



## Nutrition Facts

4 servings per container  
**Serving Size ¼ Pouch (66g)**

**Amount Per Serving**  
**Calories 250**

**% Daily Value\***

<b>Total Fat</b> 2.5g	<b>4%</b>
Saturated Fat 1g	<b>4%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 170mg	<b>7%</b>
<b>Total Carbohydrate</b> 53g	<b>19%</b>
Dietary Fiber 7g	<b>23%</b>
Sugars 16g	
Includes 15g Added Sugars	<b>31%</b>

**Protein** 6g

Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 2mg	10%
Potassium 190mg	4%

\*The % Daily Values (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.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS:** Multi-Grain Cereal (Hard Red Winter Wheat, Soft White Wheat, Barley, Rye, Oats, and Triticale), Sugar, Creamer (Maltodextrin, Palm Oil, Sodium Caseinate [a Milk Derivative], Dipotassium Phosphate, Mono and Diglycerides, Sodium Aluminosilicate, Natural Flavor, Annatto Extract [For Color], Sodium Hexametaphosphate), Maple Brown Sugar Flavor (Maltodextrin, Gum Arabic, Natural and Artificial Flavor, Caramel Color), Molasses Powder (Molasses Powder, Silicon Dioxide [Prevents Caking]), Cellulose Gum, Ground Cinnamon, Sea Salt.

CONTAINS: MILK, WHEAT.

VEGETARIAN

**PRODUCED ON EQUIPMENT THAT ALSO PROCESSES MILK, SOY, WHEAT, EGG, AND TREE NUTS**



## Nutrition Facts

4 servings per container  
**Serving Size ¼ Pouch (66g)**

**Amount Per Serving**  
**Calories 260**

	% Daily Value*
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 2.5g	<b>12%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 630mg	<b>27%</b>
<b>Total Carbohydrate</b> 46g	<b>17%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 7g	
Vitamin D 0.1mcg	0%
Calcium 70mg	6%
Iron 1.7mg	10%
Potassium 500mg	10%

\*The % Daily Values (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.

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

**INGREDIENTS:** Elbow Pasta (Durum Semolina Wheat Flour, Niacin, Ferrous Sulfate [Iron], Thiamine Mononitrate, Riboflavin, Folic Acid), Creamer (Maltodextrin, Palm Oil, Sodium Caseinate [a Milk Derivative], Dipotassium Phosphate, Mono and Diglycerides, Sodium Aluminosilicate, Natural Flavor, Annatto Extract [Color], Sodium Hexametaphosphate), Modified Food Starch, Cheddar Cheese (Cheddar Cheese [Pasteurized Milk, Salt, Culture, Annatto, Enzymes], Whey, Palm Oil, Maltodextrin, Salt, Blue Cheese [Pasteurized Milk, Salt, Culture, Enzymes], Natural Flavors, Lactic Acid, Citric Acid, Disodium Inosinate and Disodium Guanylate, Yellow 5, Yellow 6), Sweet Whey, Nonfat Dry Milk, Sea Salt, Cheddar Cheese Powder (Organic Dextrose, Maltodextrin, Natural and Artificial Flavor, Whey Solids, Organic Corn Starch, Salt, Silicon Dioxide [Anti-caking Agent], Guar Gum, Annatto and Turmeric [Color]), Guar Gum, Flavor Enhancer (Maltodextrin, Salt, Natural Flavor), Orange Color, Natural Butter Flavor (Whey Solids, Enzyme Modified Butter, Maltodextrin, Salt, Dehydrated Butter, Guar Gum, Annatto and Turmeric [Color]), Ascorbic Acid, Sugar.

CONTAINS: MILK, WHEAT.

**PRODUCED ON EQUIPMENT THAT ALSO PROCESSES MILK, SOY, WHEAT, EGG, AND TREE NUTS**



## Nutrition Facts

4 servings per container  
**Serving Size ¼ Pouch (75g)**

**Amount Per Serving**  
**Calories 270**

		% Daily Value*
<b>Total Fat</b>	0.5g	<b>1%</b>
Saturated Fat	0g	<b>0%</b>
Trans Fat	0g	
<b>Cholesterol</b>	5mg	<b>1%</b>
<b>Sodium</b>	650mg	<b>28%</b>
<b>Total Carbohydrate</b>	60g	<b>22%</b>
Dietary Fiber	2g	<b>6%</b>
Sugars	13g	
Includes 12g Added Sugars		<b>25%</b>
<b>Protein</b>	6g	
Vitamin D	0mcg	0%
Calcium	40mg	2%
Iron	2mg	10%
Potassium	250mg	6%

\*The % Daily Values (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.

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

**INGREDIENTS:** Precooked Long Grain Rice (Enriched with Niacin, Ferric Orthophosphate [Iron], Thiamin Mononitrate, Folic Acid), Sugar, Modified Food Starch, Maltodextrin, Dehydrated Vegetables (Red and Green Bell Pepper, Carrot, Onion, Mushroom, Red Pepper, Garlic), Tamari Sauce (Soy Sauce [Soybeans, Salt, Vinegar], Maltodextrin, Salt), Whey Protein (Whey Protein Concentrate, Sunflower Lecithin), Chicken Base (Maltodextrin, Yeast Extract, Salt, Corn Starch, Cane Sugar, Onion and Garlic Powder, Parsley, Spices, Extractives of Turmeric, Silicon Dioxide [Prevents Caking]), Sea Salt, Guar Gum, Molasses Powder (Molasses Powder, Silicon Dioxide [Prevents Caking]), Vinegar Powder (Maltodextrin, Vinegar, Modified Food Starch), Red Miso (Red Miso [Fermented Soybeans, Salt], Maltodextrin), Yeast Extract, Flavor Enhancer (Maltodextrin, Salt, Natural Flavor), Caramel Color, Citric Acid, Orange Color, Chinese Five Spice (Spices and Licorice Root), Orange Flavor (Modified Food Starch, Organic Maltodextrin, Natural Flavor, Vitamin E).

CONTAINS: MILK, SOY.

GLUTEN FREE

**PRODUCED ON EQUIPMENT THAT ALSO PROCESSES MILK SOY WHEAT EGG AND TREE NUTS**



## Nutrition Facts

12 servings per container

**Serving Size 2 TBSP (17g)**

**Amount Per Serving**

**Calories 70**

**% Daily Value\***

**Total Fat** 2g **3%**

Saturated Fat 2g **9%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 110mg **5%**

**Total Carbohydrate** 11g **4%**

Dietary Fiber 0g **0%**

Sugars 10g

Includes 1g Added Sugars **2%**

**Protein** 2g

Vitamin D 0.4mcg **2%**

Calcium 70mg **6%**

Iron 0mg **0%**

Potassium 280mg **6%**

\*The % Daily Values (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.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS:** Sweet Whey, Creamer (Coconut Oil, Corn Syrup Solids, Sodium Caseinate [a Milk Derivative], Mono and Diglycerides, Dipotassium Phosphate, Silicon Dioxide), Nonfat Dry Milk, Sugar, Cellulose Gum.

**CONTAINS: MILK.**

**PRODUCED ON EQUIPMENT THAT ALSO PROCESSES MILK, SOY, WHEAT, EGG, AND TREE NUTS**



## Nutrition Facts

4 servings per container  
**Serving Size ¼ Pouch (45g)**

**Amount Per Serving**  
**Calories 150**

**% Daily Value\***

<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 660mg	<b>29%</b>
<b>Total Carbohydrate</b> 32g	<b>12%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 4g	
Vitamin D 0mcg	<b>0%</b>
Calcium 30mg	<b>2%</b>
Iron 2.6mg	<b>15%</b>
Potassium 450mg	<b>10%</b>

\*The % Daily Values (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.

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

**INGREDIENTS:** Precooked Long Grain Rice (Enriched with Niacin, Ferric Orthophosphate [Iron], Thiamin Mononitrate, Folic Acid), Maltodextrin, Black Beans, Corn Masa (Corn Masa Flour, Sorbic Acid, Calcium Propionate, CMC, Fumaric Acid, Enzyme and Trace of Lime), Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Enzyme, Folic Acid), Dehydrated Vegetables (Tomato, Corn, Cilantro, Jalapeno), Sea Salt, Modified Food Starch, Spices, Black Bean Flour, Guar Gum, Red Color, Orange Color, Black Pepper, Citric Acid, Mesquite Smoke Flavor (Maltodextrin, Natural Flavor, Smoke Flavor, Autolyzed Yeast Extract).

**CONTAINS: WHEAT.**

**VEGETARIAN**

**PRODUCED ON EQUIPMENT THAT ALSO PROCESSES MILK, SOY, WHEAT, EGG, AND TREE NUTS**

# COOKING DIRECTIONS

## BROWN SUGAR & MAPLE MULTIGRAIN

### COOKING DIRECTIONS

**Remove oxygen absorber prior to preparation.**

- 1. BOIL.** Bring 3.5 cups water to a boil.
- 2. STIR.** Add contents of pouch into boiling water and stir.
- 3. COVER.** Turn off heat and cover. Let stand for 12-15 minutes, stirring occasionally.
- 4. COOL.** Uncover and let cool for 2-3 minutes before serving.

*In an emergency situation with no access to a heat source, add 3.5 cups of water, mix well, and let stand for 15-20 minutes before serving.*

## CHEESY MACARONI

### COOKING DIRECTIONS

**Remove oxygen absorber prior to preparation.**

- 1. BOIL.** Bring 4 cups water to a boil.
- 2. STIR.** Add contents of pouch into boiling water and stir.
- 3. COVER.** Turn off heat and cover. Let stand for 12-15 minutes, stirring occasionally.
- 4. COOL.** Uncover and let cool for 2-3 minutes before serving.

*In an emergency situation with no access to a heat source, add 3.5 cups of water, mix well, and let stand for 15-20 minutes before serving.*

## TERIYAKI RICE

### COOKING DIRECTIONS

**Remove oxygen absorber prior to preparation.**

- 1. BOIL.** Bring 4 cups water to a boil.
- 2. STIR.** Add contents of pouch into boiling water and stir.
- 3. COVER.** Turn off heat and cover. Let stand for 12-15 minutes, stirring occasionally.
- 4. COOL.** Uncover and let cool for 2-3 minutes before serving.

*In an emergency situation with no access to a heat source, add 3.5 cups of water, mix well, and let stand for 15-20 minutes before serving.*

## HEARTY TORTILLIA SOUP

### COOKING DIRECTIONS

**Remove oxygen absorber prior to preparation.**

- 1. BOIL.** Bring 3.5 cups water to a boil.
- 2. STIR.** Add contents of pouch into boiling water and stir.
- 3. COVER.** Turn off heat and cover. Let stand for 12-15 minutes, stirring occasionally.
- 4. COOL.** Uncover and let cool for 2-3 minutes before serving.

*In an emergency situation with no access to a heat source, add 3.5 cups of water, mix well, and let stand for 15-20 minutes before serving.*

## WHEY MILK ALTERNATIVE

### COOKING DIRECTIONS

**Remove oxygen absorber prior to preparation.**

**For one serving:** Combine 2 tablespoons Whey Milk Alternative with 1/4 cup room temperature water. Stir to dissolve. Add 3/4 cup water and stir.

**For full pouch:** Combine contents of Whey Milk Alternative pouch with 3 cups room temperature water. Stir to dissolve. Add 9 cups water and stir.

**Chill if desired.**

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