

Side Labels
Table of Contents

Baked Beans1
Calico Beans2
Cottage Cheese 2 oz3
Dressing4
Lefsa5
Wild Rice Blend6

Baked Beans

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 5 OZ	Total Fat 1.2g	2%	Total Carb. 29.9g	
Amount Per Serving	Sat. Fat 0.3g	2%	Dietary Fiber 4.8g	19%
Calories 141	Trans Fat 0g		Sugars 14.1g	
Calories from Fat 11	Cholest. 8mg	3%	Protein 6.1g	
	Sodium 718.3mg	30%		
	Cals • Prot 10% • Carb			
	Fat 2% • Chol 3% • Sat Fat 2%			

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

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), KETCHUP DISP PACK (tomato concentrate made from red ripe tomatoes, distilled vinegar, high fructose corn syrup, corn syrup, salt, spice, onion powder, natural flavoring), MUSTARD PREPARED GAL (water, vinegar, mustard seed, turmeric, spices), MOLASSES GAL (molasses, sodium benzoate (a preservative), water), VEG ONION CHOPPED FROZ (onion), SUGAR BROWN (light brown sugar)

ALLERGENS:

Calico Beans

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 5 OZ	Total Fat 2.6g	4%	Total Carb. 36.7g	
Amount Per Serving	Sat. Fat 0.3g	2%	Dietary Fiber 5.8g	23%
Calories 192	Trans Fat 0g		Sugars 17.6g	
Calories from Fat 23	Cholest. 10.8mg	4%	Protein 8.5g	
	Sodium 647.4mg	27%		
	Cals • Prot 14% • Carb			
	Fat 4% • Chol 4% • Sat Fat 2%			

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

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), 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:

Cottage Cheese 2 oz

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 2 OZ	Total Fat 1.1g	2%	Total Carb. 2.7g	
Amount Per Serving	Sat. Fat 0.7g	3%	Dietary Fiber 0g	0%
Calories 41	Trans Fat --- g		Sugars 1.8g	
Calories from Fat 10	Cholest. 6.9mg	2%	Protein 5.5g	
	Sodium 182.9mg	8%		
	Cals • Prot 9% • Carb			
	Fat 2% • Chol 2% • Sat Fat 3%			

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

INGREDIENTS: 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)

ALLERGENS: Milk

Dressing

Nutrition Facts

Serving Size 4 OZ

Amount Per Serving

Calories 191

Calories from Fat 84

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

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 9.3g	14%	Total Carb. 21.7g	
Sat. Fat 1.6g	8%	Dietary Fiber 1.2g	5%
Trans Fat 2.2g		Sugars 2.6g	
Cholest. 0mg	0%	Protein 4.2g	
Sodium 422.1mg	18%		
Cals • Prot 7% • Carb			
Fat 14% • Chol 0% • Sat Fat 8%			

INGREDIENTS: WATER (water), BREAD CRUMBS (enriched unbleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, yeast, contains 2% or less of the following: soybean oil, salt, dough conditioners (monoglycerides, sodium stearoyl lactylate, ascorbic acid, calcium sulfate, enzymes), monocalcium phosphate, calcium propionate (preservative). Ingredients may vary depending on manufacturer.), 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), 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), SEASON POULTRY (poultry seasoning spices), SEASON ITALIAN (italian seasoning spices)

ALLERGENS: Milk, Wheat, Soybeans

Lefsa

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 1 each	Total Fat 0g	0%	Total Carb. 7g	
Amount Per Serving	Sat. Fat 0g	0%	Dietary Fiber 0.3g	1%
Calories 35	Trans Fat 0g		Sugars 1g	
Calories from Fat 0	Cholest. 0mg	0%	Protein 1g	
	Sodium 100mg	4%		
	Cals • Prot 2% • Carb			
	Fat 0% • Chol 0% • Sat Fat 0%			

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

INGREDIENTS: LEFSE S/O (water, dehydrated granular potatoes and potato flakes, bleached-enriched flour, salt, vegetable oil, calcium propionate added to preserve freshness)
ALLERGENS: Wheat

Wild Rice Blend

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 3 OZ	Total Fat 0.7g	1%	Total Carb. 16.9g	
Amount Per Serving	Sat. Fat 0g	0%	Dietary Fiber 1.3g	5%
Calories 75	Trans Fat 0g		Sugars 0.1g	
Calories from Fat 6	Cholest. 0mg	0%	Protein 1.5g	
	Sodium 0.4mg	0%		
	Cals • Prot 2% • Carb			
	Fat 1% • Chol 0% • Sat Fat 0%			

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

INGREDIENTS: WATER (water), RICE BLENDED W/WILD RICE (enriched parboiled rice [long grain rice, iron(ferric orthophosphate), thiamin (thiamin mononitrate), and folate (folic acid)], wild rice, seasoning blend [hydrolyzed soy/wheat/corn protein, onion, salt, parsley, yeast extract, potassium chloride, sugar, spinach, garlic powder, spices, torula yeast, celery, natural flavors, onion powder, hydrolyzed yeast protein, natural smoke flavor, tomato powder, carrot, turmeric for color, extractives of paprika for color]), RICE BROWN (whole grain parboiled brown rice)

ALLERGENS: Wheat, Soybeans