Nutrition Facts

Beef and Cheese Taco Snack

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 over 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-Carotenal (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)

Nutritional Information

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

*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

**Ingredients:**

Whole Grain Bread: Water, Whole Wheat Flour, Enriched Bread Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin 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

**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.

**Allergens:** Egg products, soy, wheat, and citrus.

**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.

---

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving size</th>
<th>9 oz (255g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>380</td>
</tr>
</tbody>
</table>

**Amount Per Serving**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Value</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>3.5g</td>
<td>4%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0.7g</td>
<td>4%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>40mg</td>
<td>13%</td>
</tr>
<tr>
<td>Sodium</td>
<td>280mg</td>
<td>12%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>68g</td>
<td>25%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1g</td>
<td>4%</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>10g</td>
<td></td>
</tr>
<tr>
<td>Includes 0g Added Sugars</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>16g</td>
<td>32%</td>
</tr>
</tbody>
</table>

* 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.
**Mozzarella Cheese Sticks**

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving size</th>
<th>2 breadsticks (109g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>300</td>
</tr>
<tr>
<td>Total Fat</td>
<td>12g (16%)</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>6g (30%)</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>1.5g</td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>2.5g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>35mg (12%)</td>
</tr>
<tr>
<td>Sodium</td>
<td>450mg (20%)</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>33g (12%)</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>3g</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>3g</td>
</tr>
<tr>
<td>Added Sugars</td>
<td>1%</td>
</tr>
<tr>
<td>Protein</td>
<td>17g</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>0mcg (0%)</td>
</tr>
<tr>
<td>Calcium</td>
<td>340mg (25%)</td>
</tr>
<tr>
<td>Iron</td>
<td>2.1mg (10%)</td>
</tr>
<tr>
<td>Potassium</td>
<td>150mg (4%)</td>
</tr>
</tbody>
</table>

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

**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

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.
Nutrition Facts

<table>
<thead>
<tr>
<th>Amount per serving</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>326</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td></td>
</tr>
<tr>
<td>Fat Calories</td>
<td>150</td>
</tr>
<tr>
<td>Total Fat</td>
<td>16g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>7g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0.0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>35mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>920mg</td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td>39g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>3g</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>12g</td>
</tr>
</tbody>
</table>

Includes 0.0g Added Sugars

<table>
<thead>
<tr>
<th>Protein</th>
<th>18g</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin A</td>
<td>4%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>0%</td>
</tr>
<tr>
<td>Calcium</td>
<td>20%</td>
</tr>
<tr>
<td>Iron</td>
<td>10%</td>
</tr>
</tbody>
</table>

* 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

**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 (Anatto, 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.