Ingredients and Nutritional Information

Waffles and Turkey Sausage with Mixed Berries

Nutrition Facts

1 servings per container

Serving size 10 oz (284g)

Amount Per Serving

Calories 450

	% Daily Value*
Total Fat 16g	**21%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol 115mg	**38%**
Sodium 470mg	**20%**
Total Carbohydrate 49g	**18%**
Dietary Fiber 2g	**7%**
Total Sugars 23g	
Includes 13g Added Sugars	**26%**
Protein 29g	
Vitamin D 0.9mcg	4%
Calcium 209mg	15%
Iron 3.9mg	20%
Potassium 465mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients:

Waffles: Bread (Enriched Flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Water, Eggs, Expeller Pressed Canola Oil, Honey, Sea Salt, Yeast, Enzymes), Liquid Whole Eggs, Whole milk (vitamin D3), Sugar, Unsalted Butter (pasteurized cream, natural flavorings).
Turkey Sausage: Turkey, Water, Corn Starch, Anise, Sage, Canola Oil (canola oil with antioxidant and antifoam agents), Salt, Garlic, Pepper, Rosemary, Thyme.
Mixed Berries: Blueberries, Strawberries, Water, Modified Tapioca Starch, Sugar.

Western Omelet with Breakfast Sausage and Potatoes

Nutrition Facts

1 servings per container

Serving size 10 oz (284g)

Amount Per Serving

Calories 490

	% Daily Value*
Total Fat 26g	**33%**
Saturated Fat 9g	**45%**
Trans Fat 0g	
Cholesterol 230mg	**77%**
Sodium 540mg	**23%**
Total Carbohydrate 34g	**12%**
Dietary Fiber 2g	**7%**
Total Sugars 5g	
Includes 0g Added Sugars	**0%**
Protein 28g	
Vitamin D 1.8mcg	8%
Calcium 102mg	8%
Iron 2.2mg	10%
Potassium 760mg	15%

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Ingredients:

Western Omelet: Liquid Whole Eggs, Milk (Vitamin D3), Corn Starch, Unsalted Butter (pasteurized cream, natural flavorings), Salt, Pepper.
Topping Sauce: Green bell pepper, Red bell pepper, Onions, Water, Corn Starch, Unsalted Butter (pasteurized cream, natural flavorings), Garlic, Pepper.
Topping: Cheddar Cheese (pasteurized milk, cheese cultures, salt, enzymes and annatto [vegetable color], powdered cellulose (to prevent caking), potassium sorbate and natamycin (preservatives)).
Breakfast Sausage: Pork, Water, Corn Starch, Anise, Sage, Canola Oil (canola oil with antioxidant and antifoam agents), Salt, Garlic, Rosemary, Pepper, Thyme.
Potatoes: Water, Potatoes, Mashed Potatoes (Potatoes, contains 2 % or less of: Ascorbic acid (vitamin C), mono and diglycerides, calcium stearoyl-2-lactylate, natural flavor, freshness preserved with: sodium bisulfite, BHT), Salt.

Scrambled Eggs with Potatoes and Fruit Cocktail

Nutrition Facts

1 servings per container

Serving size 10 oz (284g)

Amount Per Serving

Calories 280

	% Daily Value*
Total Fat 10g	**13%**
Saturated Fat 3.5g	**18%**
Trans Fat 0g	
Cholesterol 275mg	**92%**
Sodium 370mg	**16%**
Total Carbohydrate 33g	**12%**
Dietary Fiber 2g	**7%**
Total Sugars 16g	
Includes 5g Added Sugars	**10%**
Protein 12g	
Vitamin D 2.1mcg	10%
Calcium 91.3mg	8%
Iron 1.6mg	8%
Potassium 554mg	10%

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Ingredients:

Scrambled Eggs: Liquid Whole Eggs, Milk (vitamin D3), Corn Starch, Unsalted Butter (pasteurized cream, natural flavorings), Salt, Pepper.
Potatoes: Water, Potatoes, Mashed Potatoes (Potatoes, contains 2 % or less of: Ascorbic acid (vitamin C), mono and diglycerides, calcium stearoyl-2-lactylate, natural flavor, freshness preserved with: sodium bisulfite, BHT), Salt.
Fruit Cocktail: Pears, Pineapple, Peaches, Water, Corn Starch, Sugar.

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Ingredients and Nutritional Information

French Toast with Eggs and Mixed Berries

Nutrition Facts

1 servings per container

Serving size 10 oz (284g)

Amount Per Serving

Calories 360

	% Daily Value*
Total Fat 12g	15%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 350mg	117%
Sodium 380mg	17%
Total Carbohydrate 41g	15%
Dietary Fiber 3g	11%
Total Sugars 25g	
Includes 12g Added Sugars	24%
Protein 17g	
Vitamin D 2.6mcg	15%
Calcium 195mg	15%
Iron 2.7mg	15%
Potassium 315mg	6%

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Ingredients:

French Toast: Bread (Enriched Flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Water, Eggs, Expeller Pressed Canola Oil, Honey, Sea Salt, Yeast, Enzymes), Liquid Whole Eggs, Whole Milk (vitamin D3), Sugar, Unsalted Butter (pasteurized cream, natural flavorings), Cinnamon, Vanilla Extract (water, alcohol, corn syrup, vanilla bean extractive).
Eggs: Liquid Whole Eggs, Milk (vitamin D3), Corn Starch, Unsalted Butter (pasteurized cream, natural flavorings), Salt, Pepper.
Mixed Berries: Blueberries, Strawberries, Water, Modified Tapioca Starch, Sugar.

Chicken Enchilada and Corn with Broccoli

Nutrition Facts

1 servings per container

Serving size 10.5 oz (298g)

Amount Per Serving

Calories 440

	% Daily Value*
Total Fat 11g	14%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 660mg	29%
Total Carbohydrate 49g	18%
Dietary Fiber 6g	21%
Total Sugars 8g	
Includes 3g Added Sugars	6%
Protein 30g	
Vitamin D 0.06mcg	0%
Calcium 124mg	10%
Iron 3.8mg	20%
Potassium 616mg	15%

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Ingredients:

Chicken Enchilada: Chicken, Water, Pinto Beans (prepared pinto beans, water, salt, calcium chloride (firming agent), calcium disodium EDTA (promotes color retention), Enchilada Sauce (water, dried red chile peppers, salt, cottonseed oil, cider vinegar, fumaric acid, spice, olive oil), Tortilla (water, corn treated with lime, contains less than 2% of the following: propionic acid, sodium hydroxide, benzoic acid, methyl paraben, propyl paraben (to preserve freshness), guar gum, cellulose gum, and enzymes), Onions, Canola Oil (canola oil with antioxidant and antifoam agents), Salt, Garlic.
Topping: Cheddar Cheese (pasteurized milk, cheese cultures, salt, enzymes and annatto [vegetable color], powdered cellulose (to prevent caking), potassium sorbate and natamycin (preservatives)).
Corn: Corn, Water, Onions, Corn Starch, Sugar, Canola Oil (canola oil with antioxidant and antifoam agents), Salt.
Broccoli: Broccoli, Water, Corn Starch, Onions, Canola Oil (canola oil with antioxidant and antifoam agents), Salt.

Chicken with Rice, Peas, and Butternut Squash

Nutrition Facts

1 servings per container

Serving size 10.5 oz (298g)

Amount Per Serving

Calories 320

	% Daily Value*
Total Fat 10g	13%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 80mg	27%
Sodium 530mg	23%
Total Carbohydrate 39g	14%
Dietary Fiber 8g	29%
Total Sugars 12g	
Includes 3g Added Sugars	6%
Protein 21g	
Vitamin D 0.1mcg	0%
Calcium 77.3mg	6%
Iron 2.91mg	15%
Potassium 570mg	10%

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Ingredients:

Chicken with Rice: Chicken, Water, Carrots, Celery, Tomato Puree (vine ripened tomatoes), Onions, Green Bell Pepper, Rice, Corn Starch, Chicken Flavor (maltodextrin, dried chicken meat powder, chicken stock, salt, flavoring (contains canola oil) and rendered chicken fat), Chili Powder, Salt, Garlic, Cumin, Pepper.
Peas: Peas, Water, Onions, Corn Starch, Sugar, Canola Oil (canola oil with antioxidant and antifoam agents), Salt.
Butternut Squash: Butternut squash, Water, Green Apple, Onions, Corn Starch, Canola Oil (canola oil with antioxidant and antifoam agents), Salt, Curry Powder (spices (including chili pepper, mustard), Turmeric, Salt), Garlic.

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Ingredients and Nutritional Information

Meatloaf with Butternut Squash and Peaches

Nutrition Facts

1 servings per container

Serving size 10.5 oz (298g)

Amount Per Serving

Calories 400

	% Daily Value*
Total Fat 14g	18%
Saturated Fat 4.5g	23%
Trans Fat 0.4g	
Cholesterol 100mg	33%
Sodium 440mg	19%
Total Carbohydrate 49g	18%
Dietary Fiber 7g	25%
Total Sugars 18g	
Includes 7g Added Sugars	14%
Protein 22g	
Vitamin D 0.33mcg	2%
Calcium 187mg	15%
Iron 3.5mg	20%
Potassium 633mg	15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients:

Meatloaf: Beef, Water, Carrots, Bread (Enriched Flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Water, Eggs, Expeller Pressed Canola Oil, Honey, Sea Salt, Yeast, Enzymes), Liquid Whole Eggs, Tomato Puree (vine ripened tomatoes), Onions, Flour (bleached wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Beef Broth Flavor (Natural Flavor (Contains Maltodextrin and Rendered Beef Fat), Beef Stock, Salt, Autolyzed Yeast Extract, spice, and Silicon Dioxide), Canola Oil (canola oil with antioxidant and antifoam agents), Salt, Italian seasoning (Rosemary, Thyme, Basil, Oregano, Sage), Garlic, Pepper.
Butternut Squash: Butternut squash, Water, Green Apple, Onions, Corn Starch, Canola Oil (canola oil with antioxidant and antifoam agents), Salt, Curry Powder (spices (including chili pepper, mustard), Turmeric, Salt), Garlic.
Peaches: Peaches, Water, Corn Starch, Sugar.

Pork with Veggies, Sweet Potato and Baked Apple

Nutrition Facts

1 servings per container

Serving size 10.5 oz (298g)

Amount Per Serving

Calories 380

	% Daily Value*
Total Fat 16g	21%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 220mg	10%
Total Carbohydrate 52g	19%
Dietary Fiber 4g	14%
Total Sugars 22g	
Includes 10g Added Sugars	20%
Protein 21g	
Vitamin D 0.38mcg	2%
Calcium 47.6mg	4%
Iron 1.6mg	8%
Potassium 739mg	15%

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Ingredients:

Pork with Vegetables: Pork, Water, Carrots, Celery, Corn Starch, Onions, Salt, Canola Oil (canola oil with antioxidant and antifoam agents), Garlic, Pepper, Rosemary, Thyme.
Sweet Potato: Sweet Potato, Water, Corn Starch, Sugar, Salt.
Baked Apple: Apples, Water, Corn Starch, Brown Sugar, Sugar, Cinnamon, Salt.

Pot Roast with Green Beans and Carrots

Nutrition Facts

1 servings per container

Serving size 10.5 oz (298g)

Amount Per Serving

Calories 440

	% Daily Value*
Total Fat 12g	15%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 460mg	20%
Total Carbohydrate 48g	17%
Dietary Fiber 7g	25%
Total Sugars 13g	
Includes 7g Added Sugars	14%
Protein 35g	
Vitamin D 0mcg	0%
Calcium 74.7mg	6%
Iron 3.8mg	20%
Potassium 508mg	10%

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Ingredients:

Pot Roast: Beef, Water, Carrots, Tomato Puree (vine ripened tomatoes), Corn Starch, Celery, Onions, Beef Broth Flavor (natural flavor (contains maltodextrin and rendered beef fat), beef stock, salt, autolyzed yeast extract, spice, and silicon dioxide), Salt, Canola Oil (canola oil with antioxidant and antifoam agents), Garlic, Pepper, Bay Leaf.
Green Beans: Green Beans, Water, Onions, Corn Starch, Sugar, Canola Oil (canola oil with antioxidant and antifoam agents), Salt.
Carrots: Carrots, Water, Onions, Corn Starch, Sugar, Canola Oil (canola oil with antioxidant and antifoam agents), Salt.

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Ingredients and Nutritional Information

Vegetable Lasagna with Carrots and Green Beans

Nutrition Facts

1 servings per container

Serving size 10.5 oz (298g)

Amount Per Serving

Calories 260

	% Daily Value*
Total Fat 7g	9%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 670mg	29%
Total Carbohydrate 41g	15%
Dietary Fiber 7g	25%
Total Sugars 16g	
Includes 6g Added Sugars	12%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 132mg	10%
Iron 1.5mg	8%
Potassium 565mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients:

Vegetable Lasagna: Gluten Free Pasta (corn flour, rice flour, mono and diglycerides), Water, Carrots, Marinara Sauce (vine ripened fresh tomatoes, a blend of extra virgin olive oil and sunflower oil, salt, onions, sugar, black pepper, basil, oregano, parsley and naturally derived citric acid), Ricotta Cheese (whey, whole milk, cream, vinegar, and xanthan gum, locust bean gum, guar gum (stabilizers)), Spinach, Onions, Canola Oil (canola oil with antioxidant and antifoam agents), Salt, Garlic, Nutmeg.

Carrots: Carrots, Water, Onions, Corn Starch, Sugar, Canola Oil (canola oil with antioxidant and antifoam agents), Salt.

Green Beans: **Green Beans, Water, Onions, Corn Starch, Sugar, Canola Oil (canola oil with antioxidant and antifoam a**gents), Salt.

Macaroni & Cheese with Broccoli and Carrots

Nutrition Facts

1 servings per container

Serving size 10.5 oz (298g)

Amount Per Serving

Calories 430

	% Daily Value*
Total Fat 12g	15%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 540mg	23%
Total Carbohydrate 52g	19%
Dietary Fiber 8g	29%
Total Sugars 14g	
Includes 3g Added Sugars	6%
Protein 20g	
Vitamin D 0mcg	0%
Calcium 170mg	15%
Iron 4.2mg	25%
Potassium 573mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients:

Macaroni & Cheese: Water, Pasta (semolina (WHEAT), durum wheat flour, VITAMINS/MINERALS: Vitamin B3 (niacin), iron (ferrous sulfate), vitamin B1 (thiamine mononitrate), vitamin B2 (riboflavin), folic acid. Contains wheat ingredients), Cheese Sauce Mix (Maltodextrin, modified corn starch, creamer (palm oil, corn syrup solids, sodium caseinate, mono and diglycerides, sodium silico aluminate), cheese blend (cheddar cheese [milk, cheese cultures, salt, enzymes] buttermilk, salt, disodium phosphate, natural flavor, yellow #5 and yellow #6, natural cheese flavor, romano cheese [made from cows milk, salt, cheese cultures, enzymes], whey, disodium, phosphate, lactic acid), xanthan gum, tetrasodium pyrophosphate, sunflower oil, disodium inosinate, and disodium guanylate, natural flavor, soy lecithin, mustard flour, artificial flavor, yellow #5, yellow #6), Cheddar Cheese (pasteurized milk, cheese cultures, salt, enzymes and annatto [vegetable color], powdered cellulose (to prevent caking), potassium sorbate and natamycin (preservatives)), Salt.

Broccoli: Broccoli, Water, Corn Starch, Onions, Canola Oil (canola oil with antioxidant and antifoam agents), Salt.

Carrots: Carrots, Water, Onions, Corn Starch, Sugar, Canola Oil (canola oil with antioxidant and antifoam agents), Salt.

Turkey with Bread Stuffing and Cranberries

Nutrition Facts

1 servings per container

Serving size 10.5 oz (298g)

Amount Per Serving

Calories 520

	% Daily Value*
Total Fat 10g	13%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 380mg	17%
Total Carbohydrate 49g	18%
Dietary Fiber 9g	32%
Total Sugars 19g	
Includes 8g Added Sugars	16%
Protein 30g	
Vitamin D 0.3mcg	2%
Calcium 97.1mg	8%
Iron 3.1mg	15%
Potassium 405mg	8%

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Ingredients:

Turkey: Turkey, Water, Carrots, Celery, Corn Starch, Onions, Salt, Canola Oil (canola oil with antioxidant and antifoam agents), Garlic, Pepper, Rosemary, Thyme.

Bread Stuffing: Bread (Enriched Flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Water, Eggs, Expeller Pressed Canola Oil, Honey, Sea Salt, Yeast, Enzymes), Water, Celery, Onions, Canola Oil (canola oil with antioxidant and antifoam agents), Italian Seasoning (Rosemary, Thyme, Basil, Oregano, Sage), Salt, Garlic.

Cranberries: Cranberries, Water, Corn Starch, Sugar.

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