

Entrée Table of Contents

Beef Macaroni Casserole	1
Beef, Slow Roasted	2
Beef Stew	3
Beef Stroganoff with Noodles.....	4
Beef Tips in Gravy	5
Cabbage Rolls	6
Calico Bean Casserole.....	7
Chicken Ala King.....	8
Chicken Alfredo Pasta.....	9
Chicken, Breaded, Parmesan over Pasta	10
Chicken, Breast BBQ.....	11
Chicken, Breast Herbed.....	12
Chicken Cordon Bleu.....	13
Chicken, Lemon Pepper	14
Chicken Salad with Whole Wheat Bun.....	15
Chili Mac.....	17
Cod, Unbreaded.....	18
Egg Noodles	19
Egg Noodles, Cooked.....	20
Ham, Sliced Baked.....	21
Hamburger on Wheat Bun.....	22
Lasagna	23
Meatloaf	24
Meatballs, Country	25
Meatballs, Swedish	26
Pasta, Multigrain Rotini	28
Peppers, Stuffed	29
Pork, Barbequed Ribs.....	30

Pork, BBQ Sandwich	31
Pork Chops in Gravy	33
Pork Chops with Mushroom Gravy.....	34
Pork, Roast	35
Shepard's Pie	36
Sirloin, Chopped	37
Steak, Salisbury	38
Steak, Swiss	39
Sloppy Joe on Whole Wheat Bun.....	40
Spaghetti Noodles	42
Spaghetti with Meat Sauce	43
Spaghetti with Meatballs	44
Taco Casserole	45
Tater Tot Casserole	46
Tilapia, Parmesan Encrusted	47
Turkey, Creamy.....	48
Turkey Roast	49

Beef Macaroni Casserole

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 9 OZ				
Amount Per Serving				
Calories 306				
Calories from Fat 112				
	Total Fat 12.5g	19%	Total Carb. 32.4g	
	Sat. Fat 4.8g	24%	Dietary Fiber 3.4g	14%
	Trans Fat 0g		Sugars 8.4g	
	Cholest. 42.9mg	14%	Protein 15.8g	
	Sodium 499mg	21%		
	Cals • Prot 25% • Carb			
	Fat 19% • Chol 14% • Sat Fat 24%			

* Percent Daily Values (DV) are based on a 2000 calorie diet.

INGREDIENTS: WW ELBOW MACARONI, COOKED (WATER (water), PASTA ELBOW MACARONI WW (100% whole wheat durum flour), OIL CANOLA SALAD (canola oil)), TOMATO DICED IN JUICE (vine-ripened fresh tomatoes, tomato juice, salt, calcium chloride and naturally derived citric acid), SOUP TOMATO CAN (tomato puree (water, tomato paste), high fructose corn syrup, wheat flour, water, contains less than 2% of salt, potassium chloride, flavoring, citric acid, lower sodium natural sea salt, ascorbic acid (vitamin c), monopotassium phosphate, celery extract), Ground Beef (ground beef), VEG ONION CHOPPED FROZ (onion), SEASON PEPPER GRD BLK (black pepper)

ALLERGENS: Wheat

Beef, Slow Roasted

Nutrition Facts

Serving Size 3 OZ

Amount Per Serving

Calories 335

Calories from Fat 204

* Percent Daily Values (DV) are based on a 2000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 22.7g	35%	Total Carb. 0g	
Sat. Fat 9.4g	47%	Dietary Fiber 0g	0%
Trans Fat --- g		Sugars 0g	
Cholest. 93.7mg	31%	Protein 29.4g	
Sodium 73.6mg	3%		
Cals • Prot 47% • Carb			
Fat 35% • Chol 31% • Sat Fat 47%			

INGREDIENTS: BEEF EYE OF ROUND (beef)

ALLERGENS:

Beef Stew

Nutrition Facts

Serving Size 8 1/2 OZ

Amount Per Serving

Calories 254

Calories from Fat 50

* Percent Daily Values (DV) are based on a 2000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 5.6g	9%	Total Carb. 16.7g	
Sat. Fat 2g	10%	Dietary Fiber 2.2g	9%
Trans Fat 0g		Sugars 3.3g	
Cholest. 70.3mg	23%	Protein 30.1g	
Sodium 314.7mg	13%		
Cals • Prot 48% • Carb			
Fat 9% • Chol 23% • Sat Fat 10%			

INGREDIENTS: Beef Stew Meat (cubed beef), WATER (water), POTATO WHOLE 130/150 CAN (potatoes, water, salt, calcium chloride), VEG CARROTS BABY SLIMS (carrots), VEG CELERY 24 CT (celery), VEG PEAS & ONION FROZ (green peas, pearl onions), Brown Gravy Mix Low Sodium (food starch modified, rice flour, whey, hydrolyzed soy protein, beef tallow, hydrolyzed soy corn protein, caramel color, contains 2% or less of the following: onion powder, xanthan gum, tomato powder, dextrose, disodium inosinate, disodium guanylate, natural and artificial flavors, carrot powder, celery powder, garlic powder, corn syrup solids, silicon dioxide (as an anti-caking agent)), SEASON GARLIC GRANULATED (granulated garlic), SEASON PEPPER GRD BLK (black pepper), CORNSTARCH 1# (cornstarch)

ALLERGENS: Milk, Soybeans

Beef Stroganoff with Noodles

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 8 OZ				
Amount Per Serving				
Calories 332				
Calories from Fat 115				
	Total Fat 12.8g	20%	Total Carb. 29.5g	
	Sat. Fat 4.4g	22%	Dietary Fiber 1.2g	5%
	Trans Fat 0g		Sugars 2g	
	Cholest. 94.3mg	31%	Protein 23.9g	
	Sodium 156.1mg	7%		
	Cals • Prot 38% • Carb			
	Fat 20% • Chol 31% • Sat Fat 22%			

* Percent Daily Values (DV) are based on a 2000 calorie diet.

INGREDIENTS: Cooked Egg Noodles (WATER (water), PASTA EGG NOODLE X-WIDE (durum wheat semolina, durum wheat flour [enriched with iron (ferrous sulfate) and B vitamins (niacin, thiamin mononitrate, riboflavin, folic acid)], eggs), OIL CANOLA SALAD (canola oil)), BEEF STRIPS 1/2 X 1/4 (beef containing up to a 15% solution of water, dextrose, salt, sodium phosphate, sodium lactate, sodium diacetate), WATER (water), SOUR CREAM FAT FREE (skim milk, milk, nonfat dry milk, modified food starch (waxy maize), lactic acid, gelatin, sodium phosphate, propylene glycol monoester, titanium dioxide, dextrose, starter distillate, natural diacetyl, butyric acid, caproic acid, propionic acid, salt, citric acid, locust bean gum, agar, gellan gum, xanthan gum, acetic acid, skim milk with standard dairy cultures, potassium sorbate (a preservative), and vitamin A palmitate), MUSHROOM PIECES & STEMS CAN (mushrooms, water, salt, citric acid and ascorbic acid), VEG ONION JUMBO YELLOW (yellow onion), FLOUR ALL PURPOSE (bleached wheat flour, malted barley flour, niacin, iron, thiamine, riboflavin, folic acid and potassium bromate), SOUP BEEF BASE NO MSG (roasted beef and concentrated beef stock, salt, hydrolyzed soy, corn and wheat proteins, maltodextrin, autolyzed yeast extract, palm oil, sugar, caramel color, onion powder, 2% or less of corn oil, disodium inosinate, disodium guanylate, modified cornstarch, natural flavors, lactic acid), SEASON PEPPER GRD BLK (black pepper)

ALLERGENS: Milk, Eggs, Wheat, Soybeans

Beef Tips in Gravy

Nutrition Facts

Serving Size 6 OZ

Amount Per Serving

Calories 284

Calories from Fat 134

* Percent Daily Values (DV) are based on a 2000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 14.9g	23%	Total Carb. 7.5g	
Sat. Fat 5.7g	29%	Dietary Fiber 1g	4%
Trans Fat 0g		Sugars 1.4g	
Cholest. 92.6mg	31%	Protein 27.9g	
Sodium 570.8mg	24%		
Cals • Prot 44% • Carb			
Fat 23% • Chol 31% • Sat Fat 29%			

INGREDIENTS: BEEF STRIPS 1/2 X 1/4 (beef containing up to a 15% solution of water, dextrose, salt, sodium phosphate, sodium lactate, sodium diacetate), Soup Cr Mushroom Healthy (water, mushrooms, modified food starch, wheat flour, contains less than 2% of: vegetable oil (corn, cottonseed, canola and/or soybean), sugar, soy protein concentrate, cream (milk), salt, potassium chloride, flavoring, lower sodium natural sea salt, calcium carbonate, disodium guanylate, disodium inosinate, dehydrated mushrooms), WATER (water), MUSHROOM PIECES & STEMS CAN (mushrooms, water, salt, citric acid and ascorbic acid), SOUP ONION MIX (dehydrated onion (sulfites), salt, corn starch, onion powder, sugar, corn syrup solids, hydrolyzed soy protein, caramel color, partially hydrogenated soybean oil, monosodium glutamate, autolyzed yeast extract, natural flavor, disodium guanylate, disodium inosinate), VEG ONION JUMBO YELLOW (yellow onion)

ALLERGENS: Milk, Wheat, Soybeans

Cabbage Rolls

Nutrition Facts

Serving Size 9 OZ

Amount Per Serving

Calories 221

Calories from Fat 80

* Percent Daily Values (DV) are based on a 2000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 8.9g	14%	Total Carb. 25.5g	
Sat. Fat 3.5g	17%	Dietary Fiber 4.1g	16%
Trans Fat 0g		Sugars 8.6g	
Cholest. 34.5mg	12%	Protein 9.2g	
Sodium 874.6mg	36%		
Cals • Prot 15% • Carb			
Fat 14% • Chol 12% • Sat Fat 17%			

INGREDIENTS: CABBAGE ROLLS STUFFED FROZ (cabbage leaves, cooked white rice, cooked beef, onions, water, eggs, bread crumbs (wheat flour, sugar, yeast, soybean oil, salt, calcium propionate), green bell peppers, textured vegetable protein (soy protein concentrate, caramel color), salt, celery, non-fat dry milk, isolated soy protein, beef flavor (autolyzed yeast extract, mono- and diglycerides, polysorbate 60, disodium inosinate, disodium guanylate, xanthan gum), black pepper, caramel color, water, diced tomatoes (tomatoes with juice, calcium chloride, citric acid), tomato paste, sugar, modified food starch, dehydrated onion, wheat flour, salt, granulated garlic, flavoring, onions, beef flavor (autolyzed yeast extract, mono- and diglycerides, polysorbate 60, disodium inosinate, disodium guanylate, xanthan gum), spice, citric acid), TOMATO SAUCE (vine-ripened fresh tomatoes, salt, onion powder, garlic powder, red pepper and naturally derived citric acid)

ALLERGENS: Milk, Eggs, Wheat, Soybeans

Calico Bean Casserole

Nutrition Facts

Serving Size 8 oz

Amount Per Serving

Calories 357

Calories from Fat 105

* Percent Daily Values (DV) are based on a 2000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 11.7g	18%	Total Carb. 48g	
Sat. Fat 3.7g	19%	Dietary Fiber 7.6g	30%
Trans Fat 0g		Sugars 23g	
Cholest. 44.1mg	15%	Protein 18.2g	
Sodium 873.9mg	36%		
Cals • Prot 29% • Carb			
Fat 18% • Chol 15% • Sat Fat 19%			

INGREDIENTS: BEANS BAKED (prepared white beans, water, brown sugar, sugar, salt, mustard (vinegar, water, mustard seed, salt, turmeric, paprika), bacon, modified corn starch, onion powder, caramel color, spices, garlic powder, and natural flavor), Ground Beef (ground beef), BEANS KIDNEY (prepared dark red kidney beans, water, salt, calcium chloride (firming agent), citric acid, disodium EDTA added for color retention), BEANS BUTTER (prepared butter beans, water, salt, calcium chloride added to help maintain firmness, calcium disodium EDTA added to help promote color retention), VEG ONION JUMBO YELLOW (yellow onion), BEANS LIMA (prepared lima beans, water, and salt), SUGAR BROWN (light brown sugar), KETCHUP DISP PACK (tomato concentrate made from red ripe tomatoes, distilled vinegar, high fructose corn syrup, corn syrup, salt, spice, onion powder, natural flavoring), MOLASSES GAL (molasses, sodium benzoate (a preservative), water), PORK BACON BITS REAL CKD (bacon cured with water, salt, sugar, smoke flavoring, sodium phosphate, sodium erythorbate, sodium nitrite), VINEGAR WHITE GAL (white distilled vinegar (diluted with water to 5% acidity)), MUSTARD PREPARED GAL (water, vinegar, mustard seed, turmeric, spices), SEASON GARLIC POWDER (garlic powder)

ALLERGENS:

Chicken Ala King

Nutrition Facts

Serving Size 6 OZ

Amount Per Serving

Calories 289

Calories from Fat 152

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 16.9g	26%	Total Carb. 15.9g	
Sat. Fat 3.1g	15%	Dietary Fiber 0.7g	3%
Trans Fat 4g		Sugars 4.2g	
Cholest. 44.4mg	15%	Protein 17.9g	
Sodium 756.7mg	32%		
Cals • Prot 28% • Carb			
Fat 26% • Chol 15% • Sat Fat 15%			

* Percent Daily Values (DV) are based on a 2000 calorie diet.

INGREDIENTS: MILK SKIM DISP (fat free skim milk with vitamin A palmitate and vitamin D3 added), CHIX BRST OVEN/RSTD PULLED (skinless boneless chicken breast meat with rib meat, water, chicken broth, salt, modified food starch, seasoning (potassium citrate, citric acid, sodium diacetate, vegetable oil), sodium phosphates, carrageenan, natural flavor), WATER (water), MARGARINE VEG COLOR PRINT (liquid and partially hydrogenated soybean oil, water, salt, soy lecithin, vegetable mono and diglycerides, sodium benzoate (a preservative), citric acid, natural and artificial flavor, beta carotene (color), vitamin A palmitate added, whey), FLOUR ALL PURPOSE (bleached wheat flour, malted barley flour, niacin, iron, thiamine, riboflavin, folic acid and potassium bromate), VEG CARROTS JUMBO FRSH (carrots), PIMENTOS DICED (pimentos, water, and citric acid), VEG PEPPER GREEN BELL LARGE (green peppers), VEG ONION JUMBO YELLOW (yellow onion), SOUP BASE CHIX NO MSG (chicken meat including natural chicken juices, salt, sugar, chicken fat, hydrolyzed (wheat and corn gluten, soy) proteins, dried whey, maltodextrin, less than 2% of natural flavors, hydrogenated cottonseed oil, corn oil, disodium inosinate/disodium guanylate, autolyzed yeast extract, lactic acid, dextrose, natural extractives of turmeric and annatto), SEASON PEPPER GRD BLK (black pepper)

ALLERGENS: Milk, Wheat, Soybeans

Chicken Alfredo Pasta

Nutrition Facts

Serving Size 8 oz

Amount Per Serving

Calories 365

Calories from Fat 158

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 17.5g	27%	Total Carb. 29.7g	
Sat. Fat 3.6g	18%	Dietary Fiber 2.2g	9%
Trans Fat 1.6g		Sugars 4.3g	
Cholest. 53.1mg	18%	Protein 24.4g	
Sodium 758.7mg	32%		
Cals • Prot 39% • Carb			

* Percent Daily Values (DV) are based on a 2000 calorie diet.

Fat 27% • Chol 18% • Sat Fat 18%

INGREDIENTS: MILK SKIM DISP (fat free skim milk with vitamin A palmitate and vitamin D3 added), PASTA PENNE WHL GRN FROZ MOW (water, whole wheat durum flour), CHIX BRST OVEN/RSTD PULLED (skinless boneless chicken breast meat with rib meat, water, chicken broth, salt, modified food starch, seasoning (potassium citrate, citric acid, sodium diacetate, vegetable oil), sodium phosphates, carrageenan, natural flavor), FLOUR ALL PURPOSE (bleached wheat flour, malted barley flour, niacin, iron, thiamine, riboflavin, folic acid and potassium bromate), MARGARINE VEG COLOR PRINT (liquid and partially hydrogenated soybean oil, water, salt, soy lecithin, vegetable mono and diglycerides, sodium benzoate (a preservative), citric acid, natural and artificial flavor, beta carotene (color), vitamin A palmitate added, whey), CHEESE PARM SHRD FCY (parmesan cheese (pasteurized part-skim milk, cheese culture, salt, enzymes), powdered cellulose added to prevent caking), Oil Blend (OIL CANOLA SALAD (canola oil), OIL EXTRA VIRGIN OLIVE (100% extra virgin olive oil)), SOUP BASE CHIX NO MSG (chicken meat including natural chicken juices, salt, sugar, chicken fat, hydrolyzed (wheat and corn gluten, soy) proteins, dried whey, maltodextrin, less than 2% of natural flavors, hydrogenated cottonseed oil, corn oil, disodium inosinate/disodium guanylate, autolyzed yeast extract, lactic acid, dextrose, natural extractives of turmeric and annatto), HERB BASIL FRSH (basil), SEASON GARLIC MINCED FRSH (garlic, water, phosphoric acid), SEASON GARLIC POWDER (garlic powder), SEASON ONION POWDER (onion powder), SEASON PEPPER GRD BLK (black pepper)

ALLERGENS: Milk, Wheat, Soybeans

Chicken, Breaded, Parmesan over Pasta

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 10 3/4 OZ				
Amount Per Serving				
Calories 422				
Calories from Fat 111				
	Total Fat 12.3g	19%	Total Carb. 50.5g	
	Sat. Fat 3.9g	20%	Dietary Fiber 5g	20%
	Trans Fat 0g		Sugars 7.3g	
	Cholest. 59.7mg	20%	Protein 30.8g	
	Sodium 1043.7mg	43%		
	Cals • Prot 49% • Carb			
	Fat 19% • Chol 20% • Sat Fat 20%			

* Percent Daily Values (DV) are based on a 2000 calorie diet.

INGREDIENTS: PASTA PENNE WHL GRN FROZ MOW (water, whole wheat durum flour), SAUCE PASTA (Vine-ripened fresh tomatoes, fresh sautéed and caramelized onions in a blend of extra virgin olive oil and sunflower oil, carrot puree, garlic puree, salt, sugar, basil, onions, black pepper, red pepper, and naturally derived citric acid), Breaded Chicken Breast (boneless, skinless chicken breast filets with rib meat, water, sodium phosphates, salt, spice, seasoning (salt, oil of garlic). Breaded with: enriched wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, spice, onion powder, disodium inosinate and disodium guanylate, natural flavor. Battered with: water, enriched wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), modified corn starch, rice flour, white corn flour, salt, spice, leavening (sodium acid pyrophosphate, sodium bicarbonate), disodium inosinate and disodium guanylate, natural flavor. Predusted with: wheat flour, wheat gluten and salt. Breeding set in vegetable oil), CHEESE PARMESAN GRATED BTL (parmesan cheese (cultured pasteurized part-skim milk, salt, enzymes), powdered cellulose added to prevent caking, potassium sorbate (preservative))

ALLERGENS: Milk, Wheat

Chicken, Breast BBQ

Nutrition Facts

Serving Size 6 OZ

Amount Per Serving

Calories 173

Calories from Fat 22

* Percent Daily Values (DV) are based on a 2000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 2.4g	4%	Total Carb. 11.4g	
Sat. Fat 0g	0%	Dietary Fiber 0.2g	1%
Trans Fat 0g		Sugars 9g	
Cholest. 57.3mg	19%	Protein 22g	
Sodium 960.3mg	40%		
Cals • Prot 35% • Carb			
Fat 4% • Chol 19% • Sat Fat 0%			

INGREDIENTS: Barbeque Sauce (KETCHUP DISP PACK (tomato concentrate made from red ripe tomatoes, distilled vinegar, high fructose corn syrup, corn syrup, salt, spice, onion powder, natural flavoring), WATER-LB (water), VINEGAR WHITE GAL (white distilled vinegar (diluted with water to 5% acidity)), SAUCE WORCESTERSHIRE GAL (water, vinegar, high fructose corn syrup, salt, caramel color, molasses, dextrose, monosodium glutamate, sugar, natural flavors (spice extractives), spices, citric acid, potassium citrate, natural smoke flavor, polysorbate 80, malic acid), SUGAR BROWN (light brown sugar), VEG ONION CHOPPED FROZ (onion), SEASON CELERY SALT (salt and celery seed), SEASON PAPRIKA FSA (paprika, less than 2% silicon dioxide added to prevent caking), SEASON GARLIC POWDER (garlic powder), SEASON CHILI POWDER (chili pepper and other spices, salt, garlic powder and less than 2% silicon dioxide to prevent caking), SEASON MUSTARD SEED GROUND (ground mustard seed), FLAVORING LIQUID SMOKE (water, natural hickory smoke concentrate), SEASON PEPPER GRD BLK (black pepper), SOUP BEEF BASE NO MSG (roasted beef and concentrated beef stock, salt, hydrolyzed soy, corn and wheat proteins, maltodextrin, autolyzed yeast extract, palm oil, sugar, caramel color, onion powder, 2% or less of corn oil, disodium inosinate, disodium guanylate, modified cornstarch, natural flavors, lactic acid)), CHIX BRST BNLS/SKLS 4 OZ (boneless, skinless chicken breast with rib meat, containing up to 15% solution of water, salt, and sodium phosphate)

ALLERGENS: Wheat, Soybeans

Chicken, Breast Herbed

Nutrition Facts

Serving Size 1 each

Amount Per Serving

Calories 139

Calories from Fat 21

* Percent Daily Values (DV) are based on a 2000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 2.3g	4%	Total Carb. 2.5g	
Sat. Fat 0g	0%	Dietary Fiber 0.1g	0%
Trans Fat 0g		Sugars 1.1g	
Cholest. 57.3mg	19%	Protein 21.8g	
Sodium 550.2mg	23%		
Cals • Prot 35% • Carb			
Fat 4% • Chol 19% • Sat Fat 0%			

INGREDIENTS: CHIX BRST BNLS/SKLS 4 OZ (boneless, skinless chicken breast with rib meat, containing up to 15% solution of water, salt, and sodium phosphate), SEASON PAPRIKA FSA (paprika, less than 2% silicon dioxide added to prevent caking), SEASON MRS DASH (onion, spices (black pepper, parsley, celery seed, basil, bay, marjoram, oregano, savory, thyme, cayenne pepper, coriander, cumin, mustard, rosemary), garlic, carrot, orange peel, tomato, lemon juice powder, citric acid, oil of lemon), SEASON ITALIAN (italian seasoning spices), SEASON GARLIC POWDER (garlic powder)

ALLERGENS:

Chicken Cordon Bleu

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 1 each				
Amount Per Serving				
Calories 243				
Calories from Fat 128				
	Total Fat 14.2g	22%	Total Carb. 9.1g	
	Sat. Fat 3.5g	18%	Dietary Fiber 0g	0%
	Trans Fat 0g		Sugars 1g	
	Cholest. 55.7mg	19%	Protein 19.2g	
	Sodium 597.4mg	25%		
	Cals • Prot 31% • Carb			
	Fat 22% • Chol 19% • Sat Fat 18%			

* Percent Daily Values (DV) are based on a 2000 calorie diet.

INGREDIENTS: CHIX CORDON BLEU (chicken breast with rib meat (marinated up to 8% with a solution of water, rice starch, sodium phosphate, roast chicken, salt, sugar, onion powder, natural flavoring), pasteurized processed Swiss and American cheese (Swiss cheese [cultured milk and skim milk, salt, enzymes], American cheese [cultured milk, salt, enzymes], cream, sodium phosphate, salt), cooked ham - water added (cured with water, salt, dextrose, sodium phosphates, sodium ascorbate, sodium nitrite), bleached wheat flour, water, contains less than 2% of the following: whey, yellow corn flour, salt, buttermilk powder, dextrose, soybean oil, spice, romano and parmesan cheese (pasteurized cows' milk, cheese cultures, salt, sodium silicoaluminate [anti-caking], sorbic acid [preservative], enzymes), yeast, leavening (monocalcium phosphate, sodium bicarbonate), oleoresin paprika and annatto extract (color), natural flavorings, oleoresin turmeric (color). Prebrowned in vegetable oil)

ALLERGENS: Milk, Wheat, Soybeans

Chicken, Lemon Pepper

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 1 each				
Amount Per Serving				
Calories 138				
Calories from Fat 21				
	Total Fat 2.3g	4%	Total Carb. 2.4g	
	Sat. Fat 0g	0%	Dietary Fiber 0.1g	0%
	Trans Fat 0g		Sugars 1.2g	
	Cholest. 57.3mg	19%	Protein 21.8g	
	Sodium 550.8mg	23%		
	Cals • Prot 35% • Carb			
	Fat 4% • Chol 19% • Sat Fat 0%			

* Percent Daily Values (DV) are based on a 2000 calorie diet.

INGREDIENTS: CHIX BRST BNLS/SKLS 4 OZ (boneless, skinless chicken breast with rib meat, containing up to 15% solution of water, salt, and sodium phosphate), Lemon Pepper Seasoning Salt Free (black pepper, citric acid, sugar, natural flavor, Yellow 5 Lake and less than 2% tricalcium phosphate to prevent caking), SEASON PARSLEY FLAKES (parsley flakes)

ALLERGENS:

Chicken Salad with Whole Wheat Bun

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 4 OZ				
Amount Per Serving				
Calories 293				
Calories from Fat 81				
	Total Fat 9g	14%	Total Carb. 35.7g	
	Sat. Fat 1.5g	8%	Dietary Fiber 2.4g	10%
	Trans Fat 0g		Sugars 6.9g	
	Cholest. 44.7mg	15%	Protein 18.2g	
	Sodium 851mg	35%		
	Cals • Prot 29% • Carb			
	Fat 14% • Chol 15% • Sat Fat 8%			

* Percent Daily Values (DV) are based on a 2000 calorie diet.

INGREDIENTS: Whole Wheat HAMBURGER BUN (FLOUR ALL PURPOSE (bleached wheat flour, malted barley flour, niacin, iron, thiamine, riboflavin, folic acid and potassium bromate), WATER-LB (water), FLOUR WHOLE WHEAT (milled wheat), SHORTENING VEG SIGNATURE (partially hydrogenated soybean and cottonseed oil), SUGAR CLINTOSE, YEAST CAKE (yeast), MILK POWDERED (instant nonfat dry milk fortified with vitamins A & D), HONEY PURE (U.S. grade A pure honey), EGG WHL LIQ FROZEN (whole eggs, citric acid, 0.15% water added), BASE BEST 501 BB (enriched bleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), DATEM, soybean oil. Contains 2% or less of each of the following: dough conditioner (wheat flour, salt, calcium sulfate, calcium peroxide), ascorbic acid, L-cysteine, azodicarbonamide, enzymes (contains wheat flour)), SEASON SALT TABLE 25LB (salt, tricalcium phosphate, dextrose, potassium iodide, sodium bicarbonate, yellow prussiate of soda)), CHIX BRST OVEN/RSTD PULLED (skinless boneless chicken breast meat with rib meat, water, chicken broth, salt, modified food starch, seasoning (potassium citrate, citric acid, sodium diacetate, vegetable oil), sodium phosphates, carrageenan, natural flavor), DRESSING M WHIP RDCD CAL GAL (water, vinegar, soybean oil, modified food starch, high fructose corn syrup, sugar, salt, contains less than 2% of natural flavor, eggs, cellulose gel, mustard flour, potassium sorbate as a preservative, xanthan gum, cellulose gum, spice, paprika, sucralose and acesulfame potassium (sweeteners), dried garlic.), VEG CELERY 24 CT (celery), JUICE LEMON (filtered water, lemon juice concentrate, sodium bisulfite (preservatives), sodium

benzoate (preservative), and lemon oil), RELISH SWEET PICKLE GAL (cucumbers, sugar, vinegar, salt, spices, potassium sorbate (preservative), xanthan gum, yellow 5, polysorbate 80), VEG ONION JUMBO YELLOW (yellow onion), SEASON PEPPER GRD WHT (white pepper)

ALLERGENS: Milk, Eggs, Wheat, Soybeans

Chili Mac

Nutrition Facts

Serving Size 9 OZ

Amount Per Serving

Calories 319

Calories from Fat 104

* Percent Daily Values (DV) are based on a 2000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 11.5g	18%	Total Carb. 38.7g	
Sat. Fat 4.3g	22%	Dietary Fiber 4.6g	18%
Trans Fat 0g		Sugars 7.4g	
Cholest. 38.1mg	13%	Protein 16.2g	
Sodium 599.7mg	25%		
Cals • Prot 26% • Carb			
Fat 18% • Chol 13% • Sat Fat 22%			

INGREDIENTS: WW ELBOW MACARONI, COOKED (WATER (water), PASTA ELBOW MACARONI WW (100% whole wheat durum flour), OIL CANOLA SALAD (canola oil)), SOUP TOMATO CAN (tomato puree (water, tomato paste), high fructose corn syrup, wheat flour, water, contains less than 2% of salt, potassium chloride, flavoring, citric acid, lower sodium natural sea salt, ascorbic acid (vitamin c), monopotassium phosphate, celery extract), Ground Beef (ground beef), TOMATO DICED IN JUICE (vine-ripened fresh tomatoes, tomato juice, salt, calcium chloride and naturally derived citric acid), JUICE TOMATO (tomatoes, salt, ascorbic acid), BEANS KIDNEY (prepared dark red kidney beans, water, salt, calcium chloride (firming agent), citric acid, disodium EDTA added for color retention), VEG ONION JUMBO YELLOW (yellow onion), SEASON CHILI POWDER (chili pepper and other spices, salt, garlic powder and less than 2% silicon dioxide to prevent caking), MUSTARD PREPARED GAL (water, vinegar, mustard seed, turmeric, spices), SOUP BEEF BASE NO MSG (roasted beef and concentrated beef stock, salt, hydrolyzed soy, corn and wheat proteins, maltodextrin, autolyzed yeast extract, palm oil, sugar, caramel color, onion powder, 2% or less of corn oil, disodium inosinate, disodium guanylate, modified cornstarch, natural flavors, lactic acid), SEASON PEPPER GRD BLK (black pepper), SEASON GARLIC POWDER (garlic powder), SEASON CELERY SALT (salt and celery seed)

ALLERGENS: Wheat, Soybeans

Cod, Unbreaded

Nutrition Facts

Serving Size 4 OZ

Amount Per Serving

Calories 80

Calories from Fat 4

* Percent Daily Values (DV) are based on a 2000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 0.5g	1%	Total Carb. 0.1g	
Sat. Fat 0g	0%	Dietary Fiber 0.1g	0%
Trans Fat 0g		Sugars 0g	
Cholest. 34.6mg	12%	Protein 17.8g	
Sodium 247.1mg	10%		
Cals • Prot 28% • Carb			
Fat 1% • Chol 12% • Sat Fat 0%			

INGREDIENTS: FISH COD UNBRD/GLZD 4 OZ (cod, water, sodium tripolyphosphate (to retain moisture)), SEASON PAPRIKA FSA (paprika, less than 2% silicon dioxide added to prevent caking)

ALLERGENS: Fish

Egg Noodles

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 5 OZ				
Amount Per Serving				
Calories 207				
Calories from Fat 44				
	Total Fat 4.9g	8%	Total Carb. 33.8g	
	Sat. Fat 1g	5%	Dietary Fiber 0.8g	3%
	Trans Fat 0g		Sugars 1.7g	
	Cholest. 46.4mg	15%	Protein 6.8g	
	Sodium 1257.9mg	52%		
	Cals • Prot 11% • Carb			
	Fat 8% • Chol 15% • Sat Fat 5%			

* Percent Daily Values (DV) are based on a 2000 calorie diet.

INGREDIENTS: WATER (water), PASTA EGG NOODLE X-WIDE (durum wheat semolina, durum wheat flour [enriched with iron (ferrous sulfate) and B vitamins (niacin, thiamin mononitrate, riboflavin, folic acid)], eggs), SEASON SALT TABLE 25LB (salt, tricalcium phosphate, dextrose, potassium iodide, sodium bicarbonate, yellow prussiate of soda), OIL CANOLA SALAD (canola oil)

ALLERGENS: Eggs, Wheat

Egg Noodles, Cooked

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 4 oz				
Amount Per Serving				
Calories 143				
Calories from Fat 30				
	Total Fat 3.3g	5%	Total Carb. 23.5g	
	Sat. Fat 0.7g	3%	Dietary Fiber 0.6g	2%
	Trans Fat 0g		Sugars 1.2g	
	Cholest. 32.3mg	11%	Protein 4.7g	
	Sodium 8.8mg	0%		
	Cals • Prot 7% • Carb			
	Fat 5% • Chol 11% • Sat Fat 3%			

* Percent Daily Values (DV) are based on a 2000 calorie diet.

INGREDIENTS: WATER (water), PASTA EGG NOODLE X-WIDE (durum wheat semolina, durum wheat flour [enriched with iron (ferrous sulfate) and B vitamins (niacin, thiamin mononitrate, riboflavin, folic acid)], eggs), OIL CANOLA SALAD (canola oil)

ALLERGENS: Eggs, Wheat

Ham, Sliced Baked

Nutrition Facts

Serving Size 3 OZ

Amount Per Serving

Calories 91

Calories from Fat 19

* Percent Daily Values (DV) are based on a 2000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 2.1g	3%	Total Carb. 3.4g	
Sat. Fat 0.8g	4%	Dietary Fiber 0g	0%
Trans Fat 0g		Sugars 3.4g	
Cholest. 45.9mg	15%	Protein 14.5g	
Sodium 650.6mg	27%		
Cals • Prot 23% • Carb			
Fat 3% • Chol 15% • Sat Fat 4%			

INGREDIENTS: PORK HAM HKRY SMKD LOW SODIUM S/O (boneless smoked ham cured with water, dextrose, salt, potassium chloride, sodium phosphates, sodium erythorbate, sodium nitrite)

ALLERGENS:

Hamburger on Wheat Bun

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 4 OZ	Total Fat 22.7g	35%	Total Carb. 31.7g	
Amount Per Serving	Sat. Fat 8.1g	41%	Dietary Fiber 2.3g	9%
Calories 429	Trans Fat 0g		Sugars 5.8g	
Calories from Fat 204	Cholest. 64.7mg	22%	Protein 22.2g	
	Sodium 436.1mg	18%		
	Cals • Prot 35% • Carb			
	Fat 35% • Chol 22% • Sat Fat 41%			

* Percent Daily Values (DV) are based on a 2000 calorie diet.

INGREDIENTS: BEEF PATTY GROUND 5/1 BUF FROZ (ground beef), Whole Wheat HAMBURGER BUN (FLOUR ALL PURPOSE (bleached wheat flour, malted barley flour, niacin, iron, thiamine, riboflavin, folic acid and potassium bromate), WATER-LB (water), FLOUR WHOLE WHEAT (milled wheat), SHORTENING VEG SIGNATURE (partially hydrogenated soybean and cottonseed oil), SUGAR CLINTOSE, YEAST CAKE (yeast), MILK POWDERED (instant nonfat dry milk fortified with vitamins A & D), HONEY PURE (U.S. grade A pure honey), EGG WHL LIQ FROZEN (whole eggs, citric acid, 0.15% water added), BASE BEST 501 BB (enriched bleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), DATEM, soybean oil. Contains 2% or less of each of the following: dough conditioner (wheat flour, salt, calcium sulfate, calcium peroxide), ascorbic acid, L-cysteine, azodicarbonamide, enzymes (contains wheat flour)), SEASON SALT TABLE 25LB (salt, tricalcium phosphate, dextrose, potassium iodide, sodium bicarbonate, yellow prussiate of soda)), Au Jus (WATER (water), SOUP BEEF BASE NO MSG (roasted beef and concentrated beef stock, salt, hydrolyzed soy, corn and wheat proteins, maltodextrin, autolyzed yeast extract, palm oil, sugar, caramel color, onion powder, 2% or less of corn oil, disodium inosinate, disodium guanylate, modified cornstarch, natural flavors, lactic acid), SAUCE KITCHEN BOUQUET GAL (caramel color (sulfites), water, vegetable base (water, carrots, celery, cabbage, onion, parsley, turnips, parsnips), less than 2% of: spices, salt, sodium benzoate as a preservative), SEASON PEPPER GRD BLK (black pepper)), VEG ONION JUMBO YELLOW (yellow onion)

ALLERGENS: Milk, Eggs, Wheat, Soybeans

Lasagna

Nutrition Facts

Serving Size 8 OZ

Amount Per Serving

Calories 303

Calories from Fat 131

* Percent Daily Values (DV) are based on a 2000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 14.6g	22%	Total Carb. 24.1g	
Sat. Fat 7g	35%	Dietary Fiber 2.2g	9%
Trans Fat 0g		Sugars 5.5g	
Cholest. 53mg	18%	Protein 22g	
Sodium 586.7mg	24%		
Cals • Prot 35% • Carb			
Fat 22% • Chol 18% • Sat Fat 35%			

INGREDIENTS: SAUCE PASTA (Vine-ripened fresh tomatoes, fresh sautéed and caramelized onions in a blend of extra virgin olive oil and sunflower oil, carrot puree, garlic puree, salt, sugar, basil, onions, black pepper, red pepper, and naturally derived citric acid), CHEESE COTTAGE (cultured skim milk, skim milk, whey protein concentrate, cream, contains 2% or less of salt, guar gum, mono and diglycerides, locust bean gum, xanthan gum, potassium sorbate and carbon dioxide (preservative), natural flavors, artificial color, carrageenan, polysorbate 80, vitamin A palmitate), PASTA LASAGNA NOODLES (enriched durum flour (durum wheat flour, niacin, ferrous sulfate, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), water, eggs), Ground Beef (ground beef), CHEESE MOZZ DELLA VITA SHRED (low-moisture part-skim mozzarella cheese (part skim milk, cheese culture, salt, enzymes), potato starch and powdered cellulose added to prevent caking, natamycin (a natural mold inhibitor)), VEG ONION JUMBO YELLOW (yellow onion), VEG CELERY 24 CT (celery), CHEESE PARMESAN GRATED BULK (parmesan cheese (cultured pasteurized part-skim milk, salt, enzymes), powdered cellulose added to prevent caking), SEASON GARLIC POWDER (garlic powder), SEASON OREGANO LEAVES WHL (whole oregano leaves)

ALLERGENS: Milk, Eggs, Wheat

Meatloaf

Nutrition Facts

Serving Size 4 OZ

Amount Per Serving

Calories 300

Calories from Fat 167

* Percent Daily Values (DV) are based on a 2000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 18.6g	29%	Total Carb. 13.5g	
Sat. Fat 7.2g	36%	Dietary Fiber 0.4g	2%
Trans Fat 0g		Sugars 6.5g	
Cholest. 79mg	26%	Protein 17.7g	
Sodium 432mg	18%		
Cals • Prot 28% • Carb			
Fat 29% • Chol 26% • Sat Fat 36%			

INGREDIENTS: Ground Beef (ground beef), Meatloaf Glaze (KETCHUP DISP PACK (tomato concentrate made from red ripe tomatoes, distilled vinegar, high fructose corn syrup, corn syrup, salt, spice, onion powder, natural flavoring), SUGAR BROWN (light brown sugar), JUICE LEMON (filtered water, lemon juice concentrate, sodium bisulfite (preservatives), sodium benzoate (preservative), and lemon oil), SEASON MUSTARD SEED GROUND (ground mustard seed)), STUFFING CHIX STOVE TOP (enriched wheat flour (wheat flour, niacin, reduced iron, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid), high fructose corn syrup, canola oil, salt, contains less than 2% of hydrolyzed soy protein, yeast, partially hydrogenated soybean and/or cottonseed oil, cooked chicken and chicken broth, onions, celery, parsley, monosodium glutamate, spice, sugar, turmeric, disodium guanylate, disodium inosinate, ascorbic acid, natural flavor, with BHA, BHT, citric acid, and propyl gallate as preservatives), EGG SCRAMBLED MIX FROZ (whole eggs, egg whites, whey, skim milk, soybean oil, salt, xanthan gum, citric acid, 0.15% water added as a carrier for citric acid, natural flavor), WATER (water), SOUP ONION MIX (dehydrated onion (sulfites), salt, corn starch, onion powder, sugar, corn syrup solids, hydrolyzed soy protein, caramel color, partially hydrogenated soybean oil, monosodium glutamate, autolyzed yeast extract, natural flavor, disodium guanylate, disodium inosinate)

ALLERGENS: Milk, Eggs, Wheat, Soybeans

Meatballs, Country

Nutrition Facts

Serving Size 5 OZ

Amount Per Serving

Calories 211

Calories from Fat 108

* Percent Daily Values (DV) are based on a 2000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 12g	18%	Total Carb. 9.6g	
Sat. Fat 5g	25%	Dietary Fiber 0.9g	3%
Trans Fat 0.7g		Sugars 2.6g	
Cholest. 41.7mg	14%	Protein 13.6g	
Sodium 430.6mg	18%		
Cals • Prot 22% • Carb			
Fat 18% • Chol 14% • Sat Fat 25%			

INGREDIENTS: Old Fashioned Country Gravy 3 oz (WATER (water), GRAVY MIX OLD FASH (modified corn starch, palm oil, wheat flour, corn syrup solids, sugar, salt, soybean oil, maltodextrin, spices, sodium caseinate (milk), dipotassium phosphate, natural flavor)), BEEF MEATBALL REDUCED SODIUM (ground beef, (no more than 20% fat), water, textured vegetable protein (soy protein concentrate, caramel color), bread crumbs (wheat flour, enriched, malted, bromated [wheat flour, malted barley flour, niacin, reduced iron, potassium bromate, thiamine mononitrate, riboflavin, folic acid], water, palm oil, salt, sweet whey, sugar, yeast [natural yeast, sorbitan monostearate, ascorbic acid], calcium propionate, sodium metabisulfite), nonfat dry milk, seasoning (potassium chloride, natural flavor [contains maltodextrin]), dehydrated onion, sugar, salt, grated romano cheese (sheep's milk, cheese culture, salt, grated romano cheese (sheep's milk, cheese culture, salt, enzymes, calcium propionate), spice, caramel color, dehydrated garlic)

ALLERGENS: Milk, Wheat, Soybeans

Meatballs, Swedish

Nutrition Facts

Serving Size 7 3/5 OZ

Amount Per Serving

Calories 250

Calories from Fat 93

* Percent Daily Values (DV) are based on a 2000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 10.3g	16%	Total Carb. 20.9g	
Sat. Fat 4.1g	21%	Dietary Fiber 1.2g	5%
Trans Fat 0.7g		Sugars 2.7g	
Cholest. 44.1mg	15%	Protein 16.1g	
Sodium 692mg	29%		
Cals • Prot 26% • Carb			
Fat 16% • Chol 15% • Sat Fat 21%			

INGREDIENTS: WATER (water), BEEF MEATBALL REDUCED SODIUM (ground beef, (no more than 20% fat), water, textured vegetable protein (soy protein concentrate, caramel color), bread crumbs (wheat flour, enriched, malted, bromated [wheat flour, malted barley flour, niacin, reduced iron, potassium bromate, thiamine mononitrate, riboflavin, folic acid], water, palm oil, salt, sweet whey, sugar, yeast [natural yeast, sorbitan monostearate, ascorbic acid], calcium propionate, sodium metabisulfite), nonfat dry milk, seasoning (potassium chloride, natural flavor [contains maltodextrin]), dehydrated onion, sugar, salt, grated romano cheese (sheep's milk, cheese culture, salt, grated romano cheese (sheep's milk, cheese culture, salt, enzymes, calcium propionate), spice, caramel color, dehydrated garlic), SOUR CREAM FAT FREE (skim milk, milk, nonfat dry milk, modified food starch (waxy maize), lactic acid, gelatin, sodium phosphate, propylene glycol monoester, titanium dioxide, dextrose, starter distillate, natural diacetyl, butyric acid, caproic acid, propionic acid, salt, citric acid, locust bean gum, agar, gellan gum, xanthan gum, acetic acid, skim milk with standard dairy cultures, potassium sorbate (a preservative), and vitamin A palmitate), FLOUR ALL PURPOSE (bleached wheat flour, malted barley flour, niacin, iron, thiamine, riboflavin, folic acid and potassium bromate), SOUP BEEF BASE NO MSG (roasted beef and concentrated beef stock, salt, hydrolyzed soy, corn and wheat proteins, maltodextrin, autolyzed yeast extract, palm

oil, sugar, caramel color, onion powder, 2% or less of corn oil, disodium inosinate, disodium guanylate, modified cornstarch, natural flavors, lactic acid), SEASON PEPPER GRD BLK (black pepper)

ALLERGENS: Milk, Wheat, Soybeans

Pasta, Multigrain Rotini

Nutrition Facts

Serving Size 5 OZ

Amount Per Serving

Calories 270

Calories from Fat 27

* Percent Daily Values (DV) are based on a 2000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 3g	5%	Total Carb. 48.1g	
Sat. Fat 0g	0%	Dietary Fiber 5.1g	20%
Trans Fat 0g		Sugars 2.5g	
Cholest. 0mg	0%	Protein 12.7g	
Sodium 31.6mg	1%		
Cals • Prot 20% • Carb			

Fat 5% • Chol 0% • Sat Fat 0%

INGREDIENTS: WATER (water), Rotini Multigrain (semolina, grain and legume flour blend (lentils, chickpeas, egg whites, spelt, barley, flaxseed, oat fiber, oats), durum flour, niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, folic acid.), OIL CANOLA SALAD (canola oil)

ALLERGENS: Eggs, Wheat

Peppers, Stuffed

Nutrition Facts

Serving Size 1 each
Amount Per Serving
 Calories 180
 Calories from Fat 72

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 8g	12%	Total Carb. 21g	
Sat. Fat 3g	15%	Dietary Fiber 3g	12%
Trans Fat 0g		Sugars 6g	
Cholest. 25mg	8%	Protein 8g	
Sodium 680mg	28%		
Cals • Prot 13% • Carb			

* Percent Daily Values (DV) are based on a 2000 calorie diet.

Fat 12% • Chol 8% • Sat Fat 15%

INGREDIENTS: PEPPER STUFFED GREEN FROZ (stuffed green peppers (green bell peppers, cooked white rice, cooked beef, onions, water, eggs, breadcrumbs [wheat flour, sugar, yeast, soybean oil, salt, calcium proprionate], textured vegetable protein [soy protein concentrate, caramel color], salt, celery, nonfat dry milk, isolated soy protein, beef flavor [autolyzed yeast extract, mono- and diglycerides, polysorbate 60, disodium inosinate, disodium guanylate, xanthan gum], black pepper, caramel color), water, diced tomatoes (tomatoes with juice, calcium chloride, citric acid), tomato paste, sugar, modified food starch, dehydrated onion, wheat flour, salt, granulated garlic, flavoring, beef flavor (autolyzed yeast extract, mono- and diglycerides, polysorbate 60, disodium inosinate, disodium guanylate, xanthan gum), spice, citric acid)

ALLERGENS: Milk, Eggs, Wheat, Soybeans

Pork, Barbequed Ribs

Nutrition Facts

Serving Size 12 OZ

Amount Per Serving

Calories 1047

Calories from Fat 546

* Percent Daily Values (DV) are based on a 2000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 60.7g	93%	Total Carb. 30.2g	
Sat. Fat 21.4g	107%	Dietary Fiber 0.7g	3%
Trans Fat 0.5g		Sugars 26.3g	
Cholest. 350.4mg	117%	Protein 91g	
Sodium 1565.7mg	65%		
Cals • Prot 144% • Carb			
Fat 93% • Chol 117% • Sat Fat 107%			

INGREDIENTS: Barbeque Sauce (KETCHUP DISP PACK (tomato concentrate made from red ripe tomatoes, distilled vinegar, high fructose corn syrup, corn syrup, salt, spice, onion powder, natural flavoring), WATER-LB (water), VINEGAR WHITE GAL (white distilled vinegar (diluted with water to 5% acidity)), SAUCE WORCESTERSHIRE GAL (water, vinegar, high fructose corn syrup, salt, caramel color, molasses, dextrose, monosodium glutamate, sugar, natural flavors (spice extractives), spices, citric acid, potassium citrate, natural smoke flavor, polysorbate 80, malic acid), SUGAR BROWN (light brown sugar), VEG ONION CHOPPED FROZ (onion), SEASON CELERY SALT (salt and celery seed), SEASON PAPRIKA FSA (paprika, less than 2% silicon dioxide added to prevent caking), SEASON GARLIC POWDER (garlic powder), SEASON CHILI POWDER (chili pepper and other spices, salt, garlic powder and less than 2% silicon dioxide to prevent caking), SEASON MUSTARD SEED GROUND (ground mustard seed), FLAVORING LIQUID SMOKE (water, natural hickory smoke concentrate), SEASON PEPPER GRD BLK (black pepper), SOUP BEEF BASE NO MSG (roasted beef and concentrated beef stock, salt, hydrolyzed soy, corn and wheat proteins, maltodextrin, autolyzed yeast extract, palm oil, sugar, caramel color, onion powder, 2% or less of corn oil, disodium inosinate, disodium guanylate, modified cornstarch, natural flavors, lactic acid)), PORK RIB CNTRY STYLE 5/7 (pork ribs containing up to an 18% solution of water, salt, sodium tripolyphosphate, natural flavor)

ALLERGENS: Wheat, Soybeans

Pork, BBQ Sandwich

Nutrition Facts

Serving Size 6 OZ

Amount Per Serving

Calories 450

Calories from Fat 154

* Percent Daily Values (DV) are based on a 2000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 17.1g	26%	Total Carb. 43.9g	
Sat. Fat 5.6g	28%	Dietary Fiber 2.4g	9%
Trans Fat 0g		Sugars 17.1g	
Cholest. 86.6mg	29%	Protein 30g	
Sodium 921.1mg	38%		
Cals • Prot 48% • Carb			
Fat 26% • Chol 29% • Sat Fat 28%			

INGREDIENTS: Barbeque Sauce (KETCHUP DISP PACK (tomato concentrate made from red ripe tomatoes, distilled vinegar, high fructose corn syrup, corn syrup, salt, spice, onion powder, natural flavoring), WATER-LB (water), VINEGAR WHITE GAL (white distilled vinegar (diluted with water to 5% acidity)), SAUCE WORCESTERSHIRE GAL (water, vinegar, high fructose corn syrup, salt, caramel color, molasses, dextrose, monosodium glutamate, sugar, natural flavors (spice extractives), spices, citric acid, potassium citrate, natural smoke flavor, polysorbate 80, malic acid), SUGAR BROWN (light brown sugar), VEG ONION CHOPPED FROZ (onion), SEASON CELERY SALT (salt and celery seed), SEASON PAPRIKA FSA (paprika, less than 2% silicon dioxide added to prevent caking), SEASON GARLIC POWDER (garlic powder), SEASON CHILI POWDER (chili pepper and other spices, salt, garlic powder and less than 2% silicon dioxide to prevent caking), SEASON MUSTARD SEED GROUND (ground mustard seed), FLAVORING LIQUID SMOKE (water, natural hickory smoke concentrate), SEASON PEPPER GRD BLK (black pepper), SOUP BEEF BASE NO MSG (roasted beef and concentrated beef stock, salt, hydrolyzed soy, corn and wheat proteins, maltodextrin, autolyzed yeast extract, palm oil, sugar, caramel color, onion powder, 2% or less of corn oil, disodium inosinate, disodium guanylate, modified cornstarch, natural flavors, lactic acid)), PORK ROAST BRT (fresh ham leg, water, salt, white granulated sugar, tri-poly phosphate, soluble black pepper/dex HS), Whole Wheat HAMBURGER BUN (FLOUR ALL PURPOSE (bleached wheat flour, malted barley flour, niacin, iron, thiamine, riboflavin, folic acid and potassium bromate), WATER-LB (water), FLOUR WHOLE WHEAT (milled wheat), SHORTENING VEG SIGNATURE (partially hydrogenated soybean

and cottonseed oil), SUGAR CLINTOSE, YEAST CAKE (yeast), MILK POWDERED (instant nonfat dry milk fortified with vitamins A & D), HONEY PURE (U.S. grade A pure honey), EGG WHL LIQ FROZEN (whole eggs, citric acid, 0.15% water added), BASE BEST 501 BB (enriched bleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), DATEM, soybean oil. Contains 2% or less of each of the following: dough conditioner (wheat flour, salt, calcium sulfate, calcium peroxide), ascorbic acid, L-cysteine, azodicarbonamide, enzymes (contains wheat flour)), SEASON SALT TABLE 25LB (salt, tricalcium phosphate, dextrose, potassium iodide, sodium bicarbonate, yellow prussiate of soda))

ALLERGENS: Milk, Eggs, Wheat, Soybeans

Pork Chops in Gravy

Nutrition Facts

Serving Size 8 oz
Amount Per Serving
Calories 204
 Calories from Fat 64

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 7.1g	11%	Total Carb. 6.6g	
Sat. Fat 2.4g	12%	Dietary Fiber 0g	0%
Trans Fat 0g		Sugars 2.2g	
Cholest. 63.9mg	21%	Protein 24g	
Sodium 509.2mg	21%		
Cals • Prot 38% • Carb			
Fat 11% • Chol 21% • Sat Fat 12%			

* Percent Daily Values (DV) are based on a 2000 calorie diet.

INGREDIENTS: Pork Gravy Low Sodium 4 oz (WATER (water), Chix Gravy Mix Low Sodium (food starch modified, rice flour, whey, hydrolyzed soy protein, rendered chicken fat, maltodextrin, corn syrup solids, sugar, onion powder, contains 2% or less of the following: coconut oil, xanthan gum, dehydrated chicken broth, disodium inosinate, disodium guanylate, sodium caseinate, mono and diglycerides, artificial color (Yellow 5 and 6), silicon dioxide (as an anti-caking agent)), Brown Gravy Mix Low Sodium (food starch modified, rice flour, whey, hydrolyzed soy protein, beef tallow, hydrolyzed soy corn protein, caramel color, contains 2% or less of the following: onion powder, xanthan gum, tomato powder, dextrose, disodium inosinate, disodium guanylate, natural and artificial flavors, carrot powder, celery powder, garlic powder, corn syrup solids, silicon dioxide (as an anti-caking agent))), PORK CHOP BNLS 4OZ FRSH (center cut pork loin chop)

ALLERGENS: Milk, Soybeans

Pork Chops with Mushroom Gravy

Nutrition Facts

Serving Size 8 1/2 OZ

Amount Per Serving

Calories 203

Calories from Fat 64

* Percent Daily Values (DV) are based on a 2000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 7.1g	11%	Total Carb. 6.8g	
Sat. Fat 2.4g	12%	Dietary Fiber 0.6g	2%
Trans Fat 0g		Sugars 2.4g	
Cholest. 63.9mg	21%	Protein 24.4g	
Sodium 561.2mg	23%		
Cals • Prot 39% • Carb			
Fat 11% • Chol 21% • Sat Fat 12%			

INGREDIENTS: PORK CHOP BNLS 40Z FRSH (center cut pork loin chop), WATER (water), MUSHROOM PIECES & STEMS CAN (mushrooms, water, salt, citric acid and ascorbic acid), Chix Gravy Mix Low Sodium (food starch modified, rice flour, whey, hydrolyzed soy protein, rendered chicken fat, maltodextrin, corn syrup solids, sugar, onion powder, contains 2% or less of the following: coconut oil, xanthan gum, dehydrated chicken broth, disodium inosinate, disodium guanylate, sodium caseinate, mono and diglycerides, artificial color (Yellow 5 and 6), silicon dioxide (as an anti-caking agent)), Brown Gravy Mix Low Sodium (food starch modified, rice flour, whey, hydrolyzed soy protein, beef tallow, hydrolyzed soy corn protein, caramel color, contains 2% or less of the following: onion powder, xanthan gum, tomato powder, dextrose, disodium inosinate, disodium guanylate, natural and artificial flavors, carrot powder, celery powder, garlic powder, corn syrup solids, silicon dioxide (as an anti-caking agent)), CORN STARCH (corn starch)

ALLERGENS: Milk, Soybeans

Pork, Roast

Nutrition Facts

Serving Size 3 OZ

Amount Per Serving

Calories 258

Calories from Fat 131

* Percent Daily Values (DV) are based on a 2000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 14.6g	23%	Total Carb. 0g	
Sat. Fat 5.4g	27%	Dietary Fiber 0g	0%
Trans Fat --- g		Sugars 0g	
Cholest. 98.4mg	33%	Protein 29.6g	
Sodium 63.5mg	3%		
Cals • Prot 47% • Carb			
Fat 23% • Chol 33% • Sat Fat 27%			

INGREDIENTS: PORK ROAST BRT (pork roast enhanced with up to a 10% solution of water, salt, sugar, sodium phosphate, spices)

ALLERGENS:

Shepard's Pie

Nutrition Facts

Serving Size 6 oz

Amount Per Serving

Calories 287

Calories from Fat 148

* Percent Daily Values (DV) are based on a 2000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 16.5g	25%	Total Carb. 17.3g	
Sat. Fat 7.1g	35%	Dietary Fiber 1.8g	7%
Trans Fat 0g		Sugars 1.8g	
Cholest. 65.5mg	22%	Protein 15.3g	
Sodium 662.7mg	28%		
Cals • Prot 24% • Carb			
Fat 25% • Chol 22% • Sat Fat 35%			

INGREDIENTS: Mashed Potatoes (WATER (water), POTATO PEARLS GOLDEN (potato (dry), salt, maltodextrin, shortening powder [partially hydrogenated soybean oil, lactose, sodium caseinate, dipotassium phosphate], contains 2% or less of: partially hydrogenated vegetable oil (soybean, cottonseed), mono and diglyceride, natural and artificial flavor, artificial color, freshness preserved with sodium bisulfite and BHT)), Ground Beef (ground beef), VEG MIXED 4 WAY BLEND FROZ (carrots, corn, peas, green beans), Shredded Cheddar fancy (cultured pasteurized milk, salt, enzymes, artificial color, potato starch and powdered cellulose added to prevent caking, natamycin (a natural mold inhibitor)), EGG SCRAMBLED MIX FROZ (whole eggs, egg whites, whey, skim milk, soybean oil, salt, xanthan gum, citric acid, 0.15% water added as a carrier for citric acid, natural flavor), WATER (water), SOUP BEEF BASE NO MSG (roasted beef and concentrated beef stock, salt, hydrolyzed soy, corn and wheat proteins, maltodextrin, autolyzed yeast extract, palm oil, sugar, caramel color, onion powder, 2% or less of corn oil, disodium inosinate, disodium guanylate, modified cornstarch, natural flavors, lactic acid), VEG ONION JUMBO YELLOW (yellow onion), SEASON PEPPER GRD BLK (black pepper)

ALLERGENS: Milk, Eggs, Wheat, Soybeans

Sirloin, Chopped

Nutrition Facts

Serving Size 6 OZ

Amount Per Serving

Calories 406

Calories from Fat 298

* Percent Daily Values (DV) are based on a 2000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 33.1g	51%	Total Carb. 0g	
Sat. Fat 13.5g	68%	Dietary Fiber 0g	0%
Trans Fat 3g		Sugars 0g	
Cholest. 105.2mg	35%	Protein 27g	
Sodium 82.6mg	3%		
Cals • Prot 43% • Carb			
Fat 51% • Chol 35% • Sat Fat 68%			

INGREDIENTS: BEEF PTY CHOPPED STEAK 3-1 (beef)

ALLERGENS:

Steak, Salisbury

Nutrition Facts

Serving Size 5 OZ

Amount Per Serving

Calories 434

Calories from Fat 298

* Percent Daily Values (DV) are based on a 2000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 33.1g	51%	Total Carb. 4.9g	
Sat. Fat 13.5g	68%	Dietary Fiber 0.5g	2%
Trans Fat 3g		Sugars 1.9g	
Cholest. 105.2mg	35%	Protein 27.3g	
Sodium 223.7mg	9%		
Cals • Prot 43% • Carb			
Fat 51% • Chol 35% • Sat Fat 68%			

INGREDIENTS: BEEF PTY CHOPPED STEAK 3-1 (beef), Beef Gravy Low Sodium 2 oz (WATER (water), Brown Gravy Mix Low Sodium (food starch modified, rice flour, whey, hydrolyzed soy protein, beef tallow, hydrolyzed soy corn protein, caramel color, contains 2% or less of the following: onion powder, xanthan gum, tomato powder, dextrose, disodium inosinate, disodium guanylate, natural and artificial flavors, carrot powder, celery powder, garlic powder, corn syrup solids, silicon dioxide (as an anti-caking agent))), VEG ONION JUMBO YELLOW (yellow onion), VEG PEPPER GREEN BELL LARGE (green peppers)

ALLERGENS: Milk, Soybeans

Steak, Swiss

Nutrition Facts

Serving Size 6 OZ

Amount Per Serving

Calories 444

Calories from Fat 298

* Percent Daily Values (DV) are based on a 2000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 33.1g	51%	Total Carb. 6.3g	
Sat. Fat 13.5g	68%	Dietary Fiber 0.6g	2%
Trans Fat 3g		Sugars 3.2g	
Cholest. 105.2mg	35%	Protein 27.9g	
Sodium 362.5mg	15%		
Cals • Prot 44% • Carb			
Fat 51% • Chol 35% • Sat Fat 68%			

INGREDIENTS: BEEF PTY CHOPPED STEAK 3-1 (beef), Beef Gravy Low Sodium 2 oz (WATER (water), Brown Gravy Mix Low Sodium (food starch modified, rice flour, whey, hydrolyzed soy protein, beef tallow, hydrolyzed soy corn protein, caramel color, contains 2% or less of the following: onion powder, xanthan gum, tomato powder, dextrose, disodium inosinate, disodium guanylate, natural and artificial flavors, carrot powder, celery powder, garlic powder, corn syrup solids, silicon dioxide (as an anti-caking agent))), TOMATO DICED IN JUICE (vine-ripened fresh tomatoes, tomato juice, salt, calcium chloride and naturally derived citric acid), VEG ONION JUMBO YELLOW (yellow onion), VEG CELERY 24 CT (celery)

ALLERGENS: Milk, Soybeans

Sloppy Joe on Whole Wheat Bun

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 5 OZ	Total Fat 15.5g	24%	Total Carb. 39g	
Amount Per Serving	Sat. Fat 5.4g	27%	Dietary Fiber 2.5g	10%
Calories 356	Trans Fat 0g		Sugars 11.3g	
Calories from Fat 140	Cholest. 43.5mg	14%	Protein 14.6g	
	Sodium 781.9mg	33%		
	Cals • Prot 23% • Carb			
	Fat 24% • Chol 14% • Sat Fat 27%			

* Percent Daily Values (DV) are based on a 2000 calorie diet.

INGREDIENTS: Whole Wheat HAMBURGER BUN (FLOUR ALL PURPOSE (bleached wheat flour, malted barley flour, niacin, iron, thiamine, riboflavin, folic acid and potassium bromate), WATER-LB (water), FLOUR WHOLE WHEAT (milled wheat), SHORTENING VEG SIGNATURE (partially hydrogenated soybean and cottonseed oil), SUGAR CLINTOSE, YEAST CAKE (yeast), MILK POWDERED (instant nonfat dry milk fortified with vitamins A & D), HONEY PURE (U.S. grade A pure honey), EGG WHL LIQ FROZEN (whole eggs, citric acid, 0.15% water added), BASE BEST 501 BB (enriched bleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), DATEM, soybean oil. Contains 2% or less of each of the following: dough conditioner (wheat flour, salt, calcium sulfate, calcium peroxide), ascorbic acid, L-cysteine, azodicarbonamide, enzymes (contains wheat flour)), SEASON SALT TABLE 25LB (salt, tricalcium phosphate, dextrose, potassium iodide, sodium bicarbonate, yellow prussiate of soda)), Ground Beef (ground beef), SOUP TOMATO CAN (tomato puree (water, tomato paste), high fructose corn syrup, wheat flour, water, contains less than 2% of salt, potassium chloride, flavoring, citric acid, lower sodium natural sea salt, ascorbic acid (vitamin c), monopotassium phosphate, celery extract), SAUCE CHILI (vine ripened tomatoes, corn syrup, vinegar, salt, minced onions, garlic powder, onion powder, spices, natural flavorings), KETCHUP DISP PACK (tomato concentrate made from red ripe tomatoes, distilled vinegar, high fructose corn syrup, corn syrup, salt, spice, onion powder, natural flavoring), VEG CELERY 24 CT (celery), VEG ONION JUMBO YELLOW (yellow onion), SUGAR BROWN (light brown sugar), VINEGAR WHITE GAL (white distilled vinegar (diluted with water to 5% acidity)), MUSTARD PREPARED GAL

(water, vinegar, mustard seed, turmeric, spices), SOUP BEEF BASE NO MSG (roasted beef and concentrated beef stock, salt, hydrolyzed soy, corn and wheat proteins, maltodextrin, autolyzed yeast extract, palm oil, sugar, caramel color, onion powder, 2% or less of corn oil, disodium inosinate, disodium guanylate, modified cornstarch, natural flavors, lactic acid), SEASON CHILI POWDER (chili pepper and other spices, salt, garlic powder and less than 2% silicon dioxide to prevent caking), SEASON GARLIC POWDER (garlic powder), SEASON PEPPER GRD BLK (black pepper)

ALLERGENS: Milk, Eggs, Wheat, Soybeans

Spaghetti Noodles

Nutrition Facts

Serving Size 4 oz

Amount Per Serving

Calories 133

Calories from Fat 14

* Percent Daily Values (DV) are based on a 2000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 1.5g	2%	Total Carb. 29.3g	
Sat. Fat 0g	0%	Dietary Fiber 4.4g	17%
Trans Fat 0g		Sugars 2.5g	
Cholest. 0mg	0%	Protein 5g	
Sodium 75.6mg	3%		
Cals • Prot 8% • Carb			
Fat 2% • Chol 0% • Sat Fat 0%			

INGREDIENTS: WATER (water), Whole Wheat Spaghetti (100% whole wheat durum flour), SAUCE PASTA (Vine-ripened fresh tomatoes, fresh sautéed and caramelized onions in a blend of extra virgin olive oil and sunflower oil, carrot puree, garlic puree, salt, sugar, basil, onions, black pepper, red pepper, and naturally derived citric acid), OIL CANOLA SALAD (canola oil)

ALLERGENS: Wheat

Spaghetti with Meat Sauce

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 12 OZ	Total Fat 10.2g	16%	Total Carb. 37.3g	
Amount Per Serving	Sat. Fat 3.2g	16%	Dietary Fiber 6g	24%
Calories 274	Trans Fat 0g		Sugars 8.1g	
Calories from Fat 92	Cholest. 28.7mg	10%	Protein 13.4g	
	Sodium 486mg	20%		
	Cals • Prot 21% • Carb			
	Fat 16% • Chol 10% • Sat Fat 16%			

* Percent Daily Values (DV) are based on a 2000 calorie diet.

INGREDIENTS: Spaghetti Noodles (WATER (water), Whole Wheat Spaghetti (100% whole wheat durum flour), SAUCE PASTA (Vine-ripened fresh tomatoes, fresh sautéed and caramelized onions in a blend of extra virgin olive oil and sunflower oil, carrot puree, garlic puree, salt, sugar, basil, onions, black pepper, red pepper, and naturally derived citric acid), OIL CANOLA SALAD (canola oil)), SAUCE PASTA (Vine-ripened fresh tomatoes, fresh sautéed and caramelized onions in a blend of extra virgin olive oil and sunflower oil, carrot puree, garlic puree, salt, sugar, basil, onions, black pepper, red pepper, and naturally derived citric acid), Ground Beef (ground beef)

ALLERGENS: Wheat

Spaghetti with Meatballs

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 12 oz				
Amount Per Serving				
Calories 416				
Calories from Fat 122				
	Total Fat 13.6g	21%	Total Carb. 57.5g	
	Sat. Fat 4.1g	21%	Dietary Fiber 9.3g	37%
	Trans Fat 0.7g		Sugars 16.1g	
	Cholest. 41.6mg	14%	Protein 22.9g	
	Sodium 1063mg	44%		
	Cals • Prot 36% • Carb			
	Fat 21% • Chol 14% • Sat Fat 21%			

* Percent Daily Values (DV) are based on a 2000 calorie diet.

INGREDIENTS: Spaghetti Noodles (WATER (water), Whole Wheat Spaghetti (100% whole wheat durum flour), SAUCE PASTA (Vine-ripened fresh tomatoes, fresh sautéed and caramelized onions in a blend of extra virgin olive oil and sunflower oil, carrot puree, garlic puree, salt, sugar, basil, onions, black pepper, red pepper, and naturally derived citric acid), OIL CANOLA SALAD (canola oil)), SAUCE PASTA (Vine-ripened fresh tomatoes, fresh sautéed and caramelized onions in a blend of extra virgin olive oil and sunflower oil, carrot puree, garlic puree, salt, sugar, basil, onions, black pepper, red pepper, and naturally derived citric acid), BEEF MEATBALL REDUCED SODIUM (ground beef, (no more than 20% fat), water, textured vegetable protein (soy protein concentrate, caramel color), bread crumbs (wheat flour, enriched, malted, bromated [wheat flour, malted barley flour, niacin, reduced iron, potassium bromate, thiamine mononitrate, riboflavin, folic acid], water, palm oil, salt, sweet whey, sugar, yeast [natural yeast, sorbitan monostearate, ascorbic acid], calcium propionate, sodium metabisulfite), nonfat dry milk, seasoning (potassium chloride, natural flavor [contains maltodextrin]), dehydrated onion, sugar, salt, grated romano cheese (sheep’s milk, cheese culture, salt, grated romano cheese (sheep’s milk, cheese culture, salt, enzymes, calcium propionate), spice, caramel color, dehydrated garlic)

ALLERGENS: Milk, Wheat, Soybeans

Taco Casserole

Nutrition Facts

Serving Size 9 oz

Amount Per Serving

Calories 405

Calories from Fat 148

* Percent Daily Values (DV) are based on a 2000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 16.5g	25%	Total Carb. 45.9g	
Sat. Fat 7.2g	36%	Dietary Fiber 5.4g	22%
Trans Fat 0g		Sugars 8.7g	
Cholest. 51.7mg	17%	Protein 19.5g	
Sodium 1020mg	43%		
Cals • Prot 31% • Carb			
Fat 25% • Chol 17% • Sat Fat 36%			

INGREDIENTS: Beef Taco (Ground Beef (ground beef), WATER (water), SEASON TACO ORTEGA (yellow corn flour, salt, maltodextrin, paprika, spices, modified cornstarch, sugar, garlic powder, citric acid, yeast extract, natural flavor, silicon dioxide), VEG ONION JUMBO YELLOW (yellow onion), SEASON CHILI POWDER (chili pepper and other spices, salt, garlic powder and less than 2% silicon dioxide to prevent caking)), SOUP TOMATO CAN (tomato puree (water, tomato paste), high fructose corn syrup, wheat flour, water, contains less than 2% of salt, potassium chloride, flavoring, citric acid, lower sodium natural sea salt, ascorbic acid (vitamin c), monopotassium phosphate, celery extract), TOMATO DICED IN JUICE (vine-ripened fresh tomatoes, tomato juice, salt, calcium chloride and naturally derived citric acid), PASTA ELBOW MACARONI WW (100% whole wheat durum flour), CHEESE MONT/JACK SHED (cultured pasteurized milk, salt, enzymes, potato starch and powdered cellulose added to prevent caking, natamycin (a natural mold inhibitor)), Shredded Cheddar fancy (cultured pasteurized milk, salt, enzymes, artificial color, potato starch and powdered cellulose added to prevent caking, natamycin (a natural mold inhibitor)), CHIPS TOSTADO PLAIN (whole grain corn flour, vegetable oil (sunflower oil and/or corn oil and/or canola), salt)

ALLERGENS: Milk, Wheat

Tater Tot Casserole

Nutrition Facts

Serving Size 9 OZ

Amount Per Serving

Calories 352

Calories from Fat 176

* Percent Daily Values (DV) are based on a 2000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 19.6g	30%	Total Carb. 27.5g	
Sat. Fat 6.6g	33%	Dietary Fiber 3.2g	13%
Trans Fat 0g		Sugars 6g	
Cholest. 49.2mg	16%	Protein 15.3g	
Sodium 526.5mg	22%		
Cals • Prot 24% • Carb			
Fat 30% • Chol 16% • Sat Fat 33%			

INGREDIENTS: Ground Beef (ground beef), POTATO TATER PUFFS FROZ (potatoes, vegetable oil (soybean, canola, corn, and/or sunflower), salt, dextrose, disodium dihydrogen pyrophosphate (to maintain natural color)), VEG MIXED 4 WAY BLEND FROZ (carrots, corn, peas, green beans), SOUP CREAM CHIX HEALTHY REQ (water, chicken stock, modified food starch, chicken meat, maltodextrin, cream (milk), contains less than 2% of wheat flour, vegetable oil, soy protein concentrate, salt, potassium chloride, lower sodium natural sea salt, flavoring, chicken fat, beta carotene for color, yeast extract, disodium guanylate, disodium inosinate, sodium phosphate, soy protein isolate, spice, dehydrated chicken), MILK SKIM DISP (fat free skim milk with vitamin A palmitate and vitamin D3 added), VEG ONION JUMBO YELLOW (yellow onion)

ALLERGENS: Milk, Wheat, Soybeans

Tilapia, Parmesan Encrusted

Nutrition Facts

Serving Size 1 each

Amount Per Serving

Calories 260

Calories from Fat 126

* Percent Daily Values (DV) are based on a 2000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 14g	22%	Total Carb. 22g	
Sat. Fat 1.5g	8%	Dietary Fiber 2g	8%
Trans Fat 0g		Sugars 0g	
Cholest. 20mg	7%	Protein 12g	
Sodium 500.3mg	21%		
Cals • Prot 19% • Carb			

Fat 22% • Chol 7% • Sat Fat 8%

INGREDIENTS: Tilapia Parmesan Encrusted (tilapia, wheat flour, salt, canola oil, soybean oil, bleached wheat flour, romano cheese (part skim cow's milk, cheese cultures, enzymes), spice, sugar, yeast, parsley, disodium phosphate, yellow 5 & 6, yellow corn flour, modified food starch, parmesan cheese, milk, leavening (sodium acid pyrophosphate and sodium bicarbonate), garlic powder, onion powder, spice extractive, and less than 2% sodium silico aluminate to prevent caking, partially fried in canola oil)

ALLERGENS: Milk, Fish, Wheat, Soybeans

Turkey, Creamy

Nutrition Facts

Serving Size 5 oz

Amount Per Serving

Calories 131

Calories from Fat 39

* Percent Daily Values (DV) are based on a 2000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 4.3g	7%	Total Carb. 7.3g	
Sat. Fat 1.4g	7%	Dietary Fiber 0.7g	3%
Trans Fat 0g		Sugars 4g	
Cholest. 42.4mg	14%	Protein 15.9g	
Sodium 629.7mg	26%		
Cals • Prot 25% • Carb			
Fat 7% • Chol 14% • Sat Fat 7%			

INGREDIENTS: TURKEY ROAST FROZ (turkey breast and thigh containing up to 15% of a solution of turkey broth, salt, sugar, sodium phosphates, flavorings.), MILK 2% DISP (reduced fat milk with vitamin A palmitate and vitamin D3 added), SOUP CREAM CHIX HEALTHY REQ (water, chicken stock, modified food starch, chicken meat, maltodextrin, cream (milk), contains less than 2% of wheat flour, vegetable oil, soy protein concentrate, salt, potassium chloride, lower sodium natural sea salt, flavoring, chicken fat, beta carotene for color, yeast extract, disodium guanylate, disodium inosinate, sodium phosphate, soy protein isolate, spice, dehydrated chicken), Soup Cr Mushroom Healthy (water, mushrooms, modified food starch, wheat flour, contains less than 2% of: vegetable oil (corn, cottonseed, canola and/or soybean), sugar, soy protein concentrate, cream (milk), salt, potassium chloride, flavoring, lower sodium natural sea salt, calcium carbonate, disodium guanylate, disodium inosinate, dehydrated mushrooms), MUSHROOM PIECES & STEMS CAN (mushrooms, water, salt, citric acid and ascorbic acid), VEG ONION JUMBO YELLOW (yellow onion), SEASON PEPPER GRD WHT (white pepper)

ALLERGENS: Milk, Wheat, Soybeans

Turkey Roast

Nutrition Facts

Serving Size 3 OZ

Amount Per Serving

Calories 110

Calories from Fat 33

* Percent Daily Values (DV) are based on a 2000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 3.7g	6%	Total Carb. 0.9g	
Sat. Fat 0.9g	5%	Dietary Fiber 0g	0%
Trans Fat 0g		Sugars 0.9g	
Cholest. 50.2mg	17%	Protein 18.3g	
Sodium 557.3mg	23%		
Cals • Prot 29% • Carb			
Fat 6% • Chol 17% • Sat Fat 5%			

INGREDIENTS: TURKEY ROAST FROZ (turkey breast and thigh containing up to 15% of a solution of turkey broth, salt, sugar, sodium phosphates, pepper)

ALLERGENS: