

Beef and Cheese Taco Snack

Nutrition Facts

Amount per serving		
Calories		326
		% Daily Value*
Fat Calories 127.8		
Total Fat	14.2g	22%
Saturated Fat	5.8g	29%
Trans Fat	0.0g	0%
Cholesterol	35.5mg	12%
Sodium	554.6mg	23%
Total Carbohydrates	33.3g	11%
Dietary Fiber	5.4g	22%
Total Sugars	1.7g	
Includes	0.0g Added Sugars	
Potassium	388.5mg	11%
Protein	17.1g	34%
Vitamin A	231.9 IU	5%
Vitamin C	0.4mg	1%
Calcium	135.1mg	14%
Iron	3.5mg	19%

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Heating Instructions: For best results heat from refrigerated state. Place burrito on a sheet pan with seam of wrapper facing down. Heat to an external temperature of 160° F. Do not over heat. Heating above 165° F may cause filling leakage. Heating times may vary based on equipment used. Preheat oven to 300° F. Frozen, heat from 24 – 28 minutes. Refrigerated heat for 13 – 15 minutes. Microwave frozen on high for 50 seconds, let rest for 15 seconds, heat for another 30 seconds. Let rest for 1 minute before consuming. Microwave from refrigerated for 45 seconds, let rest for 15 seconds, heat for another 15 seconds. Let rest 1 minute before consuming.

Ingredients

Filling: Beef Filling [Ground Beef (Not More Than 20% Fat), Water, Textured Vegetable Protein Product [Soy Flour, Caramel Color, Zinc Oxide, Ferrous Sulfate, Niacinamide, Calcium Pantothenate, Pyridoxine Hydrochloride (B6), Riboflavin (B2), Thiamine Mononitrate (B1), Vitamin A Palmitate, And Vitamin (B12)], Taco Seasoning (Spices [Including Paprika, Cumin And Oregano], Onion, Garlic, Potato Flour, Enriched Wheat Flour (Flour, Niacin, Iron, Thiamine Mononitrate (B1), And Riboflavin (B2), Folic Acid), Cocoa, Corn Syrup Solids, Citric Acid And Natural Flavor), Contains 2% Or Less Of: Spices, Modified Food Starch (Refined From Corn), Isolated Pea Product, And Salt], Pasteurized Process American Cheese [Cultured Pasteurized Milk And Skim Milk, Cream, Milkfat, Sodium Citrate, Salt, Contains Less Than 2% Of Sorbic Acid (Preservative), Lactic Acid, Beta-Carotene And Apo-Carotenol (Colors), Enzymes, Soy Lecithin And Soybean Oil Blend], Whole Wheat Flour Tortilla, Soy Flour Enriched (Wheat Flours [Whole Wheat Flour, Enriched Bleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid)], Water, Soy Flour, Soybean Oil, Potato Starch, Pea Fiber, Distilled Monoglyceride, Wheat Gluten, Glycerine, Salt, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Annatto & Turmeric.

ALLERGENS: CONTAINS: SOY, WHEAT, MILK

Cavatappi (Macaroni and Cheese)

<u>Nutritional Information</u>	<u>Per Serving</u>
Serving Size (oz.)	8.00
Calories	428
Calories from Fat	194
Protein (g)	21
Carbohydrates (g)	36
Fiber (g)	3
Total Fat (g)	22
Saturated Fat (g)	12.3
Trans Fat*	0.0
Cholesterol (mg)	63
Sodium (mg)	1070
Sugar (g)	5
Vitamin A (IU)	821
Vitamin C (mg)	0
Calcium (mg)	513
Iron (mg)	1

*Contains 0 grams of added trans fat

Ingredients

WATER, COOKED CAVATAPPI (cavatappi (whole durum wheat flour, semolina, egg white, glycerol monostearate, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water), PASTEURIZED PROCESS CHEESE (cheddar cheese [pasteurized milk, cheese culture, salt, enzymes], water, cream, sodium phosphates and potassium phosphates, seasoning [potassium chloride, flavor (contains maltodextrin)], salt), CONTAINS LESS THAN 2% OF NONFAT DRY MILK, MODIFIED FOOD STARCH, CHEESE FLAVOR (whey, cheddar cheese [milk, cheese cultures, salt, enzymes], buttermilk solids, butter), BUTTER FLAVORING (whey solids, enzyme modified butter [butter, buttermilk powder, enzymes], maltodextrin, salt, dehydrated butter [butter, buttermilk powder], guar gum, annatto and turmeric [for color]), PARMESAN CHEESE (cow's milk, cheese culture, salt, enzymes, calcium propionate), ROMANO CHEESE (sheep's milk, cheese culture, salt, enzymes, calcium propionate), sodium phosphates and potassium phosphates.

Allergens

Milk, Egg, Wheat

Pasta Pouches AT HOME HEATING INSTRUCTIONS

FROM REFRIGERATED/THAWED

Use refrigerated pouches within 7 days after thawing. Instructions are based on heating a single pouch. Heating times may vary based on the number of servings being heated.

Microwave Heating Instructions (from thawed):

1. If frozen, thaw pouches of pasta in the refrigerator for 24 hours.
2. Cut 1/2" slit in bag and place slit side up in microwave.
3. Heat on high power for 60 seconds.
4. Allow bag to cool, carefully remove from microwave, pour into a bowl and serve.

Stove Top Heating Instructions (from thawed):

1. Empty thawed pasta into an 8-inch sauté pan or small pot.
2. Heat over medium/low heat for 2-3 minutes or until product reaches desired temperature.
3. Remove from heat, stir and serve.

Grilled Cheese

Nutritional Information:

Weight	118.78 g	Dietary Fiber	3.00 g	Sugar	6.50 g
Calories	279.75	Fat (total)	9.68 g	Calcium	456.29 mg
% Calories Fat	31.14 %	Fat (saturated)	5.39 g	Iron	1.61 mg
% Calories Sat Fat	17.34 %	Trans Fat	0.00 g	Vitamin C	0.00 mg
Protein	18.66 g	Cholesterol	30.37 mg	Vitamin A	607.65 IU
Carbohydrate	31.58 g	Sodium	599.36 mg	Riboflavin	0 mg
Niacin	0 mg	Thiamine	0 mg	Potassium	0 mg

Ingredients:

Whole Grain Bread: Water, Whole Wheat Flour, Enriched Bread Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Bread Base (Sugar, Soy Oil, Dextrose, Salt, Wheat Flour, Mono & Diglycerides, Calcium Stearoyl Lactylate, Wheat Gluten, Calcium Sulfate, Diacetyl Tartaric Acid Esters of Mono & Diglycerides, Ammonium Sulfate, Ethoxylated Mono & Diglycerides, Guar Gum, Ascorbic Acid, Monocalcium Phosphate, Potassium Iodite, Enzyme, Calcium Peroxide), Sugar, Yeast, Wheat Gluten, Calcium Propionate (Preservative). Reduced Sodium, Reduced Fat American Cheese: Cultured Pasteurized Milk and Skim Milk, Milk Fat, Whey Protein Concentrate, Contains less than 2% of Salt, Sodium Citrate, Potassium Citrate, Guar Gum, Locust Bean Gum, Xanthan Gum, Lactic Acid, Sorbic Acid (Preservative), APO-Carotenal and Beta Carotene (Color-If Colored), Enzymes, Vitamin A Palmitate, Soy Lecithin and Soybean Oil Blend. Soybean Oil

Allergen Statement (Product Contains):

Wheat
Milk
Soy
Gluten

Preparation

Oven Temperatures May Vary. Do Not Cook From Frozen State, Product Must Be Fully Thawed.

Do not take wrapper off of thawed sandwich. Bake thawed sandwich in oven: 300°F 10-12 Minutes.

Mandarin Orange Rice Bowl

Nutrition Facts	
1 servings per container	
Serving size	9 oz (255g)
Amount Per Serving	
Calories	380
<small>% Daily Value*</small>	
Total Fat 3.5g	4%
Saturated Fat 0.7g	4%
<i>Trans</i> Fat 0g	
Cholesterol 40mg	13%
Sodium 280mg	12%
Total Carbohydrate 68g	25%
Dietary Fiber 1g	4%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 16g	32%
Vitamin D 0mcg	0%
Calcium 78mg	6%
Iron 1.8mg	10%
Potassium 188mg	4%
Vitamin C	2%
<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>	

Ingredient Statement:

Chicken: Dark meat chicken chunks, water, cornstarch, white whole grain wheat flour, soybean oil, liquid whole eggs, salt, white pepper powder, garlic, ginger, and green onion.
Rice: Parboiled long grain steamed white rice.
Sauce: Sugar, vinegar, water, soy sauce (water, soybeans, salt, sugar, wheat flour, extract of mushroom), modified starch, garlic, mandarin orange juice and peel, ginger, green onion, and chili powder.
Egg products, soy, wheat, and citrus.

Allergens:

Preparation:

Microwave Oven - Puncture film 3-4 times. Cook on high for 5-6 minutes or until hot. Let stand for 3 minutes. Carefully remove film to avoid steam burns.
Conventional Oven - Preheat oven to 350 degrees Fahrenheit. Puncture film 3-4 times. Place bowls on baking tray. Bake for 45-50 minutes or until hot. Let stand for 1-2 minutes. Carefully remove film to avoid steam burns

Mozzarella Cheese Sticks

Nutrition Facts	
About 84 servings per container	
Serving size	2 breadstick (109g)
Amount per serving	
Calories	300
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 6g	30%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 2.5g	
Cholesterol 35mg	12%
Sodium 450mg	20%
Total Carbohydrate 33g	12%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes less than 1g Added Sugars	1%
Protein 17g	
Vitamin D 0mcg	0%
Calcium 340mg	25%
Iron 2.1mg	10%
Potassium 180mg	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 0 Carbohydrate 4 Protein 4</small>	

HEATING INSTRUCTIONS

Note: Ovens will vary. Please adjust time and temperature accordingly. Refrigerate or discard any unused portion. Fill baking sheet with 20 wrapped packages.

Convection Oven: Bake in wrap at 375°F for 16 to 18 minutes or until internal temperature reaches a minimum of 165°F.

Conventional Oven: Bake in wrap at 400°F for 16 to 18 minutes or until internal temperature reaches a minimum of 165°F.

Microwave Oven: Cook only one at a time.

- | |
|--|
| 1) Place one stick on microwave-safe plate. |
| 2) Cook on HIGH 30 to 40 seconds. |
| 3) Check that food is cooked thoroughly.
HANDLE CAREFULLY; IT'S HOT!
Let stand 1 minute and enjoy! |

Note: Minimum product temperature should be 165°F after heating.

Due to microwave oven variations, the above times are to be used as guidelines.

INGREDIENTS

Mozzarella Cheese (Pasteurized Part Skim Milk, Cheese Cultures, Salt, Enzymes), Whole Wheat Flour, Water, Enriched Wheat Flour ([Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Malted Barley Flour), Contains less than 2% of: Soybean Oil, Yeast, Dextrose, Dough Conditioner (Wheat Flour, Salt, Soy Oil, L. Cysteine, Ascorbic Acid, Enzyme) and/or Wheat Gluten, Sugar, Salt, Sodium Bicarbonate, Soy Flour, Soy Lecithin. CONTAINS: MILK, SOY and WHEAT

Personal Pan Pizza

NUTRITION INFORMATION:

Serving Size: 1 pizza
Calories: 310
Calories From Fat: 120
Calories From Saturated Fat: 50
Total Fat: 13 g
Saturated Fat: 6 g
Trans Fat: 0 g
Cholesterol: 30 mg
Sodium: 440 mg
Potassium: 440 mg
Total Carbohydrate: 31 g
Total Dietary Fiber: 3 g
Sugars: 9 g
Protein: 16 g
Vitamin A: 60 mg
Vitamin C: 0 mg
Calcium: 280 mg
Iron: 2.1

* Percent Daily Values are based on a 2,000 calorie diet.

PREP INSTRUCTIONS:

COOKING GUIDELINES: COOK BEFORE EATING. Place pizza on baking sheet. Preheat oven to 350 °F. Bake for 24 or more minutes until internal temperature reaches 160 degrees. Due to variances in ovens cooking time and bake temperature may vary. Product must be cooked from frozen state.

INGREDIENTS:

INGREDIENTS: CRUST: FLOUR BLEND (WHITE WHOLE WHEAT FLOUR, ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID]), WATER, VEGETABLE OIL (SOYBEAN AND/OR CANOLA OIL), DEFATTED SOY FLOUR, YEAST, ISOLATED SOY PROTEIN, CONTAINS 2% OR LESS OF: SUGAR, SOY LECITHIN, SALT, DISTILLED MONO-GLYCERIDES, ASCORBIC ACID (DOUGH CONDITIONER). TOPPINGS: LOW MOISTURE PART SKIM MOZZARELLA CHEESE (CULTURED PASTEURIZED PART SKIM MILK, SALT, ENZYMES). SAUCE: TOMATOES (WATER, TOMATO PASTE [NOT LESS THAN 28% SOLUBLE SOLIDS]), MODIFIED FOOD STARCH, SUGAR, CONTAINS 2% OR LESS OF: DEXTROSE, SEA SALT, DRIED ONION, SPICE, DEHYDRATED ROMANO CHEESE (CULTURED PASTEURIZED SHEEP'S AND COW'S MILK, SALT, ENZYMES), PAPRIKA, DRIED GARLIC, CITRIC ACID.

ALLERGENS:

Contains
Milk or its Derivatives, Wheat or its
Derivatives, and Soy or its Derivatives

Rotini with Meat Sauce (Spaghetti)

Nutritional Information:

Serving Size (oz.) 8.00

Calories 359

Calories from Fat 158

Protein (g) 21

Carbohydrates (g) 29

Fiber (g) 3

Total Fat (g) 18

Saturated Fat (g) 6.9

Trans Fat (g)* 1.0

Cholesterol (mg) 59

Sodium (mg) 487

Sugar (g) 6

Vitamin A (IU) 302

Vitamin C (mg) 16

Calcium (mg) 54

Iron (mg) 3

Allergens:

Egg, Wheat

Ingredient List: WATER, GROUND BEEF (no more than 20% fat), ROTINI (whole durum wheat flour, semolina, egg white, glycerol monostearate, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), TOMATO PASTE, CONTAINS LESS THAN 2% OF ONIONS, SUGAR, SEASONING (potassium chloride, flavor [contains maltodextrin]), SEASONING (sugar, onion, spice, garlic), SALT, SPICES, SODIUM PHOSPHATES, DEHYDRATED GARLIC, SOYBEAN OIL, CITRIC ACID, DEHYDRATED PARSLEY.

Pasta Pouches AT HOME HEATING INSTRUCTIONS

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Microwave Heating Instructions (from thawed):

1. If frozen, thaw pouches of pasta in the refrigerator for 24 hours.
2. Cut 1/2" slit in bag and place slit side up in microwave.
3. Heat on high power for 60 seconds.
4. Allow bag to cool, carefully remove from microwave, pour into a bowl and serve.

Stove Top Heating Instructions (from thawed):

1. Empty thawed pasta into an 8-inch sauté pan or small pot.
2. Heat over medium/low heat for 2-3 minutes or until product reaches desired temperature.
3. Remove from heat, stir and serve.

Turkey and Cheese Kit (Bento Box)

Nutrition Facts

Amount per serving	
Calories	326
	% Daily Value*
Fat Calories 150	
Total Fat 16g	25%
Saturated Fat 7g	35%
Trans Fat 0.0g	0%
Cholesterol 35mg	12%
Sodium 920mg	38%
Total Carbohydrates 39g	12%
Dietary Fiber 3g	22%
Total Sugars 12g	
Includes 0.0g Added Sugars	
Protein 18g	
Vitamin A	4%
Vitamin C	0%
Calcium	20%
Iron	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.

Preparation Instructions: Thaw under refrigeration at 33 to 40 °F. product can be held for 10 days under refrigeration.

Ingredients: Turkey: Turkey White Meat, Water; Salt, Potassium Lactate, Dextrose, Sodium Phosphate, Sodium Diacetate, Canrageenan, Sodium Erythorbate, Sodium Nitrite, Natural Smoke Flavor. Chocolate Chip Graham Crackers: Whole Wheat Flour, Sugar, Bleached Enriched Flour (Bleached Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Vegetable Shortening (Palm Oil, Soybean Oil, Canola Oil, Tocopherols (Added As An Antioxidant]), Chocolate Chips (Sugar, Chocolate Liquor, Cocoa Butter, Soy Lecithin, And Vanilla), Invert Sugar, Brown Sugar, Leavening (Ammonium Bicarbonate, Sodium Bicarbonate, Monocalcium Phosphate), Natural Flavor, Soy Lecithin1 Salt, Dextrose, Egg Whites, Mille Reduced Fat, Reduced Sodi.um Pasteurized Process American Cheese: Cultured Skim Milk and Milk, Water, Sodium Citrate, Salt, Potassium Citrate, Color Added (If Colored), Cream, Sorbic Acid (Preservative), Enzymes, Soy Lecithin (Non-Sticking Agent). Whole Grain Snack Cracker: Enriched flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), V1Thole Grain Wheat flour, Canola And/Or Soybean And/Or Palm Oil With TBHQ Added For Freshness, Sugar, Salt, Contains 2% Or Less Of: Leavening (Calcium Phosphate And/Or Baking Soda), High Fructose Corn Syrup, Soy Lecithin, Sodium Sulfite

Turkey Ham and Cheese Croissant Sandwich

Nutrition Facts	
Serving size	1 Sandwich (147g)
Amount per serving	
Calories	380
% Daily Value*	
Total Fat 20g	26%
Saturated Fat 9g	46%
Trans Fat 0g	
Cholesterol 55mg	19%
Sodium 990mg	45%
Total Carbohydrate 30g	11%
Dietary Fiber 3g	11%
Sugars 5g	
Includes 2g Added Sugars	4%
Protein 19g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.4mg	8%
Potassium 280mg	6%

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Instructions

PREPARATION

Keep Frozen Until Ready To Use

THAW AND SERVE: Thaw under refrigeration overnight.

Should be kept refrigerated no longer than 3 days.

FOR BEST QUALITY COOK: Product is in ovenable film, it is not necessary to remove from film before heating.

IF FROM THAWED: Heat product at 350 degrees F for 10-12 minutes.

IF FROM FROZEN: Heat product at 350 degrees F for 18-20 minutes.

ALLERGENS

Contains milk, soy, and wheat ingredients.

This product is produced in a nut-free facility.

INGREDIENTS

WG Croissant: Whole Wheat Flour, Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Margarine (Palm Oil, Water, Soybean Oil, Sugar, Soy Lecithin, Mono-Diglycerides, Potassium Sorbate, Citric Acid, Natural And Artificial Flavor, Beta Carotene, Vitamin A Palmitate), Water, Whole Milk, Brown Sugar, Yeast, Contains less than 2%: Malt Extract, Honey, Dry Cultured Wheat Flour, Salt, Enzyme. Turkey Ham: Mechanically Separated Turkey, Water, Modified Food Starch, Contains 2% Or Less Of Salt, Potassium Lactate, Dextrose, Brown Sugar, Sodium Phosphate, Smoke Flavoring, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite. American Cheese: Cultured Skim Milk and Milk, Water, Sodium Citrate, Salt, Potassium Citrate, Color (Annatto, Paprika), Cream, Sorbic Acid (preservative), Enzymes, Soy Lecithin (non-sticking agent)

ALLERGENS

Contains milk, soy, and wheat ingredients.

This product is Produced in a nut-free facility.