



**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, SF	OAT5007	2.6oz (74g)	2.1oz (58g)	1	214	3	0	0	1	43	5	12	6
Banana Oatmeal	V, GF, DF, PF, SF	OAT5038	2.7oz (76g)	2.3oz (64g)	1	233	3	0	0	1	48	5	16	6
Blueberry Oatmeal	V, GF, DF, PF, SF	OAT5014	2.7oz (77g)	2.2oz (61g)	1	227	3	0	0	1	46	5	14	6
Brown Sugar Raisin Oatmeal	V, GF, DF, PF, SF	OAT5069	3.2oz (91g)	2.7oz (75g)	1	303	3	1	0	4	66	5	32	7
Mango Oatmeal	V, GF, DF, PF, SF	OAT5045	2.6oz (74g)	2.1oz (58g)	1	215	3	0	0	1	43	5	12	6
Peach Oatmeal	V, GF, DF, PF, SF	OAT5052	2.6oz (73g)	2.0oz (57g)	1	215	3	0	0	1	42	5	11	6
Raspberry Chocolate Oatmeal	V, GF, DF, PF	OAT5076	2.9oz (81g)	2.3oz (65g)	1	253	6	2	0	2	47	6	14	7
Strawberry Oatmeal	V, GF, DF, PF, SF	OAT5021	2.6oz (72g)	2.0oz (56g)	1	207	3	0	0	1	41	5	10	6
Egg Scrambled	GF, DF, PF	EGG5380	4oz (115g)	3.4oz (95g)	2	310	23	9	590	375	2	1	1	20
Ramen Noodles – Beef	V, DF, PF, SF	RN5090	3.0oz (83g)	2.4oz (68g)	1	200	1	0	0	600	41	2	4	11
Ramen Noodles – Chicken	V, DF, PF, SF	RN5083	3.0oz (83g)	2.3oz (64g)	1	190	1	0	0	1000	38	2	4	11
Ramen Noodles - Curry	V, PF, SF	RN5106	2.8oz (77g)	2.5oz (70g)	1	219	1	0	2	241	43	3	8	12
Ramen Noodles - Stroganoff	V, PF, SF	RN5113	3.3oz (93g)	2.6oz (75g)	1	255	6	3	19	600	43	3	8	11
GF Ramen Noodles - Beef	V, GF, DF, PF, SF	GFRN5137	3.3oz (90g)	2.7oz (77g)	1	234	2	0	0	623	46	2	4	11
GF Ramen Noodles - Chicken	V, GF, DF, PF, SF	GFRN5120	3.2oz (90g)	2.6oz (74g)	1	250	2	0	0	885	52	2	2	8
GF Ramen Noodles - Curry	V, GF, PF, SF	GFRN5144	3.1oz (87g)	2.8oz (80g)	1	276	2	1	2	119	57	3	7	9
GF Ramen Noodles - Stroganoff	V, GF, PF, SF	GFRN5151	3.6oz (103g)	3.0oz (85g)	1	315	7	3	19	460	57	3	8	8
Apple Crisp	V, PF	CR5168	4.6oz (129g)	3.9oz (109g)	2	217	4	1	0	43	45	4	30	1

**V = Vegetarian GF = Gluten Free | DF = Dairy Free | PF = No Peanuts | SF = Soy Free | TN = Tree Nuts as indicated**

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Peach Blueberry Crisp	V, PF	CR5182	5.1oz (143g)	4.40z (123g)	2	249	4	1	0	47	50	3	33	2
Triple Berry Crisp	V, PF	CR5175	4.9oz (138g)	4.2oz (118g)	2	233	4	1	0	48	48	4	30	2
GF Apple Crisp	V, GF, PF	GFCR5199	4.6oz (129g)	3.9oz (109g)	2	217	4	1	0	48	45	4	28	1
GF Peach Blueberry Crisp	V, GF, PF	GFCR5212	5.1oz (143g)	4.40z (123g)	2	249	4	1	0	52	50	3	31	2
GF Triple Berry Crisp	V, GF, PF	GFCR5205	4.9oz (138g)	4.2oz (118g)	2	233	4	1	0	53	48	4	28	2
Rocky Road Pudding (almonds)	V, TN, PF	PRR5229	5.2oz (147g)	4.6oz (130g)	2	250	6	0	3	140	45	4	30	9
Cheesecake Chocolate Strawberry	V, PF	CH5236	6.2oz (172g)	5.5oz (154g)	2	310	9	6	5	422	56	2	43	5
Cheesecake Chocolate Raspberry	V, PF	CH5243	6.2oz (172g)	5.5oz (154g)	2	333	9	6	5	432	61	2	42	6
Beef & Black Bean Burrito	GF, PF, SF	DN5823	8.4oz (235g)	7.5oz (210g)	2	426	13	4	26	870	54	12	11	21
Beef Stew	DF, PF, SF	DN5267	6.0oz (170g)	5.2oz (145g)	2	265	3	1	22	930	45	8	8	15
Beef Stroganoff	PF, SF	DN5274	7.2oz (202g)	6.3oz (176g)	2	360	9	4	87	654	50	3	8	19
Bent Paddle Beer Braised Chicken Stew	DF, PF, SF	DN5397	6.9oz (194g)	6.0oz (170g)	2	300	4	0	20	860	50	6	13	20
Cajun Smack Chicken & Rice	GF, DF, PF, SF	DN5281	6.9oz (194g)	6.0oz (168g)	2	315	4	0	19	660	44	7	5	21
Chicken Cashew Curry	GF, TN, SF	DN5328	7.3oz (205g)	6.4oz (179g)	2	360	8	2	17	430	54	5	11	19
Chicken Pesto Pasta	PF, SF	DN5342	7.8oz (218g)	6.9oz (192g)	2	370	4	2	28	1,050	57	4	4	21
Chicken Stew with Noodles	DF, PF, SF	DN5250	7.0oz (196g)	6.0oz (170g)	2	330	5	0	20	835	50	4	6	21
Chili Mac w Beef	DF, PF, SF	DN5311	7.2oz (201g)	6.2oz (175g)	2	340	6	2	16	436	54	6	8	15

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Garden Vegetable Pasta	V, PF, SF	DN5816	8.1oz (225g)	7.1oz (200g)	2	380	12	2	7	600	55	8	18	17
Ginger Chicken Stir Fry w Rice	GF, DF, PF	DN5304	7.2oz (200g)	6.3oz (175g)	2	320	4	0	15	1100	48	10	8	22
Jambalaya	GF, DF, PF	DN5298	7.8oz (218g)	6.9oz (192g)	2	370	8	3	35	711	48	8	7	20
Pesto Pasta w Hemp Seed	V, PF	DN5366	8.1oz (230g)	7.2oz (200g)	2	420	12	2	9	1040	58	5	4	16
Sweet Potato Chili Mac	V, DF, PF, SF	DN5359	8.7oz (245g)	7.8oz (220g)	2	430	10	1	0	285	70	7	13	16
Szechuan Chicken	GF, DF, PF	DN5809	8.8oz (245g)	7.8oz (220g)	2	422	8	1	24	700	59	11	10	27
Teriyaki Chicken & Rice	GF, DF, PF	DN5335	6.6oz (188g)	5.8oz (162g)	2	310	1	0	15	918	51	8	12	19
Beef Stew - SINGLE SERVE	DF, PF, SF	DN5663S	3.2oz (91g)	2.6oz (72g)	1	265	3	1	22	930	45	8	8	15
Beef Stroganoff - SINGLE SERVE	PF, SF	DN5670S	3.7oz (104g)	3.0oz (85g)	1	360	9	4	87	654	50	3	8	19
Beer Braised Chicken Stew - SINGLE SERVE	DF, PF, SF	DN5786S	3.7oz (104g)	3.0oz (85g)	1	300	4	0	20	860	50	6	13	20
Cajun Smack Chicken & Rice - SINGLE SERVE	GF, DF, PF, SF	DN5687S	3.7oz (104g)	3.0oz (85g)	1	315	4	0	19	660	44	7	5	21
Chili Mac with Beef - SINGLE SERVE	DF, PF, SF	DN5717S	3.8oz (106g)	3.1oz (87g)	1	340	6	2	16	436	54	6	8	15
Ginger Chicken Stir Fry - SINGLE SERVE	GF, DF, PF	DN5700S	3.8oz (106g)	3.1oz (87g)	1	320	4	0	15	1100	48	10	8	22
Jambalaya - SINGLE SERVE	GF, DF, PF	DN5694S	4.1oz (114g)	3.4oz (95g)	1	370	8	3	35	711	48	8	7	20
Pesto Chicken Pasta - SINGLE SERVE	PF, SF	DN5748S	4.1oz (114g)	3.4oz (95g)	1	370	4	2	28	1,050	57	4	4	21
Beef Crumble Side Pack	GF, DF, PF, SF	Side003	1.2oz (35g)	1oz (30g)	1	180	13	5	50	500	0	0	0	15

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Beef Diced Side Pack	GF, DF, PF, SF	Side002	1.2oz (35g)	1oz (30g)	1	160	6	3	66	500	0	0	0	22
Chicken Side Pack	GF, DF, PF, SF	Side001	1.2oz (35g)	1oz (30g)	1	120	1	0	57	30	0	0	0	27
Hemp Seed Side Pack	V, GF, DF, PF, SF	Side005	1.2oz (35g)	1oz (30g)	1	180	15	1	0	0	1	0	0	10
Sausage Crumble Side Pack	GF, DF, PF, SF	Side004	1.2oz (35g)	1oz (30g)	1	210	19	6	38	620	0	0	0	9

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