

# Nutrition Facts

Serving Size  
Servings Per Container

Amount Per Serving	
Calories	310
Calories From Fat	130
<b>% Daily Value*</b>	
<b>Total Fat</b>	14g <b>22%</b>
Saturated Fat	6g <b>30%</b>
Trans Fat	0g
<b>Cholesterol</b>	10mg <b>3%</b>
<b>Sodium</b>	900mg <b>38%</b>
<b>Total Carbohydrate</b>	36g <b>12%</b>
Dietary Fiber	2g <b>8%</b>
Sugars	6g
<b>Protein</b>	8g <b>16%</b>

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	65g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Protein	50g	65g

**2 Pouches**  
**Biscuits & Gravy**  
1 cup (65g) dry mix  
About 2

Amount Per Serving	
Calories	310
Calories From Fat	130
<b>% Daily Value*</b>	
<b>Total Fat</b>	14g <b>22%</b>
Saturated Fat	6g <b>30%</b>
Trans Fat	0g
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<b>Sodium</b>	900mg <b>38%</b>
<b>Total Carbohydrate</b>	36g <b>12%</b>
Dietary Fiber	2g <b>8%</b>
Sugars	6g
<b>Protein</b>	8g <b>16%</b>
Vitamin A	0%
Vitamin C	0%
Calcium	20%
Iron	15%

**INGREDIENTS:**  
**Buttermilk Biscuits\*:** Enriched Bleached Flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid) • Shortening (palm oil, mono & diglycerides, polysorbate 60, citric acid) • Buttermilk Solids • Sugar • Baking Powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, calcium sulfate, monocalcium phosphate) • Salt

**Pork Patty Crumbles\*:** Pork Sausage (pork, salt, spice, sugar) • Textured Vegetable Protein (soy flour, salt)

**Gravy Mix:** Modified Corn Starch • Palm Oil • Buttermilk Powder • Nonfat Dry Milk • Corn Syrup Solids • Spice • Sugar • Yeast Extract • Salt • Sodium Caseinate • Disodium Inosinate & Guanylate • Dipotassium Phosphate

\*Freeze Dried  
**CONTAINS: Milk, Soy, Wheat**

**1 Pouch**  
**Breakfast Skillet**  
1 cup (70g) dry mix  
About 2

Amount Per Serving	
Calories	400
Calories From Fat	220
<b>% Daily Value*</b>	
<b>Total Fat</b>	24g <b>37%</b>
Saturated Fat	7g <b>35%</b>
Trans Fat	0g
<b>Cholesterol</b>	245mg <b>82%</b>
<b>Sodium</b>	920mg <b>38%</b>
<b>Total Carbohydrate</b>	30g <b>10%</b>
Dietary Fiber	4g <b>16%</b>
Sugars	5g
<b>Protein</b>	14g <b>28%</b>
Vitamin A	10%
Vitamin C	15%
Calcium	15%
Iron	10%

**INGREDIENTS:**  
**Hash Browns\*:** Potato • Vegetable Oil (may contain: canola, sunflower, cottonseed, palm, corn, soybean, hydrogenated soybean, hydrogenated cottonseed oils) • Salt • Dehydrated Potato • Enriched Bleached Flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid) • Potassium Sorbate (to maintain freshness) • Natural Flavoring • Disodium Dihydrogen Pyrophosphate (color retention) • Dextrose

**Precooked Eggs\*:** Whole Egg (glucose removed for stability) • Egg Yolk • Nonfat Dry Milk • Modified Corn Starch • Corn Oil • Salt • Yeast Extract • Sunflower Oil • Smoke Flavor • Xanthan Gum

**Pork Sausage Patty\*:** Sausage (pork, salt, spice, sugar) • Textured Vegetable Protein (soy flour, salt)

**Red and Green Bell Pepper\* • Dehydrated Onion**  
\*Freeze Dried  
**CONTAINS: Egg, Milk, Wheat, Soy**

**2 Pouches**  
**Scrambled Eggs with Ham**  
3/4 cup (36g) dry mix  
About 2

Amount Per Serving	
Calories	190
Calories From Fat	100
<b>% Daily Value*</b>	
<b>Total Fat</b>	11g <b>17%</b>
Saturated Fat	3.5g <b>18%</b>
Trans Fat	0g
<b>Cholesterol</b>	330mg <b>110%</b>
<b>Sodium</b>	630mg <b>26%</b>
<b>Total Carbohydrate</b>	7g <b>2%</b>
Dietary Fiber	0g
Sugars	4g
<b>Protein</b>	15g <b>30%</b>
Vitamin A	10%
Vitamin C	10%
Calcium	15%
Iron	8%

**INGREDIENTS:**  
**Precooked Scrambled Eggs\*:** Whole Eggs (glucose removed for stability) • Egg Yolk • Nonfat Dry Milk • Modified Corn Starch • Corn Oil • Salt • Yeast Extract • Sunflower Oil • Smoke Flavor • Xanthan Gum

**Ham\*:** Cured with Water • Salt • Dextrose • Sodium Tripolyphosphate • Sodium Erythorbate • Smoke Flavor • Sodium Nitrite

**Red & Green Peppers\* • \*Freeze Dried**  
**CONTAINS: Milk, Egg**  
**GLUTEN FREE**

**2 Pouches**  
**Chicken Fried Rice**  
1 cup (61g) dry mix  
About 2.5

Amount Per Serving	
Calories	260
Calories From Fat	70
<b>% Daily Value*</b>	
<b>Total Fat</b>	8g <b>12%</b>
Saturated Fat	2g <b>10%</b>
Trans Fat	0g
<b>Cholesterol</b>	100mg <b>33%</b>
<b>Sodium</b>	600mg <b>25%</b>
<b>Total Carbohydrate</b>	36g <b>12%</b>
Dietary Fiber	4g <b>16%</b>
Sugars	3g
<b>Protein</b>	11g <b>22%</b>
Vitamin A	10%
Vitamin C	10%
Calcium	4%
Iron	4%

**INGREDIENTS:**  
**Long Grain Parboiled Rice • Cooked Chicken (chicken meat, salt) • Freeze Dried Precooked Scrambled Eggs (whole eggs [glucose removed for stability], egg yolks, nonfat dry milk, modified corn starch, corn oil, salt, yeast extract, xanthan gum) • Onion • Mushroom • Green Peas (peas, salt) • Red Pepper • Carrot • Soy Sauce (wheat, soybeans, salt, alcohol, vinegar, lactic acid) • Oyster Sauce (sugar, salt, oyster extractives [oyster, salt], modified corn starch, caramel color)**

**Less than 2% of: Dextrin • Corn Oil with Spice Extract • Modified Corn Starch • Sesame Oil • Soybean Oil**  
**CONTAINS: Milk, Soy, Wheat, Egg**

**26 Cups**  
**(208oz / 6.2L) of**  
**water is needed**  
**to prepare all**  
**meals contained**  
**in this box.**

# Nutrition Facts

Serving Size  
Servings Per Container

Amount Per Serving	
Calories	230
Calories From Fat	50
<b>% Daily Value*</b>	
<b>Total Fat</b>	6g <b>9%</b>
Saturated Fat	2g <b>10%</b>
Trans Fat	0g
<b>Cholesterol</b>	20mg <b>7%</b>
<b>Sodium</b>	780mg <b>33%</b>
<b>Total Carbohydrate</b>	31g <b>10%</b>
Dietary Fiber	5g <b>20%</b>
Sugars	3g
<b>Protein</b>	12g <b>24%</b>

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	65g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Protein	50g	65g

**2 Pouches**  
**Chili Mac**  
1 cup (54g) dry mix  
About 2.5

Amount Per Serving	
Calories	230
Calories From Fat	50
<b>% Daily Value*</b>	
<b>Total Fat</b>	6g <b>9%</b>
Saturated Fat	2g <b>10%</b>
Trans Fat	0g
<b>Cholesterol</b>	20mg <b>7%</b>
<b>Sodium</b>	780mg <b>33%</b>
<b>Total Carbohydrate</b>	31g <b>10%</b>
Dietary Fiber	5g <b>20%</b>
Sugars	3g
<b>Protein</b>	12g <b>24%</b>
Vitamin A	15%
Vitamin C	15%
Calcium	6%
Iron	15%

**INGREDIENTS:**  
**Cooked Beef (beef, flavoring, salt) • Enriched Macaroni (durum [wheat] semolina, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid) • Kidney Beans (kidney bean, salt) • Tomato Paste • Chili Seasoning (chili pepper & other spices, dehydrated onion & garlic, salt, hydrolyzed soy protein, potassium chloride, paprika, sugar, maltodextrin, beef extract, disodium inosinate, disodium guanylate, autolyzed yeast extract, caramel color, natural flavors, citric acid) • Modified Corn Starch • Dehydrated Onion • Spice**

**CONTAINS: Soy, Wheat**

**2 Pouches**  
**Macaroni & Cheese**  
1 1/4 cup (64g) dry mix  
About 3

Amount Per Serving	
Calories	320
Calories From Fat	130
<b>% Daily Value*</b>	
<b>Total Fat</b>	15g <b>23%</b>
Saturated Fat	7g <b>35%</b>
Trans Fat	0.5g
<b>Cholesterol</b>	35mg <b>12%</b>
<b>Sodium</b>	680mg <b>28%</b>
<b>Total Carbohydrate</b>	31g <b>10%</b>
Dietary Fiber	1g <b>4%</b>
Sugars	5g
<b>Protein</b>	13g <b>26%</b>
Vitamin A	10%
Vitamin C	2%
Calcium	30%
Iron	8%

**INGREDIENTS:**  
**Enriched Macaroni (durum [wheat] semolina, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid) • Dehydrated Cheddar Cheese Blend (cheddar cheese, [milk, cheese culture, salt, enzymes], cream, salt, sodium phosphate, lactic acid) • Cheddar Cheese (cultured milk, salt, enzymes, annatto [color], natamycin [mold inhibitor]) • Nonfat Dry Milk • Modified Corn Starch • Dehydrated Cheddar Cheese Blend (cheddar cheese [milk, cheese culture, salt, enzymes], cream, salt, sodium phosphate, lactic acid, yellow 5, yellow 6) • Corn Oil with Spice Extract • Sea Salt • Spice**

**CONTAINS: Milk, Wheat**

**2 Pouches**  
**Mexican Rice & Chicken**  
1 cup (51g) dry mix  
About 3

Amount Per Serving	
Calories	210
Calories From Fat	45
<b>% Daily Value*</b>	
<b>Total Fat</b>	5g <b>8%</b>
Saturated Fat	2g <b>10%</b>
Trans Fat	0g
<b>Cholesterol</b>	20mg <b>7%</b>
<b>Sodium</b>	580mg <b>24%</b>
<b>Total Carbohydrate</b>	30g <b>10%</b>
Dietary Fiber	6g <b>24%</b>
Sugars	2g
<b>Protein</b>	12g <b>24%</b>
Vitamin A	15%
Vitamin C	10%
Calcium	6%
Iron	10%

**INGREDIENTS:**  
**Kidney Beans (kidney bean, salt) • Tomato Puree (tomato paste, citric acid) • Instant Brown Rice • Cooked Chicken (chicken meat, salt)**

**Less than 2% of: Seasoning (spice, hydrolyzed soy protein, safflower oil, dextrose, cooked chicken, salt, onion powder, maltodextrin, flavoring [beef fat, natural flavor], chicken fat, nonfat dry milk, garlic powder, caramel color, spice extractive, turmeric extractive) • Black Olive • Green Bell Pepper • Red Bell Pepper • Modified Corn Starch • Dried Chicken Broth • Onion • Chicken Fat • Chili Powder (chili pepper, spice) • Sugar • Spice • Garlic Powder • Jalapeño Pepper Powder • Red Pepper Powder**

**CONTAINS: Milk, Soy**  
**GLUTEN FREE**

**2 Pouches**  
**Pasta Primavera**  
1 cup (54g) dry mix  
About 2.5

Amount Per Serving	
Calories	210
Calories From Fat	50
<b>% Daily Value*</b>	
<b>Total Fat</b>	6g <b>9%</b>
Saturated Fat	3g <b>15%</b>
Trans Fat	0g
<b>Cholesterol</b>	20mg <b>7%</b>
<b>Sodium</b>	580mg <b>24%</b>
<b>Total Carbohydrate</b>	33g <b>11%</b>
Dietary Fiber	2g <b>8%</b>
Sugars	6g
<b>Protein</b>	7g <b>14%</b>
Vitamin A	10%
Vitamin C	25%
Calcium	15%
Iron	2%

**INGREDIENTS:**  
**Precooked Pasta (durum semolina, salt) • Zucchini • Sweet Cream • Cauliflower • Broccoli**

**Less than 2% of: Red Pepper • Nonfat Dry Milk • Yellow Pepper • Modified Corn Starch • Seasoning (hydrolyzed soy & corn protein, dextrose, maltodextrin, whey powder, autolyzed yeast, natural flavor, onion powder, turmeric, soybean oil) • Green Peas (peas, salt) • Parmesan Cheese (part-skim milk, cheese culture, salt, enzymes) • Onion Powder • Butter (cream, natural flavoring) • Sea Salt • Seasoning (yeast extract, safflower oil, natural flavor) • Spice • Granulated Garlic**

**CONTAINS: Milk, Soy, Wheat**

