



DAY ONE
Item # 130536

BREAKFAST 2580	LUNCH 2582	DINNER 2581	SNACK 2433	TREAT 2971																																																																																																																																																																										
Banana Walnut Pancakes with Honey and Turkey Sausage	Curried Chicken Salad with Whole Wheat Bagel Half & Baby Carrots	Braised Pork with Chipotle Mashed Potatoes	Orange and String Cheese	White Chocolate Chip Cookie																																																																																																																																																																										
<table border="1"> <tr><th colspan="2">Nutrition Facts</th></tr> <tr><td colspan="2">Serving size: 1 package (120g) Servings Per Container 1</td></tr> <tr><th colspan="2">Amount Per Serving</th></tr> <tr><td>Calories 290</td><td>Cal. From Fat 110</td></tr> <tr><th colspan="2">% Daily Value *</th></tr> <tr><td>Total Fat 11g</td><td>20%</td></tr> <tr><td>Saturated Fat 2g</td><td>10%</td></tr> <tr><td>Trans Fat 0g</td><td></td></tr> <tr><td>Cholesterol 90mg</td><td>30%</td></tr> <tr><td>Sodium 320mg</td><td>15%</td></tr> <tr><td>Total Carbohydrate 41g</td><td>15%</td></tr> <tr><td>Dietary Fiber 4g</td><td>15%</td></tr> <tr><td>Sugar 18g</td><td></td></tr> <tr><td>Protein 11g</td><td></td></tr> <tr><td>Vitamin A 4%</td><td>Vitamin C 2%</td></tr> <tr><td>Calcium 15%</td><td>Iron 10%</td></tr> <tr><td colspan="2">* Percentage Daily Values (DV) are based on a 2,000 calorie diet.</td></tr> </table> <p>Ingredients: milk (grade A reduced fat milk, vitamin A palmitate, vitamin D3 added), buckwheat flour (100% whole grain, stone ground buckwheat), turkey sausage links (boneless turkey, water, contains 2% or less of the following: salt, dextrose, spices, sodium phosphates, sugar, BHT, citric acid, caramel color), liquid egg (whole eggs, citric acid, 0.15% water added as carrier for citric acid, citric acid added to preserve color), honey, granny smith apples, banana, water, walnuts, pomace olive oil (refined olive pomace oil and extra virgin olive oil), brown cane sugar, baking powder (sodium acid pyrophosphate, bicarbonate soda, cornstarch, monocalcium phosphate), contains 0.5 % or less of: cinnamon, salt, lemon juice, nutmeg. Contains: milk, egg and walnuts.</p>	Nutrition Facts		Serving size: 1 package (120g) Servings Per Container 1		Amount Per Serving		Calories 290	Cal. From Fat 110	% Daily Value *		Total Fat 11g	20%	Saturated Fat 2g	10%	Trans Fat 0g		Cholesterol 90mg	30%	Sodium 320mg	15%	Total Carbohydrate 41g	15%	Dietary Fiber 4g	15%	Sugar 18g		Protein 11g		Vitamin A 4%	Vitamin C 2%	Calcium 15%	Iron 10%	* Percentage Daily Values (DV) are based on a 2,000 calorie diet.		<table border="1"> <tr><th colspan="2">Nutrition Facts</th></tr> <tr><td colspan="2">Serving size: 1 package (184g) Servings Per Container 1</td></tr> <tr><th colspan="2">Amount Per Serving</th></tr> <tr><td>Calories 330</td><td>Cal. 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Contains: soy, egg, almonds and wheat.</p>	Nutrition Facts		Serving size: 1 package (184g) Servings Per Container 1		Amount Per Serving		Calories 330	Cal. From Fat 120	% Daily Value *		Total Fat 14g	20%	Saturated Fat 2g	10%	Trans Fat 0g		Cholesterol 40mg	15%	Sodium 510mg	20%	Total Carbohydrate 35g	10%	Dietary Fiber 6g	25%	Sugar 13g		Protein 19g		Vitamin A 120%	Vitamin C 4%	Calcium 10%	Iron 15%	* Percentage Daily Values (DV) are based on a 2,000 calorie diet.		<table border="1"> <tr><th colspan="2">Nutrition Facts</th></tr> <tr><td colspan="2">Serving size: 1 package (272g) Servings Per Container 1</td></tr> <tr><th colspan="2">Amount Per Serving</th></tr> <tr><td>Calories 400</td><td>Cal. 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Contains: milk.</p>	Nutrition Facts		Serving size: 1 package (272g) Servings Per Container 1		Amount Per Serving		Calories 400	Cal. From Fat 140	% Daily Value *		Total Fat 15g	25%	Saturated Fat 6g	30%	Trans Fat 0g		Cholesterol 80mg	25%	Sodium 380mg	15%	Total Carbohydrate 36g	10%	Dietary Fiber 3g	15%	Sugar 4g		Protein 28g		Vitamin A 290%	Vitamin C 50%	Calcium 10%	Iron 10%	* Percentage Daily Values (DV) are based on a 2,000 calorie diet.		<table border="1"> <tr><th colspan="2">Nutrition Facts</th></tr> <tr><td colspan="2">Serving size: 1 package (168g) Servings Per Container 1</td></tr> <tr><th colspan="2">Amount Per Serving</th></tr> <tr><td>Calories 150</td><td>Cal. 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Country Frittata with Whole Wheat English Muffin Half	Beef Soup with Cornbread Muffin	Grilled Turkey Breast with Wild Rice Salad	Almonds	Extra Dark Pure Dark Chocolate																																																																																																																																																																										
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<p>Ingredients: frittata (liquid eggs (whole eggs, citric acid, 0.15% water added as carrier for citric acid, citric acid added to preserve color), shredded potatoes (potatoes, dextrose, disodium dihydrogen pyrophosphate (added to maintain color), potassium sorbate (added to maintain freshness)), zucchini, onion, cheddar cheese (cultured pasteurized milk, salt, enzymes, annatto (color)), red pepper, asparagus, contains 2% or less of: pomace olive oil (refined olive pomace oil and extra virgin olive oil), onion powder, garlic, chili powder (chili pepper, spices, garlic and silicon dioxide [to prevent caking]), black pepper, Italian seasoning (spices), parsley), whole wheat english muffin (water, whole wheat flour, yeast, contains less than 2% of each of the following: degerminated yellow corn meal, molasses, honey, salt, distilled vinegar, dextrose, leavening (sodium acid pyrophosphate, baking soda, monocalcium phosphate), calcium propionate & potassium sorbate (preservatives), wheat gluten, soybean oil, fumaric acid). Contains: wheat, soy, egg and milk.</p>	<p>Ingredients: soup (carrots, water, beef, beef broth (beef stock, salt, beef flavor (autolyzed yeast extract, maltodextrin, soy sauce (wheat, soybeans and salt), salt, beef extract, flavor, beef fat and peanut oil), sugar, beef fat with cottonseed oil, caramel color, disodium inosinate, disodium guanylate, dextrose, natural flavorings), diced potatoes (potatoes, dextrose, disodium dihydrogen pyrophosphate (added to maintain color), potassium sorbate (added to maintain freshness)), celery, onion, diced tomatoes (tomatoes, tomato juice, salt, citric acid, calcium chloride), red wine (chillable red table wine with natural flavors, contains sulfites), pomace olive oil (refined olive pomace oil and extra virgin olive oil), contains 0.5 % or less of: corn starch, black pepper, garlic, thyme, parsley), corn bread muffin (water, enriched flour(wheat flour, malted barley flour, niacin, iron, thiamin monoitrate, riboflavin folic acid) corn mealdegerminated yellow corn meal, niacin, reduced iron, thiamin monoitrate, riboflavin, folic acid), soybean oil, sugar, liquid eggs(whole eggs with sodium phosphate and citric acid(all added to preseerve color), niacin preperation), nonfat dry milk(nonfat milk, vitamin a, palmitate, vitamin d3, honey, salt, xannthan gum, baking powder(baking soda, corn alginate, guar gum, vitamin d3, folic acid) Contains: wheat, soy, egg, milk and peanuts.</p>	<p>Ingredients: water, turkey breast, wild rice blend (enriched long grain parboiled rice (enriched with iron (ferric phosphate), niacin, thiamine mononitrate and folic acid), wild rice, salt, dehydrated vegetables (chopped onion, parsley, celery, garlic), maltodextrin, sugar, hydrolyzed beef stock, yeast extract, soybean oil, caramel color, lactic acid, disodium inosinate, and guanylate), lentils, pomace olive oil (refined olive pomace oil and extra virgin olive oil), lime juice (lime juice from concentrate (water, concentrated lime juice), sodium benzoate (preservative), lime oil, sodium metabisulfite (preservative)), onion, carrots, yellow squash, red peppers, diced tomatoes (tomatoes, tomato juice, salt, citric acid, calcium chloride), green onion, contains 0.5 % or less of jalapeno peppers (jalapeno peppers, water, vinegar, salt), honey, rosemary, kosher salt, onion powder, black pepper, garlic, chili powder (chili pepper, spices, garlic and silicon dioxide [to prevent caking]), parsley, basil. Contains: soy.</p>	<p>Ingredients: almonds. Contains: almonds.</p>	<p>Ingredients: extra dark pure dark chocolate, semi-sweet chocolate (chocolate, sugar, cocoa, milk fat, cocoa butter, organic soy, lecithin, natural vanilla flavor, milk), Contains: milk and soy.</p>																																																																																																																																																																										
<p>Note: all information subject to change without notice.</p>																																																																																																																																																																														



DAY THREE
Item # 130536

BREAKFAST 2983	LUNCH 2588	DINNER 2590	SNACK 2459	TREAT 2972																																																																																																																																																																																				
<p>Apple Cinnamon Hot Cereal with Raisins and Hard Cooked Egg</p>	<p>Chicken Pasta Salad and Roasted Vegetables</p>	<p>Tuna and Black Bean Cake, Green Beans and Wheat Roll</p>	<p>Cashews</p>	<p>Ginger Cookie</p>																																																																																																																																																																																				
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<p>Ingredients: cereal (apple cinnamon & grains cereal (whole grain hard red wheat, rye, oats, dried apples, whole grain triticale, barley, brown rice, cinnamon, oat bran, flaxseed), oatmeal (100% natural whole grain rolled oats), nonfat dry milk (nonfat milk, vitamin A palmitate, vitamin D3), raisins, pecans, brown cane sugar, cinnamon), hard boiled egg. Contains: milk, wheat, pecans and egg.</p>	<p>Ingredients: diced chicken meat (dark and white meat), whole wheat pasta (100% durum whole wheat flour), sundried tomato and pesto vinaigrette dressing (water, soybean oil, distilled vinegar, sugar, tomato paste, salt, sun dried tomatoes, spices, onion powder, garlic powder, garlic, mustard flour, potassium sorbate and calcium disodium EDTA used to protect quality, lemon juice concentrate, xanthan gum, natural and artificial flavors), chick peas (prepared garbanzo beans, water, salt, disodium EDTA added for color retention), onion, green pepper, red pepper, artichoke hearts (artichoke hearts, water, salt, citric acid, ascorbic acid), pomace olive oil (refined olive pomace oil and extra virgin olive oil), contains 0.5 % or less of: black pepper, garlic powder, red cracked pepper flakes, parsley. Contains: wheat and soy.</p>	<p>Ingredients: entree (green beans, tuna (light tuna, water vegetable broth (contains soy), salt), diced tomatoes (tomatoes, tomato juice, salt, citric acid calcium chloride), black beans, onion, red pepper, water, artichoke hearts (artichoke hearts, water, salt, citric acid, ascorbic acid), carrots, egg whites (egg whites, 3.8% water as a carrier, guar gum and triethyl citrate added as whipping aids), japanese-style bread crumbs (bleached white flour, dextrose, yeast, salt), pomace olive oil (refined olive pomace oil and extra virgin olive oil), celery, ground flax seed, contains 2% or less of: short grain brown rice, lemon juice, garlic, salt, old bay seasoning (celery salt (salt, celery seed), spices (including mustard, red pepper, black pepper, bay (laurel) leaves, cloves, allspice (pimento), ginger, mace, cardamom, cinnamon), and paprika), black pepper, parsley, thyme), wheat roll (water, enriched flour(malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin) whole wheat flour, soybean oil, sugar, yeast, salt), lemon juice (water, lemon juice concentrate, sodium bisulfite (preservative), sodium benzoate (preservative) and lemon oil). Contains: fish, soy, wheat and egg.</p>	<p>Ingredients: cashews. Contains: cashews.</p>	<p>Ingredients: evaporated cane juice, white rice flour, potato starch, filtered water, palm oil, unsulphured molasses, egg replacer [(tapioca flour, potato starch, leavening (calcium lactate, calcium carbonate, glucono delta lactone), sodium carboxymethylcellulose, methylcellulose], ginger powder, sodium bicarbonate, monocalcium phosphate, vanilla powder [(vanilla bean extractives, dextrose (corn sugar)], sodium carbohymethylcellulose.</p>																																																																																																																																																																																				
<p>Note: all information subject to change without notice.</p>																																																																																																																																																																																								



DAY FOUR
Item # 130536

BREAKFAST 2711 Apple Cinnamon Muffin	LUNCH 2585 White Chicken and Couscous Salad	DINNER 2594 Tortellini with Marinara and Broccoli	SNACK 3423 Mixed Nuts with Honey Roasted Peanuts	TREAT 2969 Extra Dark Chocolate with Mint																																																																																																																																																																										
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<p>Ingredients: enriched bleached flour (niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), eggs, soybean oil, diced apples, water, wheat bran, sugar, modified food starch, mono and diglycerides, lecithin, baking powder. Contains: egg, soy and wheat.</p>	<p>Ingredients: chicken breast, water, couscous (durum wheat semolina), zucchini, diced tomatoes (tomatoes, tomato juice, salt, citric acid calcium chloride), pomace olive oil (refined olive pomace oil and extra virgin olive oil), onion, artichoke hearts (artichoke hearts, water, salt, citric acid, ascorbic acid), garlic, contains 0.25% or less of: Italian seasoning (spices), black pepper, parsley, red cracked pepper flakes. Contains: wheat.</p>	<p>Ingredients: tomato sauce (diced tomatoes in juice (tomatoes, tomato juice, salt), tomato paste (tomatoes, citric acid), garlic, onions, olive oil, spices), tri-color cheese tortellini (enriched durum (durum wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, ricotta cheese (pasteurized whey, milk-fat, milk), parmesan cheese (pasteurized part skim milk, cheese cultures, salt, enzymes, powdered cellulose [anti-caking agent]), romano cheese (pasteurized cow's milk, cheese cultures, salt, enzymes, powdered cellulose [anti-caking agent]), wheat flour (enriched wheat flour [contains niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid]), sugar, soybean oil, yeast), eggs, provolone cheese (pasteurized whole milk, cheese culture, salt, enzymes), spinach powder, salt, extractives of paprika, natural flavors, black pepper), broccoli, pomace olive oil (refined olive pomace oil and extra virgin olive oil). Contains: wheat, milk, soy and egg.</p>	<p>Ingredients: honey roasted peanuts (peanuts, sugar, honey, corn syrup, salt, peanut and/or cottonseed oil, xanthan gum), peanuts roasted (dry roasted unsalted peanuts), cashews, almonds, pecans, walnuts, filberts. Contains: peanuts, cashews, almonds, pecans, walnuts and filberts.</p>	<p>Ingredients: chocolate with mint, semi-sweet chocolate (chocolate, sugar, cocoa, milk fat, cocoa butter, organic soy lecithin, natural vanilla flavor, milk), peppermint oil. Contains: milk and soy.</p>																																																																																																																																																																										
<p>Note: all information subject to change without notice.</p>																																																																																																																																																																														



DAY FIVE
Item # 130536

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<p>Apple Raspberry Muffin</p>	<p>Beef Stuffed Green Pepper with Chick Peas and Tomatoes</p>	<p>Thai Style White Chicken with Peanut Sauce over Brown Rice</p>	<p>Peanuts</p>	<p>Extra Dark Chocolate with Pomegranate</p>																																																																																																																																																																																				
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<p>Ingredients: enriched bleached flour (niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), eggs, soybean oil, water, sugar, diced apples, raspberries, wheat bran, modified food starch, mono and diglycerides, lecithin, baking powder. Contains: soy, egg and wheat.</p>	<p>Ingredients: green pepper, fully cooked ground beef patty crumbles (beef, water), tomato sauce (tomato concentrate (water, tomato paste), salt, onion powder, garlic powder, citric acid and natural flavors), chick peas (prepared garbanzo beans, water, salt, calcium chloride (firming agent), disodium EDTA added for color retention), prepared brown rice (water, brown rice (long grain brown rice), bay leaves), ketchup (tomato concentrate (water, tomato paste), sugar, vinegar, salt, onion powder, spice, natural flavors), celery, onion, liquid eggs (whole eggs, citric acid, 0.15% water added as carrier for citric acid, citric acid added to preserve color), contains 2% or less of: diced tomatoes (diced tomatoes, tomato juice, calcium chloride, citric acid), pomace olive oil (refined olive pomace oil and extra virgin olive oil), brown cane sugar, worcestershire sauce (distilled vinegar, molasses, corn syrup, water, salt, caramel color, sugar, spices, anchovies, natural flavor (contains soy) and tamarind), apple cider vinegar (apple cider vinegar reduced with water to 4% acidity), black pepper, onion powder, garlic powder, paprika (paprika and silicon dioxide (added to make free flowing)), oregano, parsley. Contains:</p>	<p>Ingredients: boneless skinless chicken breast, water, long grain brown rice, peanut butter (100% ground peanuts), hoisin sauce (sugar, water, soybeans, salt, modified starch, vinegar, garlic, sesame paste, lemon spices, caramel coloring, chili, citric acid, xanthan gum), onion, mushroom, red pepper, carrots, red curry paste (soybean oil, turmeric, chili powder, distilled vinegar, curry powder, ginger, rubi paprika, salt, cumin, coriander, citric acid, cloves, anise seed, garlic powder, cayenne pepper, all spice, cinnamon), green pepper, lime juice (lime juice from concentrate (water, concentrated lime juice), sodium benzoate (preservative), lime oil, sodium metabisulfite (preservative)), green onion, garlic, contains 0.5 % or less of: lite soy sauce (water, wheat, soybeans, salt, lactic acid, sodium benzoate: less than 1/10 of 1% as a preservative), pomace olive oil (refined olive pomace oil and extra virgin olive oil), cilantro, ginger, brown cane sugar, garlic powder, onion powder, dried ginger, black pepper. Contains: peanuts, soy and wheat.</p>	<p>Ingredients: roasted unsalted peanuts. Contains: peanuts.</p>	<p>Ingredients: extra pure dark chocolate with pomegranate (semi-sweet chocolate (chocolate, sugar, cocoa, milk fat, cocoa butter, soy lecithin, natural vanilla flavor, milk); fruit juice concentrate (pomegranate juice concentrate, cranberry juice concentrate, apple juice concentrate, pineapple juice concentrate; elderberry juice concentrate), contains 2% or less of: sugar, pectin, natural flavor, maltodextrin, malic acid, corn syrup, ascorbic acid). Contains: milk and soy.</p>																																																																																																																																																																																				
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DAY SIX
Item # 130536

BREAKFAST 2985	LUNCH 2591	DINNER 2593	SNACK 4326	TREAT 2973																																																																																																																																																																																				
Peanut Butter Granola Bar	Tuna Salad with Whole Wheat Bagel	Balsamic White Chicken with Lemon Pesto Pasta	BBQ Soy Nuts	Cinnamon Cookie																																																																																																																																																																																				
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<p>Ingredients: oatmeal (100% natural whole grain rolled oats), raisins, natural peanut butter (100% ground peanuts), egg whites (egg whites, 3.8% water as a carrier, guar gum and triethyl citrate added as whipping aids), honey, brown cane sugar, orange juice (100% orange juice), almonds, pecans, unsalted butter (pasteurized cream, natural flavorings), soy protein powder (isolated soy protein), pepitas (pumpkin seeds) roasted, salted (pepitas roasted in cottonseed oil and/or peanut oil), contains 2% or less of: sunflower kernels (sunflower kernels roasted in cottonseed and/or peanut oil), ground flax seed, cinnamon. Contains: peanuts, almonds, pecans, milk, egg & soy.</p>	<p>Ingredients: tuna salad (tuna (light tuna, water, vegetable broth (contains soy), salt), celery, red onion, carrots, dijon mustard (water, mustard seeds, vinegar, salt, citric acid, potassium, metabisulfite [as a preservative]), sour cream (cultured cream, nonfat dry milk, modified food starch, sodium phosphate, locust bean gum, carrageenan, sodium citrate and enzymes), honey, lemon juice, contains 2% or less of: cider vinegar (cider vinegar reduced with water to 4% acidity), pomace olive oil (refined olive pomace oil and extra virgin olive oil), tarragon), whole wheat bagel (whole wheat flour, water, sugar, wheat gluten, brown sugar, contains 2% or less of each of the following: yeast salt, monocalcium phosphate, corn starch, distilled vinegar, soy flour, yellow corn meal, rice flour, dough conditioners (may contain one or more of the following: mono and diglycerides, sodium stearoyl lactylate, calcium iodate, potassium iodate, ascorbic acid, enzymes, azodicarbonamide), sulfating agent, guar gum, calcium propionate and potassium sorbate (preservatives)). Contains: fish, wheat, soy and milk.</p>	<p>Ingredients: boneless skinless chicken breast with rib meat, egg noodles (semolina, durum flour, egg yolks, niacin, ferrous sulfate (iron), thiamin mononitrate, riboflavin, folic acid), sundried tomatoes (tomatoes with sulfur dioxide added as a preservative and for color retention), balsamic vinegar (reduced with water to 6% acidity), lemon juice, basil, contains 2 % or less of: pomace olive oil (refined olive pomace oil and extra virgin olive oil), pine nuts, garlic, honey, dijon mustard (water, mustard seeds, vinegar, salt, citric acid, potassium, metabisulfite [as a preservative]), parmesan cheese (pasteurized part skim milk, cheese cultures, salt, enzymes, powdered cellulose - anti caking agent), onion powder, parsley, Italian seasoning (spices), oregano, black pepper. Contains: wheat, egg, pine nuts and milk.</p>	<p>Ingredients: bbq soy nuts (soybeans, soybean oil, salt, dextrose, spices, ferrous sulfate (iron), thiamin mononitrate, riboflavin, folic acid), sundried tomatoes (tomatoes with sulfur dioxide added as a preservative and for color retention), balsamic vinegar (reduced with water to 6% acidity), lemon juice, basil, contains 2 % or less of: pomace olive oil (refined olive pomace oil and extra virgin olive oil), pine nuts, garlic, honey, dijon mustard (water, mustard seeds, vinegar, salt, citric acid, potassium, metabisulfite [as a preservative]), parmesan cheese (pasteurized part skim milk, cheese cultures, salt, enzymes, powdered cellulose - anti caking agent), onion powder, parsley, Italian seasoning (spices), oregano, black pepper. Contains: soy.</p>	<p>Ingredients: potato starch, evaporated cane juice sugar, palm oil, filtered water, rice starch flour, cinnamon powder, sunflower lecithin, calcium carbonate, sodium carboxymethylcellulose.</p>																																																																																																																																																																																				
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DAY SEVEN
Item # 130536

BREAKFAST 2981	LUNCH 2584	DINNER 75216	SNACK 5408	TREAT 9873																																																																																																																																																																																				
Dried Fruit and Walnut Breakfast Cookie	Tomato Basil Pizza and Carrots	Salisbury Steak with Mushroom Gravy, Mashed Potatoes and Carrots	Fresh Orange	Brownie																																																																																																																																																																																				
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From Fat 130</td></tr> <tr><th colspan="2">% Daily Value *</th></tr> <tr><td>Total Fat 14g</td><td>20%</td></tr> <tr><td>Saturated Fat 7g</td><td>35%</td></tr> <tr><td>Trans Fat 0g</td><td></td></tr> <tr><td>Cholesterol 35mg</td><td>10%</td></tr> <tr><td>Sodium 60mg</td><td>4%</td></tr> <tr><td>Total Carbohydrate 44g</td><td>15%</td></tr> <tr><td>Dietary Fiber 6g</td><td>25%</td></tr> <tr><td>Sugar 17g</td><td></td></tr> <tr><td>Protein 6g</td><td></td></tr> <tr><td>Vitamin A 4%</td><td>Vitamin C 0%</td></tr> <tr><td>Calcium 4%</td><td>Iron 10%</td></tr> <tr><td colspan="2">* Percentage Daily Values (DV) are based on a 2,000 calorie diet.</td></tr> </table>	Nutrition Facts		Serving size: 1 package (81g)		Servings Per Container 1		Amount Per Serving		Calories 310	Cal. 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<p>Ingredients: whole wheat flour, 5 grain rolled cereal (whole grain oats, whole grain wheat, whole grain rye, whole grain barley, whole grain triticale (wheat) and flaxseed), water, unsalted butter (pasteurized cream, natural flavorings), raisins (cranberries, sugar and sunflower oil), raisins, walnuts, coconut, brown cane sugar, liquid eggs (whole eggs, citric acid, 0.15% water added as carrier for citric acid, citric acid added to preserve color), contains 2% or less of: baking powder (sodium acid pyrophosphate, bicarbonate soda, cornstarch, monocalcium phosphate), imitation vanilla (vanilla bean extractives in water, alcohol (35%), and corn syrup). Contains: wheat, milk, egg and walnuts.</p>	<p>Ingredients: pizza (diced tomatoes (tomatoes, tomato juice, salt, citric acid calcium chloride), flat bread (water, flour (malted barley flour, potassium bromate, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), whole wheat flour, soybean oil, sugar, yeast, salt, calcium propionate), mozzarella cheese (low moisture part skim mozzarella cheese (pasteurized part skim milk, cheese cultures, salt, enzymes), powdered cellulose to prevent caking, natamycin to protect flavor), pomace oil (refined olive pomace oil and extra virgin olive oil), garlic, parmesan cheese (pasteurized part skim milk, cheese cultures, salt, enzymes, powdered cellulose - anti caking agent), romano cheese (pasteurized milk, cheese culture, salt, enzymes), basil, black pepper, Italian seasoning (spices)), carrots. Contains: wheat, soy and milk.</p>	<p>Ingredients: carrots, salisbury steak (beef, water, textured vegetable protein (soy protein concentrate, caramel color, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin A palmitate, calcium pantothenate, thiamine mononitrate, pyridoxine hydrochloride, riboflavin, cyanocobalamin), seasoning (dehydrated onion, hydrolyzed soy protein, salt, dehydrated green bell pepper, dextrose, garlic powder, spice extractive, silicon dioxide), mashed potatoes (potatoes, skim milk, butter, natural flavor, salt, disodium dihydrogen pyrophosphate (added to maintain color), potassium sorbate (added to maintain freshness), spice), gravy (beef flavor gravy (water, roasted beef and beef juices, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), food starch-modified, salt, onion powder, hydrolyzed corn gluten, wheat protein and soy protein, sugar, caramel color, disodium inosinate, disodium guanylate, flavoring), cream of mushroom soup (water, mushrooms, modified food starch, wheat flour, vegetable oil (corn, cottonseed, canola and/or soybean), sugar, soy protein concentrate, cream (milk), contains less than 1% of: lower sodium natural sea salt, potassium chloride, salt, calcium carbonate, dextrose, disodium inosinate, disodium guanylate, spice extract, maltodextrin, flavoring, dehydrated garlic, mushroom powder). Contains: soy, milk and wheat.</p>	<p>Ingredients: orange.</p>	<p>Ingredients: sugar, flour (malted barley flour, niacin, reduced iron, thiamine, riboflavin, folic acid), vegetable oil (soybean and/or cottonseed oil), cocoa processed with alkali, egg whites, whole eggs. Contains: soy and egg.</p>																																																																																																																																																																																				
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