



Nutritional Information Per Serving

Product	Type	SKU	Total Weight	Net Weight	Servings per Package	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Apple Cinnamon Oatmeal	V, GF, DF, PF	OAT5007	2.6oz (74g)	2.1oz (58g)	1	214	3	0	0	1	43	5	12	6
Blueberry Oatmeal	V, GF, DF, PF	OAT5014	2.7oz (77g)	2.2oz (61g)	1	227	3	0	0	2	46	5	14	6
Strawberry Oatmeal	V, GF, DF, PF	OAT5021	2.6oz (72g)	2.0oz (56g)	1	207	3	0	0	1	41	5	10	6
Banana Oatmeal	V, GF, DF, PF	OAT5038	2.7oz (76g)	2.3oz (64g)	1	233	3	0	0	2	48	5	16	7
Mango Oatmeal	V, GF, DF, PF	OAT5045	2.6oz (74g)	2.1oz (58g)	1	215	3	0	0	2	43	5	12	6
Peach Oatmeal	V, GF, DF, PF	OAT5052	2.6oz (73g)	2.0oz (57g)	1	215	3	0	0	1	42	5	8	7
Brown Sugar Raisin Oatmeal	V, GF, DF, PF	OAT5069	3.2oz (91g)	2.7oz (75g)	1	303	3	1	0	4	66	5	32	7
Raspberry Chocolate Oatmeal	V, GF, DF, PF	OAT5076	2.9oz (81g)	2.3oz (65g)	1	253	6	2	0	2	47	6	14	7
Ramen Noodles – Chicken	DF, PF	RN5083	2.9oz (80g)	2.3oz (64g)	1	186	1	0	0	998	38	2	3	9
Ramen Noodles – Beef	DF, PF	RN5090	3.0oz (83g)	2.4oz (68g)	1	199	1	0	0	1,354	44	2	4	9
Ramen Noodles - Curry	PF	RN5106	2.8oz (77g)	2.5oz (70g)	1	216	1	0	2	241	43	3	8	12
Ramen Noodles - Stroganoff	PF	RN5113	2.9oz (81g)	2.8oz (77g)	1	258	6	3	19	1,113	47	3	8	11
GF Ramen Noodles - Chicken	GF, DF, PF	GFRN5120	3.2oz (90g)	2.6oz (74g)	1	246	2	0	0	876	53	2	2	6
GF Ramen Noodles - Beef	GF, DF, PF	GFRN5137	3.3oz (90g)	2.7oz (77g)	1	228	2	0	0	1,111	50	2	5	11
GF Ramen Noodles - Curry	V, GF, PF	GFRN5144	3.1oz (87g)	2.8oz (80g)	1	276	2	1	2	119	57	3	7	9
GF Ramen Noodles - Stroganoff	GF, PF	GFRN5151	3.4oz (96g)	3.1oz (87g)	1	318	7	3	19	991	61	3	7	8
Apple Crisp	V, PF	CR5168	4.6oz (129g)	3.9oz (109g)	2	217	4	1	0	43	45	4	30	1
Triple Berry Crisp	V, PF	CR5175	4.9oz (138g)	4.2oz (118g)	2	233	4	1	0	48	48	4	30	2
Peach Blueberry Crisp	V, PF	CR5182	5.1oz (143g)	4.4oz (123g)	2	249	4	1	0	47	50	3	24	2

V = Vegetarian GF = Gluten Free | DF = Dairy Free (most products are DF) | PF = No Peanuts | TN = Tree Nuts as indicated

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GF Apple Crisp	V, GF, PF	GFCR5199	4.6oz (129g)	3.9oz (109g)	2	216	4	1	0	49	45	4	28	1
GF Triple Berry Crisp	V, GF, PF	GFCR5205	4.9oz (138g)	4.2oz (118g)	2	233	4	1	0	53	48	4	28	2
GF Peach Blueberry Crisp	V, GF, PF	GFCR5212	5.1oz (143g)	4.4oz (123g)	2	249	4	1	0	52	50	3	23	2
Rocky Road Pudding (almonds)	V, TN, PF	PRR5229	5.2oz (147g)	2.5oz (70g)	2	122	1	0	0	55	31	3	17	1
Cheesecake Chocolate Strawberry	V, PF	CH5236	6.2oz (172g)	5.5oz (154g)	2	320	9	6	5	434	58	2	43	6
Cheesecake Chocolate Raspberry	V, PF	CH5243	6.2oz (172g)	5.5oz (154g)	2	343	9	6	5	444	63	2	43	6
Chicken Stew with Noodles	DF, PF	DN5250	6.6oz (186g)	5.7oz (160g)	2	280	1	0	20	860	49	4	5	17
Beef Stew	DF, PF	DN5267	6.4oz (180g)	5.5oz (154g)	2	270	3	1	22	1,330	49	8	8	15
Beef Stroganoff	PF	DN5274	7.2oz (202g)	6.3oz (176g)	2	320	8	4	40	1,290	47	3	9	18
Cajun Smack Chicken & Rice	GF, DF, PF	DN5281	6.3oz (177g)	5.4oz (151g)	2	270	0	0	20	570	44	7	4	18
Jambalaya	GF, DF, PF	DN5298	7.8oz (218g)	6.9oz (192g)	2	370	8	3	35	1,110	48	8	7	20
Ginger Chicken Stir Fry w Rice	GF, DF, PF	DN5304	6.8oz (190g)	5.9oz (164g)	2	290	1	0	15	1,180	49	10	8	19
Chili Mac w Beef	DF, PF	DN5311	7.2oz (201g)	6.2oz (175g)	2	340	6	2	15	440	83	6	8	15
Chicken Cashew Curry	GF, TN	DN5328	7.3oz (205g)	6.4oz (179g)	2	360	8	2	20	430	54	5	11	19
Teriyaki Chicken & Rice	DF, PF	DN5335	7.1oz (199g)	6.2oz (173g)	2	310	1	0	15	1,130	54	8	12	19
Chicken Pesto Pasta	PF	DN5342	7.8oz (218g)	6.9oz (192g)	2	370	4	2	30	1,050	57	4	4	21

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Sweet Potato Chili Mac	V, DF, PF	DN5359	8.7oz (245g)	7.8oz (220g)	2	430	10	1	0	285	70	7	13	16
Pesto Pasta w Hemp Seed	V, PF	DN5366	8.1oz (230g)	7.2oz (200g)	2	420	12	2	9	1040	58	5	4	16
Mediterranean Couscous	V, PF	DN5373	8.4oz (236g)	7.5oz (210g)	2	385	21	5	23	500	34	3	3	16
Bent Paddle Beer Braised Chicken Stew	PF	DN5397	6.9oz (194g)	6.0oz (170g)	2	300	4	0	20	995	50	6	13	19
Chicken Side Pack	DF, PF	Side001	1.2oz (35g)	1oz (30g)	2	130	1	0	57	30	58	0	0	27
Beef Side Pack	DF, PF	Side002	1.2oz (35g)	1oz (30g)	2	160	6	3	66	536	0	0	0	22
Beef Crumble Side Pack	DF, PF	Side003	1.2oz (35g)	1oz (30g)	2	180	13	5	50	500	0	0	0	15
Sausage Crumble Side Pack	DF, PF	Side004	1.2oz (35g)	1oz (30g)	2	210	19	6	38	620	0	0	0	9
Hemp Seed Side Pack	V, GF, DF, PF	Side005	1.2oz (35g)	1oz (30g)	2	180	15	1	0	0	1	0	0	10
Egg Scrambled	GF, DF, PF	EGG5380	4oz (115g)	3.4oz (95g)	2	310	23	9	590	375	2	1	1	20

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