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Bean, Casserole, Green

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 4 OZ	Total Fat 4.1g	6%	Total Carb. 14.4g	
Amount Per Serving	Sat. Fat 0.2g	1%	Dietary Fiber 2.8g	11%
Calories 107	Trans Fat 0g		Sugars 3.2g	
Calories from Fat 37	Cholest. 1.8mg	1%	Protein 1.9g	
	Sodium 185.1mg	8%		
	Cals • Prot 3% • Carb			
	Fat 6% • Chol 1% • Sat Fat 1%			

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

INGREDIENTS: VEG BEANS GREEN FR CUT FROZ (French cut green beans), 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), ONION FRENCH FRIED DRY (onions, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), vegetable oils (sunflower, safflower, and/or canola), salt), SEASON PEPPER GRD BLK (black pepper)

ALLERGENS: Milk, Wheat, Soybeans

Beans, Green

Nutrition Facts

Serving Size 4 OZ

Amount Per Serving

Calories 29

Calories from Fat 2

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

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 0.2g	0%	Total Carb. 5.7g	
Sat. Fat 0g	0%	Dietary Fiber 2g	8%
Trans Fat 0g		Sugars 1.7g	
Cholest. 0mg	0%	Protein 1.4g	
Sodium 2.3mg	0%		
Cals • Prot 2% • Carb			
Fat 0% • Chol 0% • Sat Fat 0%			

INGREDIENTS: VEG BEANS GREEN CUT FROZ (green beans)

ALLERGENS:

Beans, Green, French Style

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 4 OZ	Total Fat 0g	0%	Total Carb. 7g	
Amount Per Serving	Sat. Fat 0g	0%	Dietary Fiber 2.3g	9%
Calories 35	Trans Fat 0g		Sugars 2.3g	
Calories from Fat 0	Cholest. 0mg	0%	Protein 1.2g	
	Sodium 0mg	0%		
	Cals • Prot 2% • Carb			
	Fat 0% • Chol 0% • Sat Fat 0%			

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

INGREDIENTS: VEG BEANS GREEN FR CUT FROZ (French cut green beans)

ALLERGENS:

Beans, Wax

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 4 oz	Total Fat 0g	0%	Total Carb. 6.8g	
Amount Per Serving	Sat. Fat 0g	0%	Dietary Fiber 2.7g	11%
Calories 41	Trans Fat 0g		Sugars 5.5g	
Calories from Fat 0	Cholest. 0mg	0%	Protein 1.4g	
	Sodium 0mg	0%		
	Cals • Prot 2% • Carb			
	Fat 0% • Chol 0% • Sat Fat 0%			

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

INGREDIENTS: Beans Wax Frozen (wax beans)

ALLERGENS:

Beets Diced

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 4 OZ	Total Fat 1.1g	2%	Total Carb. 6.8g	
Amount Per Serving	Sat. Fat 0.2g	1%	Dietary Fiber 1.7g	7%
Calories 38	Trans Fat 0.3g		Sugars 5.1g	
Calories from Fat 10	Cholest. 0mg	0%	Protein 0.9g	
	Sodium 192.2mg	8%		
	Cals • Prot 1% • Carb			
	Fat 2% • Chol 0% • Sat Fat 1%			

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

INGREDIENTS: VEG BEETS DICED CAN (beets, water, salt), 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)

ALLERGENS: Milk, Soybeans

Beets, Harvard

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 4 OZ				
Amount Per Serving				
Calories 67				
Calories from Fat 13				
	Total Fat 1.4g	2%	Total Carb. 13.6g	
	Sat. Fat 0.2g	1%	Dietary Fiber 1.8g	7%
	Trans Fat 0.3g		Sugars 9.9g	
	Cholest. 0mg	0%	Protein 0.9g	
	Sodium 210mg	9%		
	Cals • Prot 1% • Carb			
	Fat 2% • Chol 0% • Sat Fat 1%			

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

INGREDIENTS: VEG BEETS DICED CAN (beets, water, salt), SUGAR GRANULES FINE (granulated sugar), WATER (water), VINEGAR WHITE GAL (white distilled vinegar (diluted with water to 5% acidity)), CORN STARCH (corn starch), 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 CLOVES GROUND (ground cloves)

ALLERGENS: Milk, Soybeans

Broccoli Normandy

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 4 OZ				
Amount Per Serving				
Calories 24				
Calories from Fat 0				
	Total Fat 0g	0%	Total Carb. 4.7g	
	Sat. Fat 0g	0%	Dietary Fiber 1.9g	8%
	Trans Fat 0g		Sugars 1.9g	
	Cholest. 0mg	0%	Protein 0.9g	
	Sodium 23.7mg	1%		
	Cals • Prot 2% • Carb			
	Fat 0% • Chol 0% • Sat Fat 0%			

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

INGREDIENTS: VEG BROCCOLI NORMANDY FROZ (broccoli, cauliflower, carrots)

ALLERGENS:

Brussel Sprouts

Nutrition Facts

Serving Size 4 OZ

Amount Per Serving

Calories 33

Calories from Fat 3

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

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 0.3g	0%	Total Carb. 6.5g	
Sat. Fat 0.1g	0%	Dietary Fiber 3.2g	13%
Trans Fat 0g		Sugars 1.6g	
Cholest. 0mg	0%	Protein 2.8g	
Sodium 11.6mg	0%		
Cals • Prot 4% • Carb			
Fat 0% • Chol 0% • Sat Fat 0%			

INGREDIENTS: VEG BRUSSEL SPROUTS FROZ (Brussel sprouts)

ALLERGENS:

Cabbage

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 4 OZ	Total Fat 0.1g	0%	Total Carb. 7.8g	
Amount Per Serving	Sat. Fat 0g	0%	Dietary Fiber 3.4g	13%
Calories 34	Trans Fat --- g		Sugars 4.3g	
Calories from Fat 1	Cholest. 0mg	0%	Protein 1.7g	
	Sodium 24.2mg	1%		
	Cals • Prot 3% • Carb			
	Fat 0% • Chol 0% • Sat Fat 0%			

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

INGREDIENTS: Green Cabbage (green cabbage)
ALLERGENS:

Carrots, Glazed

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 4 OZ	Total Fat 2.7g	4%	Total Carb. 23.8g	
Amount Per Serving	Sat. Fat 0.5g	2%	Dietary Fiber 3.2g	13%
Calories 119	Trans Fat 0.7g		Sugars 17.5g	
Calories from Fat 24	Cholest. 0mg	0%	Protein 1.1g	
	Sodium 106.3mg	4%		
	Cals • Prot 2% • Carb			
	Fat 4% • Chol 0% • Sat Fat 2%			

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

INGREDIENTS: VEG CARROTS BABY SLIMS (carrots), SUGAR BROWN (light brown sugar), 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), CORN STARCH (corn starch)

ALLERGENS: Milk, Soybeans

Carrots, Krinkle Cut

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 4 OZ	Total Fat 0g	0%	Total Carb. 3.9g	
Amount Per Serving	Sat. Fat 0g	0%	Dietary Fiber 1g	4%
Calories 29	Trans Fat --- g		Sugars 2g	
Calories from Fat 0	Cholest. 0mg	0%	Protein 1g	
	Sodium 24.5mg	1%		
	Cals • Prot 2% • Carb			
	Fat 0% • Chol 0% • Sat Fat 0%			

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

INGREDIENTS: VEG CARROTS KRINKLE CUT FROZ (sliced carrots)

ALLERGENS:

Carrots, Parslied

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 4 OZ	Total Fat 0.2g	0%	Total Carb. 9.4g	
Amount Per Serving	Sat. Fat 0g	0%	Dietary Fiber 2.7g	11%
Calories 40	Trans Fat 0g		Sugars 4.6g	
Calories from Fat 2	Cholest. 0mg	0%	Protein 0.9g	
	Sodium 67.5mg	3%		
	Cals • Prot 1% • Carb			
	Fat 0% • Chol 0% • Sat Fat 0%			

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

INGREDIENTS: VEG CARROTS BABY SLIMS (carrots), 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 PARSLEY FLAKES (parsley flakes)

ALLERGENS:

Carrots, Whole Baby

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 4 OZ	Total Fat 0.2g	0%	Total Carb. 8.9g	
Amount Per Serving	Sat. Fat 0g	0%	Dietary Fiber 2.6g	10%
Calories 38	Trans Fat 0g		Sugars 4.4g	
Calories from Fat 2	Cholest. 0mg	0%	Protein 0.9g	
	Sodium 64.1mg	3%		
	Cals • Prot 1% • Carb			
	Fat 0% • Chol 0% • Sat Fat 0%			

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

INGREDIENTS: VEG CARROTS BABY SLIMS (carrots), 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)

ALLERGENS:

Corn, Mexicorn

Nutrition Facts

Serving Size 4 OZ

Amount Per Serving

Calories 65

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. 15.4g	
Sat. Fat 0.1g	0%	Dietary Fiber 2g	8%
Trans Fat 0g		Sugars 2.6g	
Cholest. 0mg	0%	Protein 2g	
Sodium 75.2mg	3%		
Cals • Prot 3% • Carb			
Fat 1% • Chol 0% • Sat Fat 0%			

INGREDIENTS: VEG CORN WHOLE KERNEL FROZ (corn), PIMENTOS DICED (pimentos, water, and citric acid), VEG PEPPER GREEN BELL LARGE (green peppers), VEG ONION JUMBO YELLOW (yellow onion), SEASON SALT TABLE 25LB (salt, tricalcium phosphate, dextrose, potassium iodide, sodium bicarbonate, yellow prussiate of soda), SEASON PEPPER GRD BLK (black pepper)

ALLERGENS:

Corn, Scalloped

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 5 OZ				
Amount Per Serving				
Calories 127				
Calories from Fat 11				
	Total Fat 1.2g	2%	Total Carb. 26.3g	
	Sat. Fat 0.2g	1%	Dietary Fiber 2.1g	9%
	Trans Fat 0g		Sugars 5.4g	
	Cholest. 14mg	5%	Protein 4.2g	
	Sodium 220.9mg	9%		
	Cals • Prot 7% • Carb			
	Fat 2% • Chol 5% • Sat Fat 1%			

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

INGREDIENTS: VEG CORN CREAM STYLE CAN (corn, water, sugar, modified corn starch, salt), VEG CORN WHOLE KERNEL FROZ (corn), 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), CRACKER CRUMBS MEDIUM (bleached wheat flour), VEG ONION JUMBO YELLOW (yellow onion), SEASON PEPPER GRD WHT (white pepper)

ALLERGENS: Milk, Eggs, Wheat, Soybeans

Corn, Whole Kernel

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 4 OZ				
Amount Per Serving				
Calories 92				
Calories from Fat 7				
	Total Fat 0.8g	1%	Total Carb. 21.9g	
	Sat. Fat 0.1g	1%	Dietary Fiber 2.7g	11%
	Trans Fat 0g		Sugars 3.5g	
	Cholest. 0mg	0%	Protein 2.9g	
	Sodium 1.1mg	0%		
	Cals • Prot 5% • Carb			
	Fat 1% • Chol 0% • Sat Fat 1%			

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

INGREDIENTS: VEG CORN WHOLE KERNEL FROZ (corn), 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)

ALLERGENS:

Lettuce, Leaf

Nutrition Facts

Serving Size 1/2 OZ

Amount Per Serving

Calories 4

Calories from Fat 0

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

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 0g	0%	Total Carb. 0.8g	
Sat. Fat 0g	0%	Dietary Fiber 0.5g	2%
Trans Fat 0g		Sugars 0.3g	
Cholest. 0mg	0%	Protein 0.3g	
Sodium 0.3mg	0%		
Cals • Prot 0% • Carb			
Fat 0% • Chol 0% • Sat Fat 0%			

INGREDIENTS: LETTUCE LEAF CLEANED (lettuce)

ALLERGENS:

Peas

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 4 OZ	Total Fat 0.2g	0%	Total Carb. 13g	
Amount Per Serving	Sat. Fat 0g	0%	Dietary Fiber 5g	20%
Calories 71	Trans Fat 0g		Sugars 4.3g	
Calories from Fat 2	Cholest. 0mg	0%	Protein 4.7g	
	Sodium 65.8mg	3%		
	Cals • Prot 7% • Carb			
	Fat 0% • Chol 0% • Sat Fat 0%			

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

INGREDIENTS: VEG PEAS FROZ (peas)

ALLERGENS:

Peas & Carrots

Nutrition Facts

Serving Size 4 OZ

Amount Per Serving

Calories 45

Calories from Fat 4

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

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 0.4g	1%	Total Carb. 9.6g	
Sat. Fat 0.1g	0%	Dietary Fiber 2.9g	12%
Trans Fat 0g		Sugars 4.1g	
Cholest. 0mg	0%	Protein 2.9g	
Sodium 64.3mg	3%		
Cals • Prot 5% • Carb			
Fat 1% • Chol 0% • Sat Fat 0%			

INGREDIENTS: VEG PEAS & CARROTS FROZ (peas, carrots)

ALLERGENS:

Peas and Pearl Onions

Nutrition Facts

Serving Size 4 oz

Amount Per Serving

Calories 66

Calories from Fat 3

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

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 0.3g	0%	Total Carb. 12.8g	
Sat. Fat 0.1g	0%	Dietary Fiber 3.3g	13%
Trans Fat 0g		Sugars --- g	
Cholest. 0mg	0%	Protein 3.8g	
Sodium 57.6mg	2%		
Cals • Prot 6% • Carb			
Fat 0% • Chol 0% • Sat Fat 0%			

INGREDIENTS: VEG PEAS & ONION FROZ (green peas, pearl onions)

ALLERGENS:

Peas, Creamed

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 4 OZ	Total Fat 3.7g	6%	Total Carb. 14g	
Amount Per Serving	Sat. Fat 0.9g	4%	Dietary Fiber 3.1g	12%
Calories 100	Trans Fat 0g		Sugars 5.8g	
Calories from Fat 33	Cholest. 0mg	0%	Protein 3.2g	
	Sodium 429.9mg	18%		
	Cals • Prot 5% • Carb			
	Fat 6% • Chol 0% • Sat Fat 4%			

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

INGREDIENTS: VEG PEAS FROZ (peas), WATER (water), SOUP BASE CREAM (coconut oil, food starch modified, corn syrup solids, maltodextrin, sugar, salt, sodium caseinate, dehydrated cooked chicken (chicken, chicken broth, natural flavor, citric acid), dipotassium phosphate, mono- and diglycerides, onion powder, disodium inosinate, disodium guanylate, xanthan gum, dehydrated garlic, spice, natural butter flavor (with annatto and turmeric (for color)), artificial color (yellow 5 and 6)), SEASON LAWRY'S SALT (salt, sugar, spices (including paprika and turmeric), onion, cornstarch, garlic, tricalcium phosphate (prevents caking), natural flavor, paprika oleoresin (for color)), SEASON PEPPER GRD WHT (white pepper)

ALLERGENS: Milk

Potatoes, Au gratin

Nutrition Facts

Serving Size 4 OZ

Amount Per Serving

Calories 166

Calories from Fat 48

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

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 5.3g	8%	Total Carb. 24.3g	
Sat. Fat 1.7g	8%	Dietary Fiber 2.3g	9%
Trans Fat 0.8g		Sugars 2.3g	
Cholest. 5.8mg	2%	Protein 3.5g	
Sodium 736.3mg	31%		
Cals • Prot 6% • Carb			
Fat 8% • Chol 2% • Sat Fat 8%			

INGREDIENTS: WATER (water), POTATO AU GRATIN DRY (Idaho potato slices preserved with bisulfite, enriched flour (bleached wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), whey, cheddar cheese (pasteurized milk, salt, culture, enzymes), salt, contains less than 2% of: artificial color, butter (cream, salt), buttermilk solids, corn syrup solids, dipotassium phosphate, disodium phosphate, garlic powder, green bell pepper, lactic acid, mono and diglycerides, monosodium glutamate, natural and artificial flavors, nonfat dry milk, onion powder, silicon dioxide, sodium caseinate, soy lecithin, spice and spice extractives including extractives of paprika, sunflower oil, tocopherols (to protect color and flavor), tricalcium phosphate), 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)

ALLERGENS: Milk, Wheat, Soybeans

Potato, Baked

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 1 each	Total Fat 0g	0%	Total Carb. 28.1g	
Amount Per Serving	Sat. Fat 0g	0%	Dietary Fiber 2.2g	9%
Calories 119	Trans Fat 0g		Sugars 1.1g	
Calories from Fat 0	Cholest. 0mg	0%	Protein 3.2g	
	Sodium 0mg	0%		
	Cals • Prot 5% • Carb			
	Fat 0% • Chol 0% • Sat Fat 0%			

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

INGREDIENTS: POTATO BAKER 140 CT (potato)

ALLERGENS:

Potatoes, Garlic Smashed

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 4 OZ	Total Fat 2.7g	4%	Total Carb. 18.5g	
Amount Per Serving	Sat. Fat 0.9g	5%	Dietary Fiber 1.9g	8%
Calories 107	Trans Fat 0.4g		Sugars 1.6g	
Calories from Fat 24	Cholest. 3mg	1%	Protein 2.4g	
	Sodium 28.4mg	1%		
	Cals • Prot 4% • Carb			
	Fat 4% • Chol 1% • Sat Fat 5%			

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

INGREDIENTS: POTATO RED BAKER 90CT (potato), MILK 2% DISP (reduced fat milk with vitamin A palmitate and vitamin D3 added), CREAM SOUR (cultured sour cream, nonfat milk, cream, grade A whey, corn starch- modified, sodium phosphate, guar gum, carrageenan, sodium citrate, locust bean gum, potassium sorbate (preservative)), 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 GARLIC MINCED FRSH (garlic, water, phosphoric acid), SEASON PEPPER GRD WHT (white pepper)

ALLERGENS: Milk, Soybeans

Potato, Hashbrown Bake

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 4 1/2 OZ	Total Fat 12.2g	19%	Total Carb. 31.2g	
Amount Per Serving	Sat. Fat 5.4g	27%	Dietary Fiber 1.9g	8%
Calories 249	Trans Fat 0g		Sugars 2.9g	
Calories from Fat 110	Cholest. 10.6mg	4%	Protein 5.7g	
	Sodium 211.2mg	9%		
	Cals • Prot 9% • Carb			
	Fat 19% • Chol 4% • Sat Fat 27%			

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

INGREDIENTS: POTATO HASHBROWN SHRD FROZ (potatoes, dextrose, disodium dihydrogen pyrophosphate (to maintain natural color)), 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), 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), Shredded Cheddar fancy (cultured pasteurized milk, salt, enzymes, artificial color, potato starch and powdered cellulose added to prevent caking, natamycin (a natural mold inhibitor)), CRUMBS CORN FLAKE (milled corn, sugar, malt flavor, 2% or less of salt, BHT for freshness. Corn used in this product may contain traces of soybeans. Vitamins and minerals: iron, vitamin C (sodium ascorbate, ascorbic acid), niacinamide, vitamin B6 (pyridoxine hydrochloride), vitamin A palmitate, vitamin

B2 (riboflavin), vitamin B1 (thiamine hydrochloride), folic acid, vitamin D3, vitamin B12), VEG ONION
CHOPPED FROZ (onion), SEASON PEPPER GRD BLK (black pepper)

ALLERGENS: Milk, Wheat, Soybeans

Potatoes, Mashed

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 4 OZ	Total Fat 1g	2%	Total Carb. 19.7g	
Amount Per Serving	Sat. Fat 0g	0%	Dietary Fiber 2g	8%
Calories 99	Trans Fat 0g		Sugars 1g	
Calories from Fat 9	Cholest. 0mg	0%	Protein 2g	
	Sodium 434.1mg	18%		
	Cals • Prot 3% • Carb			
	Fat 2% • Chol 0% • Sat Fat 0%			

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

INGREDIENTS: 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)

ALLERGENS: Milk, Soybeans

Potatoes, Mashed, Fancy

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 4 oz	Total Fat 1.5g	2%	Total Carb. 33.6g	
Amount Per Serving	Sat. Fat 0g	0%	Dietary Fiber 2.8g	11%
Calories 173	Trans Fat 0g		Sugars 1.4g	
Calories from Fat 14	Cholest. 4.3mg	1%	Protein 4.1g	
	Sodium 365mg	15%		
	Cals • Prot 7% • Carb			
	Fat 2% • Chol 1% • Sat Fat 0%			

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

INGREDIENTS: WATER (water), POTATO MASHED RECIPE READY (potato, salt, freshness preserved with sodium bisulfite), PORK BACON BITS REAL CKD (bacon cured with water, salt, sugar, smoke flavoring, sodium phosphate, sodium erythorbate, sodium nitrite), SEASON CHIVES DRIED (chives)

ALLERGENS:

Potatoes, Mashed Sweet

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 4 OZ	Total Fat 3.7g	6%	Total Carb. 30.7g	
Amount Per Serving	Sat. Fat 0.7g	3%	Dietary Fiber 2.3g	9%
Calories 170	Trans Fat 1g		Sugars 8g	
Calories from Fat 33	Cholest. 0mg	0%	Protein 2.3g	
	Sodium 343.4mg	14%		
	Cals • Prot 4% • Carb			
	Fat 6% • Chol 0% • Sat Fat 3%			

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

INGREDIENTS: WATER (water), POTATO SWEET PEARLS - S/O (potato (dry), sweet potato (dry), brown sugar, sugar, salt, contains 2% or less of: natural and artificial flavor, guar and xanthan gums, mono and diglycerides, spice, vitamin A (acetate), artificial color (yellow 5, yellow 6, red 40, blue 1), freshness preserved with sodium bisulfite and BHT), 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)

ALLERGENS: Milk, Soybeans

Potatoes, Smashed

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 4 OZ	Total Fat 1g	2%	Total Carb. 19.7g	
Amount Per Serving	Sat. Fat 0g	0%	Dietary Fiber 2g	8%
Calories 99	Trans Fat 0g		Sugars 1g	
Calories from Fat 9	Cholest. 0mg	0%	Protein 2g	
	Sodium 434.1mg	18%		
	Cals • Prot 3% • Carb			
	Fat 2% • Chol 0% • Sat Fat 0%			

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

INGREDIENTS: 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)

ALLERGENS: Milk, Soybeans

Potatoes, Oven Roasted

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 4 OZ	Total Fat 3.4g	5%	Total Carb. 28.6g	
Amount Per Serving	Sat. Fat 0.7g	3%	Dietary Fiber 2.8g	11%
Calories 150	Trans Fat 0g		Sugars 1.4g	
Calories from Fat 31	Cholest. 0mg	0%	Protein 2.8g	
	Sodium 180.9mg	8%		
	Cals • Prot 4% • Carb			
	Fat 5% • Chol 0% • Sat Fat 3%			

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

INGREDIENTS: Potato Wedges (potatoes, vegetable oil (contains one or more of the following: canola oil, corn oil, cottonseed oil, palm oil, soybean oil, sunflower oil), disodium dihydrogen pyrophosphate (to promote color retention), dextrose), SEASON LAWRY'S SALT (salt, sugar, spices (including paprika and turmeric), onion, cornstarch, garlic, tricalcium phosphate (prevents caking), natural flavor, paprika oleoresin (for color)), SEASON PAPRIKA FSA (paprika, less than 2% silicon dioxide added to prevent caking), SEASON GARLIC POWDER (garlic powder), SEASON ONION POWDER (onion powder)

ALLERGENS: Soybeans

Potatoes Parsley Buttered

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 4 OZ	Total Fat 1.5g	2%	Total Carb. 23.9g	
Amount Per Serving	Sat. Fat 0.3g	1%	Dietary Fiber 1.9g	7%
Calories 115	Trans Fat 0.4g		Sugars 0.9g	
Calories from Fat 14	Cholest. 0mg	0%	Protein 2.8g	
	Sodium 15.2mg	1%		
	Cals • Prot 4% • Carb			
	Fat 2% • Chol 0% • Sat Fat 1%			

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

INGREDIENTS: POTATO WHOLE 130/150 CAN (potatoes, water, salt, calcium chloride), 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 PARSLEY FLAKES (parsley flakes)

ALLERGENS: Milk, Soybeans

Potatoes, Roasted Red

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 4 oz	Total Fat 2.4g	4%	Total Carb. 20.2g	
Amount Per Serving	Sat. Fat 0.2g	1%	Dietary Fiber 2.3g	9%
Calories 111	Trans Fat 0g		Sugars 1.2g	
Calories from Fat 22	Cholest. 0mg	0%	Protein 2.6g	
	Sodium 9.4mg	0%		
	Cals • Prot 4% • Carb			
	Fat 4% • Chol 0% • Sat Fat 1%			

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

INGREDIENTS: POTATO RED BAKER 90CT (potato), SEASON GARLIC MINCED FRSH (garlic, water, phosphoric acid), Oil Blend (OIL CANOLA SALAD (canola oil), OIL EXTRA VIRGIN OLIVE (100% extra virgin olive oil)), SEASON PAPRIKA FSA (paprika, less than 2% silicon dioxide added to prevent caking), SEASON PARSLEY FLAKES (parsley flakes), SEASON PEPPER GRD BLK (black pepper)

ALLERGENS:

Potatoes, Scalloped

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 4 OZ	Total Fat 3.5g	5%	Total Carb. 20.4g	
Amount Per Serving	Sat. Fat 0.4g	2%	Dietary Fiber 1.6g	7%
Calories 118	Trans Fat 0.6g		Sugars 2.4g	
Calories from Fat 32	Cholest. 0mg	0%	Protein 2.4g	
	Sodium 414mg	17%		
	Cals • Prot 4% • Carb			
	Fat 5% • Chol 0% • Sat Fat 2%			

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

INGREDIENTS: WATER (water), POTATO SCALLOPED DRY (Idaho potato slices preserved with sodium bisulfite, whey, corn syrup solids, enriched flour (bleached wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), sunflower oil, salt, contains less than 2% of: artificial color, dipotassium phosphate, garlic powder, mono and diglycerides, natural flavors, onion powder, silicon dioxide, sodium caseinate, sodium phosphates, soy lecithin, soybean oil, spice, tocopherols (to protect color and flavor), tricalcium phosphate), 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)

ALLERGENS: Milk, Wheat, Soybeans

Potatoes Small Whole Canned

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 4 OZ				
Amount Per Serving				
Calories 124				
Calories from Fat 0				
	Total Fat 0g	0%	Total Carb. 29.3g	
	Sat. Fat 0g	0%	Dietary Fiber 2.3g	9%
	Trans Fat 0g		Sugars 1.1g	
	Cholest. 0mg	0%	Protein 3.4g	
	Sodium 0mg	0%		
	Cals • Prot 5% • Carb			
	Fat 0% • Chol 0% • Sat Fat 0%			

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

INGREDIENTS: POTATO WHOLE 130/150 CAN (potatoes, water, salt, calcium chloride)

ALLERGENS:

Potatoes, Sweet

Nutrition Facts

Serving Size 4 oz

Amount Per Serving

Calories 77

Calories from Fat 15

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

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 1.7g	3%	Total Carb. 13.5g	
Sat. Fat 0.3g	2%	Dietary Fiber 1.2g	5%
Trans Fat 0.5g		Sugars 5.5g	
Cholest. 0mg	0%	Protein 0.6g	
Sodium 23.2mg	1%		
Cals • Prot 1% • Carb			

Fat 3% • Chol 0% • Sat Fat 2%

INGREDIENTS: VEG YAMS CUT CAN (sweet potatoes, water, corn syrup, sugar), 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)

ALLERGENS: Milk, Soybeans

Potato, Sweet, Casserole

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 4 oz	Total Fat 4.5g	7%	Total Carb. 32.7g	
Amount Per Serving	Sat. Fat 0.9g	4%	Dietary Fiber 2.3g	9%
Calories 185	Trans Fat 1.2g		Sugars 10.3g	
Calories from Fat 40	Cholest. 0mg	0%	Protein 2.2g	
	Sodium 346.8mg	14%		
	Cals • Prot 4% • Carb			
	Fat 7% • Chol 0% • Sat Fat 4%			

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

INGREDIENTS: WATER (water), POTATO SWEET PEARLS - S/O (potato (dry), sweet potato (dry), brown sugar, sugar, salt, contains 2% or less of: natural and artificial flavor, guar and xanthan gums, mono and diglycerides, spice, vitamin A (acetate), artificial color (yellow 5, yellow 6, red 40, blue 1), freshness preserved with sodium bisulfite and BHT), 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), SUGAR BROWN (light brown sugar), SEASON NUTMEG GRD PURE (ground nutmeg)

ALLERGENS: Milk, Soybeans

Potatoes, Twice Baked

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 5 OZ	Total Fat 5g	8%	Total Carb. 23g	
Amount Per Serving	Sat. Fat 2g	10%	Dietary Fiber 2g	8%
Calories 150	Trans Fat --- g		Sugars 0g	
Calories from Fat 45	Cholest. 10mg	3%	Protein 3g	
	Sodium 300mg	12%		
	Cals • Prot 5% • Carb			
	Fat 8% • Chol 3% • Sat Fat 10%			

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

INGREDIENTS: POTATO TWICE BK SC W/CHV (baked potato, sour cream (cultured cream, grade A whey, modified corn starch, sodium phosphate, guar gum, carrageenan, calcium sulfate, potassium sorbate [preservative], locust bean gum), margarine (liquid and partially hydrogenated soybean oil, water, salt, vegetable mono and diglycerides, soy lecithin, sodium benzoate [a preservative], artificial butter flavor, beta carotene [color], vitamin A palmitate), water, salt, chives, xanthan gum, onion powder, pepper.)

ALLERGENS: Milk, Soybeans

Stewed Tomatoes

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 4 OZ	Total Fat 1.7g	3%	Total Carb. 17.3g	
Amount Per Serving	Sat. Fat 0g	0%	Dietary Fiber 0.9g	4%
Calories 86	Trans Fat 0g		Sugars 8.6g	
Calories from Fat 15	Cholest. 0mg	0%	Protein 2.5g	
	Sodium 587mg	24%		
	Cals • Prot 4% • Carb			
	Fat 3% • Chol 0% • Sat Fat 0%			

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

INGREDIENTS: TOMATO STEWED (tomatoes, tomato juice, sugar, salt, dried onion, dried celery, dried bell pepper, citric acid, calcium chloride, natural flavors), CROUTONS SEASONED (enriched flour [wheat flour, niacin, iron, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid], partially hydrogenated vegetable oil (soybean and/or cottonseed oils), high fructose corn syrup, salt. Contains 2% or less of each of the following: whey, yeast, corn starch, romano cheese (cow's milk, culture, salt, enzymes), dehydrated parsley, spices, monosodium glutamate, dehydrated garlic, calcium propionate (preservative), yeast nutrients (monocalcium phosphate, calcium sulfate, ammonium sulfate), lactic acid, soybean oil, silicon dioxide, soy lecithin, soy flour)

ALLERGENS: Milk, Wheat, Soybeans

Squash

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 4 OZ	Total Fat 1.5g	2%	Total Carb. 20.9g	
Amount Per Serving	Sat. Fat 0.3g	1%	Dietary Fiber 2.9g	12%
Calories 91	Trans Fat 0.4g		Sugars 13.6g	
Calories from Fat 14	Cholest. 0mg	0%	Protein 1.4g	
	Sodium 24.9mg	1%		
	Cals • Prot 2% • Carb			
	Fat 2% • Chol 0% • Sat Fat 1%			

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

INGREDIENTS: VEG SQUASH COOKED FROZ (cooked Hubbard squash), SUGAR BROWN (light brown sugar), 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)

ALLERGENS: Milk, Soybeans

Tomato Slices Leaf Lettuce

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 2 1/5 OZ	Total Fat 0g	0%	Total Carb. 1.4g	
Amount Per Serving	Sat. Fat 0g	0%	Dietary Fiber 0.6g	2%
Calories 6	Trans Fat 0g		Sugars 0.8g	
Calories from Fat 0	Cholest. 0mg	0%	Protein 0.4g	
	Sodium 1.4mg	0%		
	Cals • Prot 1% • Carb			
	Fat 0% • Chol 0% • Sat Fat 0%			

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

INGREDIENTS: VEG TOMATOES MED 6X7 FRSH (tomatoes), LETTUCE LEAF CLEANED (lettuce)

ALLERGENS:

Vegetables, Caribbean Blend

Nutrition Facts

Serving Size 4 oz

Amount Per Serving

Calories 35

Calories from Fat 0

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

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 0g	0%	Total Carb. 6g	
Sat. Fat 0g	0%	Dietary Fiber 2g	8%
Trans Fat 0g		Sugars 3g	
Cholest. 0mg	0%	Protein 1g	
Sodium 30.2mg	1%		
Cals • Prot 2% • Carb			
Fat 0% • Chol 0% • Sat Fat 0%			

INGREDIENTS: VEG CARIBBEAN BLEND FROZ (broccoli, yellow carrots, green beans and red peppers)

ALLERGENS:

Vegetables, Country Blend

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 4 oz	Total Fat 0.4g	1%	Total Carb. 10.4g	
Amount Per Serving	Sat. Fat 0.1g	0%	Dietary Fiber 2.3g	9%
Calories 46	Trans Fat 0g		Sugars 3g	
Calories from Fat 4	Cholest. 0mg	0%	Protein 1.4g	
	Sodium 23.6mg	1%		
	Cals • Prot 2% • Carb			
	Fat 1% • Chol 0% • Sat Fat 0%			

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

INGREDIENTS: VEG CORN WHOLE KERNEL FROZ (corn), VEG CARROTS KRINKLE CUT FROZ (sliced carrots), VEG BEANS GREEN CUT FROZ (green beans)

ALLERGENS:

Vegetables, Key West

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 4 OZ	Total Fat 0g	0%	Total Carb. 6.7g	
Amount Per Serving	Sat. Fat 0g	0%	Dietary Fiber 2.2g	9%
Calories 33	Trans Fat 0g		Sugars 3.3g	
Calories from Fat 0	Cholest. 0mg	0%	Protein 0.6g	
	Sodium 38.9mg	2%		
	Cals • Prot 1% • Carb			
	Fat 0% • Chol 0% • Sat Fat 0%			

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

INGREDIENTS: VEG KEY WEST BLEND FROZ (green beans, carrots, yellow carrots, red peppers)

ALLERGENS:

Vegetables, Mixed

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 4 OZ	Total Fat 0.5g	1%	Total Carb. 11g	
Amount Per Serving	Sat. Fat 0g	0%	Dietary Fiber 1.8g	7%
Calories 55	Trans Fat --- g		Sugars 3.7g	
Calories from Fat 4	Cholest. 0mg	0%	Protein 1.8g	
	Sodium 41mg	2%		
	Cals • Prot 3% • Carb			
	Fat 1% • Chol 0% • Sat Fat 0%			

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

INGREDIENTS: VEG MIXED 4 WAY BLEND FROZ (carrots, corn, peas, green beans), 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)

ALLERGENS:

Vegetables, Riviera Blend

Nutrition Facts		Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 4 OZ		Total Fat 0.1g	0%	Total Carb. 6.2g	
Amount Per Serving		Sat. Fat 0g	0%	Dietary Fiber 2.1g	8%
Calories 31		Trans Fat 0g		Sugars 3.1g	
Calories from Fat 1		Cholest. 0mg	0%	Protein 1g	
		Sodium 20.2mg	1%		
		Cals • Prot 2% • Carb			
* Percent Daily Values (DV) are based on a 2000 calorie diet.		Fat 0% • Chol 0% • Sat Fat 0%			

INGREDIENTS: VEG CARROTS BABY SLIMS (carrots), VEG BEANS GREEN CUT FROZ (green beans), Beans Wax Frozen (wax beans)

ALLERGENS:

Vegetables, Scandinavian

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 4 OZ	Total Fat 0g	0%	Total Carb. 7.4g	
Amount Per Serving	Sat. Fat 0g	0%	Dietary Fiber 2.1g	8%
Calories 42	Trans Fat 0g		Sugars 3.2g	
Calories from Fat 0	Cholest. 0mg	0%	Protein 2.1g	
	Sodium 79.1mg	3%		
	Cals • Prot 3% • Carb			
	Fat 0% • Chol 0% • Sat Fat 0%			

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

INGREDIENTS: VEG SCANDI BLEND FROZ (peas, zucchini, green beans, carrots, onions, salt)

ALLERGENS:

Yams, Candied

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 4 OZ	Total Fat 3.6g	6%	Total Carb. 45.9g	
Amount Per Serving	Sat. Fat 0.7g	3%	Dietary Fiber 2.5g	10%
Calories 229	Trans Fat 1g		Sugars 26.2g	
Calories from Fat 32	Cholest. 0mg	0%	Protein 1.5g	
	Sodium 61.9mg	3%		
	Cals • Prot 2% • Carb			
	Fat 6% • Chol 0% • Sat Fat 3%			

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

INGREDIENTS: VEG YAMS CUT CAN (sweet potatoes, water, corn syrup, sugar), MARSHMALLOWS MINI WHT (corn syrup, sugar, modified food starch (corn), dextrose, water, gelatin, natural and artificial flavor, tetrasodium pyrophosphate), SUGAR BROWN (light brown sugar), 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)

ALLERGENS: Milk, Soybeans