	--%

*The % Daily Value 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.

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

INGREDIENTS: Turkey Breast (Turkey Breast Roast Containing up to 18% solution of Turkey Broth, Salt, Sugar, Sodium Phosphates, Flavoring), Turkey Gravy (Turkey Stock, Chicken Fat, Wheat Flour, Turkey Gizzards and Hearts, Dark Turkey Meat, Modified Corn Starch, Salt, Tomato Paste, Sugar, Natural Flavors, Autolyzed Yeast Extract, Dextrose, Caramel Color, Turmeric, Spices, Extractives of Paprika (added for color)). Mashed Potatoes(Russet Potatoes, Whole Milk, Butter (Cream, Salt), Salt, Potassium Sorbate (preservative), Soybean Mono & Diglycerides, Sodium Acid Pyrophosphate (for color retention), Natural Flavor)

CONTAINS: Milk and Soy.



Turkey and Gravy

Nutrition Facts	
Variable servings per container	
Serving size	5 oz (142g)
Amount per serving	
Calories	150
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 1.5g	8%
<i>Trans</i> Fat 0g	
Cholesterol 55mg	18%
Sodium 680mg	30%
Total Carbohydrate 3g	1%
Dietary Fiber --g	--%
Total Sugars 1g	
Includes --g Added Sugars	--%
Protein 19g	
Vitamin D --mcg	--%
Calcium 0mg	0%
Iron 0mg	0%
Potassium --mg	--%
<small>*The % Daily Value 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.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

INGREDIENTS: Turkey Breast (Turkey Breast Roast Containing up to 18% solution of Turkey Broth, Salt, Sugar, Sodium Phosphates, Flavoring), Turkey Gravy (Water, Roasted Dark Turkey Meat, Modified Food Starch, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Chicken Fat, Salt, less than 1% of the following: Dehydrated Turkey Meat, Dehydrated Turkey Broth, Turkey Fat (Tocopherols), Sugar, Nonfat Dry Milk, Soy Flour, Cornstarch, Autolyzed Yeast Extract, Torula Yeast, Lipolyzed Butter Oil, Ascorbic Acid, Natural Flavorings, Flavoring (Canola Oil), Maltodextrin, Soy Sauce Solids (Soybeans, Wheat, Salt), Lactic Acid, Calcium Lactate, Onion Powder, Garlic Powder, Caramel Color, Turmeric, Oleoresin Paprika (added for flavor), Disodium Inosinate, Disodium Guanylate).

CONTAINS: Wheat, Soy, and Milk.



Turkey Gravy

Nutrition Facts	
Variable servings per container	
Serving size	4.5oz (128g)
Amount per serving	
Calories	70
	% Daily Value*
Total Fat 4g	5%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 10mg	3%
Sodium 500mg	22%
Total Carbohydrate 6g	2%
Dietary Fiber --g	--%
Total Sugars 0g	
Includes --g Added Sugars	--%
Protein 2g	
Vitamin D --mcg	--%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%
<small>*The % Daily Value 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.</small>	

INGREDIENTS: Turkey Gravy (Water, Roasted Dark Turkey Meat, Modified Food Starch, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Chicken Fat, Salt, less than 1% of the following: Dehydrated Turkey Meat, Dehydrated Turkey Broth, Turkey Fat (Tocopherols), Sugar, Nonfat Dry Milk, Soy Flour, Cornstarch, Autolyzed Yeast Extract, Torula Yeast, Lipolyzed Butter Oil, Ascorbic Acid, Natural Flavorings, Flavoring (Canola Oil), Maltodextrin, Soy Sauce Solids (Soybeans, Wheat, Salt), Lactic Acid, Calcium Lactate, Onion Powder, Garlic Powder, Caramel Color, Turmeric, Oleoresin Paprika (added for flavor), Disodium Inosinate, Disodium Guanylate).

CONTAINS: Wheat, Soy, and Milk.



Turkey, Stuffing, Potatoes, and Vegetables

Nutrition Facts	
Variable servings per container	
Serving size	8oz (227g)
Amount per serving	
Calories	300
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 450mg	20%
Total Carbohydrate 32g	12%
Dietary Fiber 1g	4%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 24g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 2mg	10%
Potassium 376mg	8%

*The % Daily Value 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: Turkey Breast (Turkey Breast Roast Containing up to 18% solution of Turkey Broth, Salt, Sugar, Sodium Phosphates, Flavoring), Turkey Gravy (Turkey Stock, Chicken Fat, Wheat Flour, Turkey Gizzards and Hearts, Dark Turkey Meat, Modified Corn Starch, Salt, Tomato Paste, Sugar, Natural Flavors, Autolyzed Yeast Extract, Dextrose, Caramel Color, Turmeric, Spices, Extractives of Paprika (added for color)). Mashed Potatoes(Russet Potatoes, Whole Milk, Butter (Cream, Salt), Salt, Potassium Sorbate (preservative), Soybean Mono & Diglycerides, Sodium Acid Pyrophosphate (for color retention), Natural Flavor), Vegetables(Green Beans, Corn). Oil Butter Alternative(Liquid and Hydrogenated Soybean Oil, Contains less than 2% of: Salt, Soy Lecithin, Natural and Artificial Flavor, Beta Carotene (added for color), Tbhq and Citric Acid (added to protect flavor),Dimethylpolysiloxane, an Anti-Foaming Agent added.) Seasoning(Onion, Spices, (Black Pepper, Parsley, Celery Seed, Basil, Bay, Marjoram, Oregano, Savory, Thyme, Cayenne Pepper, Coriander, Cumin, Mustard, Rosemary), Garlic, Carrot, Orange Peel, Tomato, Lemon Juice Powder, Citric Acid, Oil of Lemon, Salt Free, No Msg added). Parsley Flakes, Stuffing(Cream Of Chicken Soup(Chicken Broth, Bleached Wheat Flour, Cooked Chicken Meat, Cream, Butter Blend (Palm And Palm Kernel Oil, Soybean Oil, Water, Butter(Cream,Salt), Contains less than 2% of Salt, Non-Fat Milk Solids, Sodium Benzoate(preservative), Soy Lecithin, Shortening Powder(Partially Hydrogenated Soybean Oil, Lactose, Sodium Caseinate, Dipotassium Phosphate), Cream Flavor(Cream),Hydrolyzed Wheat Gluten, Romano cheese(Milk, Culture, Salt, Enzymes), Dehydrated Parsley, Spices, Monosodium Glutamate, Dehydrated Garlic, Calcium Propionate, Yeast (Monocalcium Phosphate, Soy lecithin, Soy Flour), Beef, Milk, Onions, Butter Blend (Partially Hydrogenated and Liquid Soybean Oil, Water, Butter (Cream, Salt),Salt, Non-Fat Dry Milk Solids, Soy Lecithin, Chicken Base(Roasted Chicken, Salt, Maltodextrin, Hydrolyzed Corn Protein, Whey, Turkey Stock, Chicken Fat, Wheat Flour, Turkey Gizzards and Hearts, Turkey Crumble (Turkey, Mechanically Separated Turkey, (Yeast Extract, Sugar, Dextrose, Onion Powder, Garlic Powder Tomato Paste, Sugar, Natural Flavors, Autolyzed Yeast Extract, Dextrose, Caramel Color, Turmeric, Spices, Extractives of Paprika (color), Chicken Gravy (Chicken Stock, Wheat Flour, Cooked Chicken, Chicken Fat).

CONTAINS: Wheat, Soy, and Milk.



Twice Baked Mashed Potatoes

Nutrition Facts	
Variable servings per container	
Serving size	5oz (142g)
Amount per serving	
Calories	260
	% Daily Value*
Total Fat 17g	22%
Saturated Fat 7g	35%
<i>Trans</i> Fat 2.5g	
Cholesterol 25mg	8%
Sodium 460mg	20%
Total Carbohydrate 22g	8%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 93mg	8%
Iron 1mg	6%
Potassium 563mg	10%

*The % Daily Value 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: Mashed Potatoes (Russet Potatoes, Whole Milk, Butter (Cream, Salt), Salt, Potassium Sorbate (added as a preservative), Soybean Monoglycerides, Natural Flavor), Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Color added, Potato Starch, Powdered Cellulose (added to prevent caking), Natamycin (natural mold inhibitor)), Bacon Topping (Bacon cured with Water, Salt, Smoke Flavoring, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite, Sugar, Brown Sugar, Natural Flavoring), Green Onions, Sour Cream (Cream, Skim Milk, Food Starch Modified (Corn), Lactic and Citric Acid, Gelatin, Mono and Diglycerides, Guar Gum, Potassium Sorbate (added to preserve freshness), Carrageenan, Sodium Phosphate, Natural and Artificial Flavor, Lactic Acid Culture), Butter Blend (Vegetable Oil Blend (Palm Oil and Soybean Oil), Water, Butter (Cream, Salt), Contains 2% or less of Salt, Nonfat Dry Milk, Natural and Artificial Flavors, Potassium Sorbate (added as a preservative), Soy Lecithin, Vitamin A Palmitate added, Beta Carotene (added for color)).

CONTAINS: Wheat, Soy, and Milk.



Twice Baked Potatoes

Nutrition Facts	
Variable servings per container	
Serving size	5oz (142g)
Amount per serving	
Calories	220
	% Daily Value*
Total Fat 11g	14%
Saturated Fat 4.5g	23%
<i>Trans</i> Fat 2g	
Cholesterol 20mg	7%
Sodium 310mg	13%
Total Carbohydrate 25g	9%
Dietary Fiber 3g	11%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 71mg	6%
Iron 1mg	6%
Potassium 631mg	15%

*The % Daily Value 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, Sour Cream (Cultured Sour Cream (Nonfat Milk, Cream, Grade A Whey, Corn Starch - Modified, Sodium Phosphate, Guar Gum, Carrageenan, Sodium Citrate, Locust Bean Gum), Potassium Sorbate (Preservative)), Butter Blend (Palm And Palm Kernel Oil, Soybean Oil, Water, Butter (Cream Salt), Contains Less Than 2% Of Salt, Non-Fat Milk Solids, Sodium Benzoate (A Preservative), Soy Lecithin, Artificial Flavor, Vitamin A Palmitate Added, Beta Carotene (Color)), Bacon (Bacon Cured With Water, Salt, Sugar, Sodium Erythorbate, Sodium Nitrite. May Also Contain Dextrose, Flavoring, Honey, Dehydrated Pork Broth, Potassium Chloride, Potassium Lactate, Smoke Flavoring, Sodium Diacetate, Sodium Phosphate), Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto (Color), Potato Starch, Powdered Cellulose And Dextrose (To Prevent Caking)), Onion, Salt, Pepper.

CONTAINS: Milk and Soy.



Vegetable Egg Roll

Nutrition Facts	
Variable servings per container	
Serving size	3oz (57g)
Amount per serving	
Calories	100
	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 290mg	13%
Total Carbohydrate 13g	5%
Dietary Fiber --g	--%
Total Sugars 2g	
Includes --g Added Sugars	--%
Protein 2g	
Vitamin D --mcg	--%
Calcium 27mg	2%
Iron 1mg	6%
Potassium --mg	--%

*The % Daily Value 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: Vegetable Egg Roll(Cabbage, Enriched Flour (Bleached Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Calcium Propionate, Malted Barley Flour, Celery, Water, Carrots, Bok Choy, Water Chestnuts, Enriched Durum Flour (Wheat Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Bamboo Shoots, Salt, Vegetable Oil (Soybean and/or Cottonseed and/or Corn and/or Canola Oil), Sugar, Modified Cornstarch, Spices, Roasted Garlic, Wheat Gluten, Toasted Sesame Oil, Dried Onion, Maltodextrin, Natural Flavor, Disodium Inosinate, Disodium Guanylate, Dried Whole Egg, Cornstarch, Fried in Vegetable Oil (Soybean and/or Cottonseed and/or Corn and/or Canola Oil)).Sweet and Sour Sauce(High Fructose Corn Syrup, Water, Distilled and Cider Vinegar, Pineapple Juice Concentrate, Modified Food Starch, Salt, Spices, Red and Green Bell Peppers, Soy Sauce (Water, Salt, Hydrolyzed Soy Protein, Corn Syrup, Caramel Color, Potassium Sorbate (Preservative)), Xanthan Gum, Soybean Oil, Garlic, Onion, Sugar, Turmeric, Beta Carotene, Citric Acid, Potassium Sorbate and Sodium Benzoate(Preservatives), FD&C Yellow #6, Oleoresin Paprika).

CONTAINS: Eggs, Wheat, and Soy.



Vegetable Fried Rice

Nutrition Facts	
Variable servings per container	
Serving size	5oz (142g)
Amount per serving	
Calories	150
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 170mg	7%
Total Carbohydrate 29g	11%
Dietary Fiber --g	--%
Total Sugars <1g	
Includes --g Added Sugars	--%
Protein 4g	
Vitamin D --mcg	--%
Calcium 0mg	0%
Iron 0mg	0%
Potassium --mg	--%
<small>*The % Daily Value 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.</small>	

INGREDIENTS: Vegetable Fried Rice(White Rice(Water and Rice), Soy Sauce (Water, Soybeans, Wheat, Salt), Carrots, Edamame, Red Pepper, Egg(Egg Whites, Whole Eggs, Corn Starch, Xanthan Gum, Beta Carotene), Onion, Rice Bran Oil, Onion Powder, Toasted Sesame Oil, Sugar, Rice Wine Vinegar, Garlic Powder, Sunflower Lecithin).

CONTAINS: Soy and Eggs.



Vegetable Lasagna

Nutrition Facts	
Variable servings per container	
Serving size	8oz (227g)
Amount per serving	
Calories	310
	% Daily Value*
Total Fat 12g	15%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 890mg	39%
Total Carbohydrate 34g	12%
Dietary Fiber --g	--%
Total Sugars 8g	
Includes --g Added Sugars	--%
Protein 16g	
Vitamin D --mcg	--%
Calcium 345mg	25%
Iron 1mg	6%
Potassium --mg	--%

*The % Daily Value 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: Skim Milk, Blanched Macaroni Product (Water, Semolina), Water, Ricotta Cheese (Milk, Cream, Skim Milk, Vinegar, Salt, Xanthan Gum, Locust Bean Gum, Guar Gum), Low-Moisture Part-Skim Mozzarella Cheese (Cultured Milk, Salt, Enzymes), Carrots, Soybean Oil, Bread Crumbs (Bleached Wheat Flour, Contains 2% or less of: Sugar, Yeast, Salt), Spinach, Parmesan Cheese (Cultured Milk, Salt, Enzymes), Onions, Modified Cornstarch, Parmesan Cheese Paste (Granular and Parmesan Cheese (Cultured Milk, Salt, Enzymes), Salt, Broccoli, Sugar, Bleached Wheat Flour, Corn Syrup, Cheese Flavor (Enzyme Modified Parmesan Cheese (Cultured Milk, Water, Salt, Enzymes))), Spices, Garlic Puree, Xanthan Gum, Cultured Whey, Dehydrated Onions, Flavors.

CONTAINS: Wheat and Milk.



Vegetable Lo Mein

Nutrition Facts	
Variable servings per container	
Serving size	8 oz (227g)
Amount per serving	
Calories	430
	% Daily Value*
Total Fat 20g	26%
Saturated Fat 2.5g	13%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 1290mg	56%
Total Carbohydrate 52g	19%
Dietary Fiber --g	--%
Total Sugars 18g	
Includes --g Added Sugars	--%
Protein 7g	
Vitamin D --mcg	--%
Calcium 0mg	0%
Iron 2mg	10%
Potassium --mg	--%

*The % Daily Value 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: Noodles (Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Soybean Oil, Natural Yellow Color (Turmeric and Annatto Color), Salt, Potassium Carbonate, Sodium Carbonate). Vegetables (Cabbage, Celery, Onion, and Carrots). Sauce(Soybean Oil, Sugar, Oyster Sauce (Water, Sugar, Salt, Oyster Extracts, Modified Cornstarch, Caramel), Water, Soy Sauce (Water, Wheat, Soybeans, Salt), Sesame Oil, Chicken Base (Roasted Chicken, Salt, Hydrolyzed Wheat Gluten, Flavors (Contains Hydrolyzed Corn and Wheat Gluten, Yeast Extract, Torula Yeast), Sugar, Maltodextrin, Chicken Extract, Chicken Fat, Carrot Powder, Mushroom Powder, Turmeric, Disodium Inosinate and Guanylate, Xanthan Gum), Spices, Caramel, Citric Acid, Xanthan Gum, Sodium Benzoate, Potassium Sorbate).

CONTAINS: Wheat and Soy.



Vegetable Spring Roll

Nutrition Facts	
Variable servings per container	
Serving size	3oz (85g)
Amount per serving	
Calories	140
<small>% Daily Value*</small>	
Total Fat 3.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 270mg	12%
Total Carbohydrate 23g	8%
Dietary Fiber --g	--%
Total Sugars 1g	
Includes --g Added Sugars	--%
Protein 4g	
Vitamin D --mcg	--%
Calcium 0mg	0%
Iron 0mg	0%
Potassium --mg	--%

*The % Daily Value 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: Spring Roll Filling (Cabbage, Green Beans, Carrots, Mushrooms, Onions, Vermicelli (Green Mung Bean, Water), Tofu Bean Curd (Soybean, Water, Magnesium Chloride), Soybean Oil, Salt, Spices), Spring Roll Wrapping (Wheat Flour, Water, Salt, Soybean Oil), Fried in (Vegetable Oil (Soybean, Cottonseed, Corn, and/or Canola Oil)).

CONTAINS: Wheat and Soy.



Vegetable Stuffed Mushrooms

Nutrition Facts	
Variable servings per container	
Serving size	5 oz (142g)
Amount per serving	
Calories	230
	% Daily Value*
Total Fat 16g	21%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 520mg	23%
Total Carbohydrate 16g	6%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 242mg	20%
Iron 1mg	6%
Potassium 533mg	10%

*The % Daily Value 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: Zucchini Squash, Mushrooms, Premium Salad Dressing (Soybean Oil, Water, Sugar, Distilled Vinegar, Corn Vinegar, Egg Yolks, Food Starch-Modified, Contains less than 2% of Salt, Spices, Natural Flavors, Paprika), Shredded Mozzarella Cheese (Pasteurized Skim Milk, Cheese Culture, Salt, Enzymes, Powdered Cellulose and Dextrose (added to prevent caking)), Bread Crumbs, Parmesan Cheese (Pasteurized Cow's Milk, Cheese Cultures, Salt, Enzymes, Modified Food Starch, Powdered Cellulose (added to prevent caking), Potassium Sorbate (added to protect flavor)), Bell Pepper, Onion, Garlic, Seasoning (Onion, Spices, Black Pepper, Parsley, Celery Seed, Basil, Bay, Marjoram, Oregano, Savory, Thyme, Cayenne Pepper, Coriander, Cumin, Mustard, Rosemary, Garlic, Carrot, Orange Peel, Tomato, Lemon Juice Powder, Citric Acid, Oil of Lemon).

CONTAINS: Soy, Eggs, and Milk.



Whipped Sweet Potatoes

Nutrition Facts	
Variable servings per container	
Serving size	3 oz (85g)
Amount per serving	
Calories	110
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 28g	10%
Dietary Fiber 1g	4%
Total Sugars 15g	
Includes 7g Added Sugars	14%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 17mg	2%
Iron 1mg	6%
Potassium 105mg	2%
<small>*The % Daily Value 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.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

INGREDIENTS: Sweet Potatoes (Sweet Potatoes, Water, Corn Syrup, Sugar), Brown Sugar, Marshmallows (Corn Syrup, Sugar, Modified Food Starch (Corn), Dextrose, Water, Gelatin, Natural and Artificial Flavor, Tetrasodium Pyrophosphate).