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## **MOUNTAIN HOUSE® Pouch Ingredients & Nutrition Info**

Mountain House® pouch items are packed in Single-Serve (16oz), Double-Serve (20oz), Four-Serve (40oz), and Dessert/Snack pouches. Itemized below are the Mountain House pouch products currently available. Note: The information provided in this document is subject to change at any time without prior notice.

### **BREAKFAST**

#### **Precooked Scrambled Eggs with Bacon** (Available only in Single-Serve)

**INGREDIENTS:** Freeze Dried Precooked Scrambled Eggs: (whole eggs, egg yolks, nonfat dry milk, modified corn starch, corn oil, salt, yeast extract, sunflower oil and smoke flavor, xanthan gum).

**BACON:** Bacon (cured with water, salt, sugar, sodium phosphates, sodium erythorbate, sodium nitrite), and Smoke Flavor Contains: Eggs, Milk

#### **Precooked Eggs w/Ham and Peppers** (aka **Western Omelette**) (Available only in Single-Serve)

**INGREDIENTS:** Precooked Scrambled Eggs (whole eggs, egg yolks, nonfat dry milk, modified corn starch, corn oil, salt, yeast extract, sunflower oil and smoke flavor, xanthan gum), Ham (ham, salt, dextrose, sodium tripolyphosphate, sodium erythorbate, smoke flavor, sodium nitrite), and Red and Green Peppers.

#### **Precooked Scrambled Eggs** (Available only in Single-Serve)

**INGREDIENTS:** Whole Eggs, Nonfat Dry Milk, Modified Food Starch, Corn Oil, Salt, Yeast Extract, Xanthan Gum, Natural Flavor, and Safflower Oil. Contains: Egg, Milk

#### **Granola with Milk and Blueberries** (Available only in Single-Serve)

**INGREDIENTS:** Granola (rolled oats, brown sugar, unsweetened coconut, soy oil, sesame seed, wheat germ, natural vanilla flavoring), Nonfat Dry Milk, Freeze Dried Blueberries, Dry Cream (sweet cream, lecithin, and tocopherols), and Natural & Artificial Vanilla Flavor. Contains: Soy, Milk and Wheat.

### **ENTREES**

#### **Hearty Beef Stew** (Available in ProPak/Single, Double-Serve, Four-Serve)

**INGREDIENTS:** Potatoes, Cooked Beef (beef, salt), Carrots, Peas, Corn Oil, Modified Corn Starch, Hydrolyzed Corn Torula and Brewers Yeast Wheat Gluten Soy Protein, Dehydrated Onions, Sugar, Spices, Soybean Oil, Garlic Powder, and Spice Extract. Contains: Wheat, Soy

#### **Spaghetti with Meat and Sauce** (Available in ProPak/Single, Double-Serve)

**INGREDIENTS:** Enriched Spaghetti (durum semolina, niacin, iron [ferrous sulfate], thiamin mononitrate, riboflavin, folic acid), Tomato Paste, Beef, and contains 1.5% or less of the following: Textured Soy Flour, Salt, Sugar, Dehydrated Cheese (cheddar cheese [milk, cheese culture, salt, enzymes], cream, salt, sodium phosphate, lactic acid), Hydrolyzed Corn Torula and Brewers Yeast Wheat Gluten Soy Protein, Spices, Onion Powder, Flavoring, Garlic Powder, Soybean Oil, and Caramel Color. Contains: Wheat, Soy, Milk

#### **Beef Stroganoff with Noodles** (Available in ProPak/Single, Double-Serve, Four-Serve)

**INGREDIENTS:** Cooked Beef, Sour Cream (cultured cream, milk, whey, sodium phosphate, guar gum, carrageenan, calcium sulfate, locust bean gum, and cultures), Mushrooms, Modified Cornstarch, Corn Oil, Nonfat Dry Milk, Dehydrated Onions, Salt, Hydrolyzed Corn Torula and Brewers Yeast Wheat Gluten Soy Protein, Lemon Juice Concentrate and Lemon Oil, Beef Base (roasted beef and concentrated beef stock, hydrolyzed corn gluten, soy, corn, and wheat protein, sugar, dried whey, and yeast extract), Flavoring, Molasses, Spice, Garlic Powder, and Soybean Oil. Precooked Noodles: Durum Semolina, Whole Egg, and Salt. Contains: Milk, Wheat, Soy, Egg

**ENTREES** (continued)

**Chicken & Rice** (Available in ProPak/Single, Double-Serve)

INGREDIENTS: Instant Rice, Cooked Chicken, Corn Oil, Pimientos, Salt, Modified Corn Starch, Hydrolyzed Corn Soy Wheat Gluten Protein, Chicken Fat, Sugar, Onion Powder, Spices, Citric Acid, Soybean Oil, Turmeric, and Spice Extract. Contains: Soy, Wheat.

**Lasagna with Meat Sauce** (Available in ProPak/Single, Double-Serve, Four-Serve)

INGREDIENTS: Tomatoes (tomatoes, tomato juice, salt, citric acid, calcium chloride), Tomato Paste, Enriched Macaroni Product (durum semolina, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), Cooked Beef, (beef, flavoring, salt), Dehydrated Onions, Modified Corn Starch, Sugar, Salt, Spices, Garlic Powder, and Dehydrated Parsley Flakes. Cheese Blend: Mozzarella Cheese [cultured milk, salt, enzymes], calcium caseinate, corn oil, partially hydrogenated soybean oil, sodium caseinate, salt, glucono-delta-lactone, maltodextrin, sodium aluminum phosphate, butter [cream], natural and artificial flavors), and Dehydrated Parmesan and Romano (made from cow's milk) Cheeses (part-skim milk, cheese culture, salt, enzymes). Contains: Wheat, Milk, Soy

**Chicken Teriyaki** (Available in ProPak/Single, Double-Serve)

INGREDIENTS: Cooked Chicken, Soy Sauce (wheat, soybeans, salt), Brown Sugar, Bamboo Shoots, Mushrooms, Red Peppers, Green Peas, Modified Cornstarch, Sherry Wine (contains sulfite), Onions, Green Peppers, Garlic Powder, Spice, Salt. Rice: Precooked Rice. Contains: Soy, Wheat

**Chili Mac with Beef** (Available in ProPak/Single, Double-Serve)

INGREDIENTS: Cooked Beef, Enriched Macaroni (durum semolina, niacin, iron [ferrous sulfate], thiamine mononitrate, riboflavin, folic acid), Kidney Beans, Tomato Paste, Chili Seasoning (chili pepper and other spices, dehydrated onion and garlic, hydrolyzed soybean protein, potassium chloride, paprika, sugar, maltodextrin, beef extract, disodium inosinate and disodium guanylate, autolyzed yeast extract, caramel color, natural flavors, citric acid), Modified Corn starch and Contains 2% or Less of the Following: Salt, Dehydrated Onions, and Flavoring. Contains: Wheat, Soy

**Sweet & Sour Pork with Rice** (Available in ProPak/Single, Double-Serve)

INGREDIENTS: Cooked Pork, Pineapple in Light Syrup (sugar and citric acid), Green Peppers, Vinegar, Onions, Red Peppers, Brown Sugar, Sugar, Modified Cornstarch, Salt, Chicken Base (chicken including natural chicken juices, chicken fat, maltodextrin, hydrolyzed corn gluten, dried whey, onion powder and natural flavorings, autolyzed yeast extract, turmeric), Worcestershire Sauce (distilled vinegar, molasses, corn syrup, caramel color, garlic powder, sugar, spices, anchovies, tamarind, natural flavor), Soy Sauce (wheat, soybeans, salt), Corn Oil, Sesame/Soybean Oil, Seasoning (yeast extract, safflower oil, natural flavor), Garlic Powder, Spice, and Spice Extract. Rice: Precooked Rice. Contains: Milk, Anchovy, Wheat

**Pasta Primavera** (Available in ProPak/Single, Double-Serve)

INGREDIENTS: Zucchini, Enriched Macaroni Product (durum semolina, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), Cream, Cauliflower, Broccoli, Red Peppers, Nonfat Dry Milk, Yellow Peppers, Modified Corn Starch, Green Peas, Seasonings (hydrolyzed soy and corn protein, dextrose, torula yeast, soybean oil), Parmesan Cheese (part-skim milk, cheese culture, salt, enzymes), Onion Powder, Butter (cream), Maltodextrin, Salt, Culture Whey Powder, Autolyzed yeast extract, Spices, Natural Flavors, Granulated Garlic, Turmeric and Safflower Oil. Contains: Wheat, Milk, Soy

**Chicken Stew** (Available only in Double-Serve)

INGREDIENTS: Potatoes, Cooked Chicken, Carrots, Peas, Corn Oil, Nonfat Dry Milk, Modified Corn Starch, Hydrolyzed Corn Soy Wheat Gluten Protein, Dehydrated Onions, Sea Salt, Chicken Fat, Sugar, Spices, Soybean Oil, Garlic Powder, and Spice Extract. Contains: Milk, Soy, Wheat

**ENTREES** (continued)

**Mexican Style Rice & Chicken** (Available in ProPak/Single, Double-Serve)

INGREDIENTS: Kidney Beans, Tomato Puree, Cooked Chicken, Instant Brown Rice, Black Olives, Green Peppers, Seasoning (spices, hydrolyzed soy protein & safflower oil, dextrose, onion powder, maltodextrin, beef fat flavor, nonfat dry milk, caramel color, spice extractive, turmeric extractive), Red Peppers, Modified Cornstarch, Dried Chicken Broth, Onions, Chili Powder (chili pepper, spices, garlic powder), Salt, Jalapeno Pepper Powder, and Red Pepper Powder. Contains: Soy, Milk

**Chicken ala King with Noodles** (Available only in Double-Serve)

INGREDIENTS: Cooked Chicken, Mushrooms, Pimientos, Green Peppers, Nonfat Dry Milk, Celery, Corn Oil, Wheat Flour, Chicken Base (chicken including natural chicken juices, maltodextrin, hydrolyzed corn gluten, dried whey, spice extractives and onion powder, autolyzed yeast extract, turmeric), Salt, Chicken Fat, Sugar, Modified Cornstarch. Yeast Extract, Safflower Oil, Natural Flavor, Onion Powder, Spices, Citric Acid, and Ascorbic Acid. Precooked Noodles: Durum Semolina, Whole Eggs, and Salt. Contains: Milk, Wheat and Egg

**Chicken Polynesian** (Available only in Double-Serve)

INGREDIENTS: Cooked Chicken, Pineapple (contains sugar and citric acid), Precooked Rice, Worcestershire Sauce (distilled vinegar, molasses, corn syrup, caramel color, sugar, spices, anchovies, natural flavor, tamarind), Modified Cornstarch and contains 2% or less of Brown Sugar, Green Peppers, Orange Juice Concentrate, Pineapple Juice Concentrate, Sugar, Pimientos, Tomato Paste, Salt, Chicken Base (chicken including natural chicken juices, chicken fat, maltodextrin, hydrolyzed corn gluten, dried whey, natural flavoring, yeast extract, turmeric), Soy Sauce (wheat, soybeans, alcohol, lactic acid), Sesame/Soybean Oil, Flavoring (yeast extract, Safflower Oil, Natural Flavor), and Parsley Flakes. Contains: Fish, Milk, Wheat and Soy

**Beef Teriyaki** (Available only in Double-Serve)

INGREDIENTS: Cooked Beef, Soy Sauce (wheat, soybeans, salt), Red Peppers, Pineapple (contains sugar and citric acid), Water chestnuts, Brown Sugar, Mushrooms, Modified Corn Starch, Sherry Wine (contains sulfite), Onions, Pea Pods, Onion Powder, Sesame/Soybean Oil, Seasonings (yeast extract, safflower oil, natural flavor), Garlic Powder, Spices, Salt. Rice: Precooked Rice. Contains: Soy, Wheat

**Noodles & Chicken** (Available only in Double-Serve)

INGREDIENTS: Precooked Noodles: Durum Semolina, Whole Eggs, and Salt. Noodles & Chicken Sauce: Cooked Chicken, Sweet Red Peppers, Modified Corn Starch, Chicken Fat, and Contains 2% or Less of: Chicken Base (chicken including natural chicken juices, maltodextrin, dried whey), Salt, Sugar, Hydrolyzed Vegetable Protein (hydrolyzed corn soy wheat gluten protein, soybean oil), Flavoring (autolyzed yeast extract, safflower oil, natural flavor), Onion Powder, Dried Parsley, Spices, and Turmeric (for color). Contains: Wheat, Eggs, Milk, Soy

**Long Grain & Wild Rice Mushroom Pilaf** (Available only in Double-Serve)

INGREDIENTS: Long Grain White Rice, Mushrooms, Onions, Broccoli, Green Beans, Long Grain Brown Rice, Red Peppers, Wild Rice, Butter (cream, salt), Roasted Garlic Puree, Vegetable Flavor (yeast extract, natural flavors, wheat maltodextrin, sugar, soy sauce [soybeans, wheat, salt] dried onion, tapioca maltodextrin, dried carrots, salt, butter, dried garlic, spice), Modified Corn Starch, Broth Seasonings (hydrolyzed soy and corn protein, dextrose, maltodextrin, whey powder, autolyzed yeast, torula yeast, onion powder, turmeric), Salt, Mushroom Flavor (maltodextrin, modified corn starch, mushrooms, partially hydrogenated cottonseed and soybean oil, natural flavors), Parsley, Granulated Garlic, and Canola Oil. Parmesan Cheese: Pasteurized Milk, Salt, Cheese Culture, Enzymes, Powdered Cellulose (to prevent caking), Sorbic Acid (preservative) Contains: Milk, Wheat, Soy

**ENTREES** (continued)

**Oriental Style Chicken with Vegetable** (Available only in Double-Serve)

INGREDIENTS: Green Beans, Cooked Chicken, Precooked White Rice, Mushrooms, Water chestnuts, Red Bell Peppers, Teriyaki Flavor (soy sauce [soybeans, wheat, salt], maltodextrin, yeast extract, salt, and spices), and Contains 2% or Less Modified Cornstarch, Brown Sugar, Flavoring (autolyzed yeast extract, dried torula yeast, safflower oil, natural flavor), Garlic Powder, Sesame/Soybean Oil, Spices, Salt. Contains: Soy, Wheat (Peanuts in pouches manufactured prior to year 2005)

**Turkey Tetrazzini** (Available only in Double-Serve)

INGREDIENTS: Cooked Turkey, Asparagus, Enriched Spaghetti (durum semolina, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), Modified Corn Starch, Nonfat Dry Milk, Pimientos, Mushrooms, Corn Oil, Salt, Chicken Base (chicken including natural chicken juices, maltodextrin, hydrolyzed corn gluten, dried whey, onion powder and spice extractives, autolyzed yeast extract), Sugar, Chicken Fat, Dehydrated Onion, Flavorings (yeast extract, safflower oil, and natural flavor), Hydrolyzed Corn Soy Wheat Gluten Protein, Spices, Sherry Wine (sulfite), Garlic Powder, Citric Acid, Turmeric (for color), Soybean Oil and Spice Extract. Contains: Wheat, Milk, Soy

**Vegetable Lasagna** (Available only in Double-Serve)

INGREDIENTS: Tomatoes (tomatoes, tomato juice, salt, citric acid, and calcium chloride), Zucchini, Tomato Paste, Enriched Macaroni Product (durum semolina, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, and folic acid), Carrots, Spinach, Modified Corn Starch, Dehydrated Onions, Sugar, Salt, Spices, and Garlic Powder. Cheese Blend: Mozzarella Cheese Flavoring (mozzarella cheese [cultured milk, salt, enzymes], calcium caseinate, corn oil, partially hydrogenated soybean oil, sodium caseinate, salt, glucono-delta-lactone, maltodextrin, sodium aluminum phosphate, butter [cream], natural and artificial flavors), and Dehydrated Parmesan and Romano (made from cow's milk) Cheeses (part-skim milk, cheese culture, salt, enzymes). Contains: Wheat, Milk, Soy

**Seafood Chowder** (Available only in Double-Serve)

INGREDIENTS: Cooked Clams and Clam Juice, Potatoes, Cream, Onions, Nonfat Dry Milk, Pacific Shrimp, Celery, and Contains 2% Or Less Of The Following: Modified Corn Starch, Butter (cream), Salt, Yeast Extract, Maltodextrin, Worcestershire Sauce (distilled vinegar, molasses, corn syrup, caramel color, sugar, anchovies, tamarind), Cultured Whey, Spices, Corn Oil, Onion Powder, Sodium Tripolyphosphate, Potato Starch, Safflower Oil, Natural Flavors, Calcium Disodium EDTA. Contains: Clams, Milk, Shrimp, Anchovy.

**Jamaican Style Chicken and Rice** (Available only in Double-Serve)

INGREDIENTS: Instant Rice, Cooked Chicken, Onions, Dehydrated Red Beans, Green Peppers, Mushrooms, Corn, Red Peppers, High Fructose Corn Syrup, Molasses, Soy Sauce, (soybeans wheat, salt, molasses), Vinegar, Raspberry Juice Concentrate, Xanthan Gum, Citric Acid, Habanero Peppers (Scotch Bonnet), Natural Flavors, Spices, Sugar, Dehydrated Onions, Soybean Oil, Modified Corn Starch, Lime Juice Concentrate, and Salt. CONTAINS: Soy, Wheat.

**Macaroni & Cheese** (Available only in Double-Serve)

INGREDIENTS: Enriched Macaroni (durum semolina, niacin, iron [ferrous sulfate], thiamine mononitrate, riboflavin, folic acid), Dehydrated Cheddar Cheese Blend (cheddar cheese [milk, milk culture, cheese culture, salt, enzymes, annatto], cream, salt, sodium phosphate, lactic acid, yellow no. 5 and yellow no. 6), Nonfat Dry Milk, Modified Corn Starch, Corn Oil, Salt, and Spice. Contains: Wheat, Milk

**Potatoes 'n Beef** (Available only in Double-Serve)

INGREDIENTS: Potatoes, Cooked Beef, Nonfat Dry Milk, Modified Cornstarch, Dehydrated Onions, Beef Base (roasted beef and concentrated beef stock, hydrolyzed corn gluten, soy wheat corn protein, dried whey, yeast extract), Salt, Sugar, Corn Oil, Flavoring, Spices, Caramel Color, and Garlic Powder. Contains: Milk, Soy, Wheat.

**ENTREES** (continued)

**Potatoes 'n Cheddar** (Available only in Double-Serve)

INGREDIENTS: Potato Flakes, \*Cheese Blend (cheddar, granular, and blue cheeses [milk, cheese culture, salt, enzymes], buttermilk solids, butter, sodium phosphate, lactose, lactic acid, yellow no. 5 and yellow no. 6), \*Nonfat Dry Milk, Maltodextrin, Whey and Whey Protein Concentrate, Salt, Milk Protein, \*Broccoli, \* Onions, and Contains 1% or less of Citric Acid, Partially Hydrogenated Soybean Oil, \*Enzyme Modified Cheddar Cheese (milk, cheese cultures, enzymes, calcium chloride, disodium phosphate), Modified Corn Starch, Mono & Diglycerides, Sodium Acid Pyrophosphate, Guar Gum, Butter Flavor, Cream, Buttermilk Powder, Sodium Bicarbonate, Flavor, Corn Syrup Solids, Sodium Caseinate, Annatto, Turmeric. \*Dried. Contains: Milk, Soy

**Grilled Chicken Breasts w/Mashed Potatoes** (Available only in Double-Serve)

INGREDIENTS: MASHED POTATOES WITH HERBS & CHIVES: Potato Flakes\* (potatoes, mono and diglycerides preserved with sodium acid pyrophosphate and citric acid) and Herb & Chive Seasonings\* (nonfat milk, butter [cream, salt], chicken, modified food starch, salt, natural flavor, parmesan cheese [pasteurized milk, salt, cheese culture, enzymes], whey, maltodextrin, hydrolyzed wheat and corn gluten, onion, chives, yeast extract, spices, chicken fat, chicken broth, garlic, citric acid, annatto, and turmeric [added for color]). GRILLED CHICKEN BREASTS\* Boneless Skinless Chicken Breast Fillets with Rib Meat, Seasoning (modified food starch, salt, corn syrup solids, dried chicken broth, soy protein concentrate, maltodextrin, partially hydrogenated cottonseed and soybean oil, chicken fat, soy lecithin, grill flavor, natural flavor), Sodium Phosphates, and Caramel Color. \*Dried Contains: Milk, Wheat, Soy

**WRAP FILLINGS**

**Breakfast Skillet**

INGREDIENTS: Ingredients: \*Hash Browns (potatoes, vegetable oil [contains one or more of the following: canola oil, cottonseed oil, palm oil, soybean oil, sunflower oil], disodium dihydrogen pyrophosphate, dextrose), \*Precooked Eggs (whole eggs, egg yolks, nonfat dry milk, modified corn starch, corn oil, salt, yeast extract, sunflower oil, smoke flavor, xanthan gum), \*Pork Sausage ([pork, salt, spices, sugar], textured vegetable protein [soy flour, salt]), \*Red and Green Bell Peppers, \*Chopped Onions. Contains: Egg, Milk, and Soy.

\*Freeze Dried

**Mexican Style Beef**

INGREDIENTS: Cooked Diced Beef (beef, salt), Tomatoes (diced tomatoes, tomato juice, citric acid, and calcium chloride), Tomato Puree, Red and Green Bell Peppers, Beef Stock, Chili Powder (chili pepper, spices [cumin, oregano, garlic powder, black pepper], silicon dioxide, and ethoxyquin), Textured Soy Protein (soy protein concentrate, caramel color), Onions, Maltodextrin, Guar Gum, Sugar, Corn Oil, Hydrolyzed Vegetable Protein (hydrolyzed soy protein, hydrolyzed corn gluten, and caramel color), Disodium Inosinate. CONTAINS: Soy.

**Buffalo-Style Chicken**

INGREDIENTS: Cooked Chicken White Meat, Hot Sauce (distilled vinegar, aged cayenne red peppers, salt, canola oil, paprika, xanthan gum, sodium benzoate [as a preservative], natural butter type flavor and garlic powder), Cream Cheese (pasteurized milk and cream, cheese culture, salt stabilizer [xanthan and/or carob bean gum and/or guar gum]), Modified Corn Starch, Natural Flavors. CONTAINS: Milk.

**BBQ Sauce with Beef**

INGREDIENTS: \*Cooked Beef (beef, flavoring, salt), Seasoning (tomato powder, sugar, vinegar powder, sodium diacetate, onion, modified corn starch, salt, brown sugar, worcestershire powder, spices [including cayenne], red & green bell peppers, xanthan gum, natural flavors, and less than 2% silicon dioxide & sunflower oil added to prevent caking), \*Tomatoes (diced tomatoes, tomato juice, citric acid, and calcium chloride), \*Red and Green Bell Peppers, \*Onions.

\* Freeze Dried

**VEGETABLES**

**Garden Green Beans** (Available only in Double-Serve)

INGREDIENTS: Green Beans.

**Golden Sweet Whole Kernel Corn** (Available only in Double-Serve)

INGREDIENTS: Whole Kernel Corn.

**Garden Green Peas** (Available only in Double-Serve)

INGREDIENTS: Peas and Salt.

**FRUITS/DESSERTS**

**Raspberry Crumble** (Available only in Four-Serve)

INGREDIENTS: RASPBERRY SAUCE MIX: Sugar, Freeze Dried Raspberries, Modified Corn Starch, Nonfat Dry Milk, and Corn Oil. CHOCOLATE COOKIE CRUMBS: Sugar, Enriched Flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Partially Hydrogenated Soybean Oil, Cocoa Processed With Alkali, High Fructose Corn Syrup, Cornstarch, Baking Soda, Salt, Soy Lecithin, Vanillin (an artificial flavor), Chocolate, and Whey. Contains: Milk, Wheat, Soy

**Blueberry Cheesecake** (Available only in Four-Serve)

INGREDIENTS: CHEESECAKE MIX: Cheesecake Powder (sugar, dried baker's cheese [skim milk, lactic acid, culture], dried buttermilk, partially hydrogenated palm kernel oil, modified food starch, dextrose, whey, corn syrup solids, sodium phosphate, tetrasodium pyrophosphate, sodium caseinate, lactic acid, salt, sour cream powder, calcium lactate, artificial flavor, glycerol monostearate, maltodextrin, lemon juice solids, yellow no. 5, yellow no. 6, natural flavor, BHA [preservative]), Vanilla Pudding, (sugar, food starch modified, dextrose, disodium phosphate and tetrasodium pyrophosphate, and contains 2% or less salt, nonfat dry milk, partially hydrogenated soybean oil with BHA [preservative], mono and diglycerides with propyl gallate and citric acid [preservatives], titanium dioxide [for color], natural and artificial flavors, yellow no. 5, yellow no 6) Whole Milk Powder, and Lecithin. BLUEBERRY TOPPING MIX: Sugar, Freeze Dried Blueberries, Blueberry Powder, Modified Food Starch, Citric Acid, and Corn Oil. GRAHAM CRACKER CRUMBS: Enriched Flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Graham Flour, Sugar, Partially Hydrogenated Soybean Oil, Molasses Preserved With Sulfur Dioxide, High Fructose Corn Syrup, Leavening (baking soda, calcium phosphate), and Salt. Contains: Milk, Soy, Wheat

**Chocolate Strawberry Crunch** (Available only in Four-Serve)

INGREDIENTS: CHOCOLATE PUDDING (dextrose, modified food starch, partially hydrogenated soybean oil, corn syrup solids, Dutch processed cocoa, sodium phosphates, salt, xanthan gum, potassium caseinate, dipotassium phosphate, calcium sulfate, sodium steroyl lactylate, carrageenan, caramel color, titanium dioxide, \*aspartame, artificial flavor, mono and diglycerides) TOFFEE (sugar, palm oil, dairy butter, almonds, salt, artificial flavor, soy lecithin) FREEZE DRY STRAWBERRIES \*Contains Aspartame: Phenylketourics: Contains Phenylalanine Contains: Soy, Milk

**Neapolitan Ice Cream** (Available only in Single-Serve)

INGREDIENTS: Milkfat and Nonfat Milk, Sugar, Corn Syrup, Whey, Cocoa (processed with alkali), Mono and Diglycerides, Guar Gum, Cellulose Gum and Carrageenan, Artificial Flavor, Red #40, and Annatto Color. Contains: Milk

**Ice Cream Sandwich** (Available only in Single-Serve)

INGREDIENTS: ICE CREAM: Milkfat, Sugar, Nonfat Milk, Corn Syrup, Whey, Mono and Diglycerides, Guar Gum, Cellulose Gum, Carrageenan, Artificial Flavor, and Annatto Color. CHOCOLATE WAFERS: Bleached Wheat Flour, Sugar, Carmel Color, Dextrose, Partially Hydrogenated Soybean Oil, Corn Flour, and Contains 2% or Less of Cocoa, High Fructose Corn Syrup, Corn Syrup, Modified Corn Starch, Baking Soda, Salt, Mono and Diglycerides, Soy Lecithin. Contains: Milk, Wheat, Soy

**Strawberry Fruit Snacks** (Available only in Single-Serve)

INGREDIENTS: Freeze Dried Organic Strawberries.

**FRUITS/DESSERTS** (continued)

**Apple Fruit Snacks** (Available only in Single-Serve)  
 INGREDIENTS: Freeze Dried Organic Apples.

**Banana Fruit Snacks** (Available only in Single-Serve)  
 INGREDIENTS: Freeze Dried Organic Bananas.

**NUTRITION DATA SUMMARY**

Product Name	Net Wt (oz)	# Serve	Serving Size	Total Cal	Cal from Fat	Total Fat	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar(g)	Protein (g)
<b>BREAKFAST</b>														
Scrambled Eggs w/ Bacon	2.25	1	1 pouch	320	170	19	5	0	510	1060	12	0	8	25
Eggs w/ Ham & Peppers	2.54	1	1 pouch	370	180	20	5	0	560	1300	16	<1	10	30
Scrambled Eggs only	2.12	1	1 pouch	330	190	21	7	0	570	960	13	0	10	20
Granola w/ Milk & Blueberries	4	1	1 pouch	520	180	20	10	0	20	40	71	8	22	15
<b>SINGLE-SERVE ENTREES (Pro-Pak, 16 oz)</b>														
Hearty Beef Stew	4.06	1	1 pouch	480	140	16	3	0	45	2040	56	6	9	32
Spaghetti w/ Meat Sauce	4.06	1	1 pouch	480	110	12	4.5	0	40	1990	70	6	7	25
Beef Stroganoff	4.06	1	1 pouch	520	180	20	8	0	80	1680	62	10	10	22
Chicken & Rice	4.51	1	1 pouch	560	140	16	3	0	40	2120	85	3	3	18
Lasagna w/ Meat Sauce	4.06	1	1 pouch	510	160	18	7	1	50	1060	58	5	13	29
Chicken Teriyaki	4.06	1	1 pouch	470	45	5	1.5	0	45	1280	83	3	26	21
Chili Macaroni w/ Beef	4.06	1	1 pouch	500	120	14	5	0	60	1140	67	6	7	26
Sweet & Sour Pork w/ Rice	4.06	1	1 pouch	400	120	13	4	0	40	1020	60	2	20	13
Pasta Primavera	4.06	1	1 pouch	440	100	12	7	0	35	1200	71	4	11	17
Mexican Chicken w/ Rice	4.06	1	1 pouch	480	100	11	2.5	0	50	1380	69	6	6	26
<b>DOUBLE-SERVE ENTREES (20oz)</b>														
Chicken Stew	4.8	2	1/2 pouch	310	110	13	2.5	0	30	940	35	3	8	15
Chicken & Rice	6.38	2	1/2 pouch	400	100	11	2.5	0	25	1500	60	2	2	13
Spaghetti w/ Meat Sauce	4.51	2	1/2 pouch	270	6	7	2.5	0	25	1110	39	3	4	14
Chicken Ala King	6.35	2	1/2 pouch	390	130	14	3.5	0	80	1120	40	2	3	24
Beef Stew	4.3	2	1/2 pouch	250	80	9	1.5	0	25	1080	30	3	5	17
Chicken Polynesian	4.66	2	1/2 pouch	270	50	5	1.5	0	35	930	44	1	18	12
Beef Stroganoff	4.8	2	1/2 pouch	310	110	12	4.5	0	50	1010	36	6	6	13
Beef Teriyaki	5.75	2	1/2 pouch	310	30	3.5	0.5	0	15	940	58	2	17	14
Chicken Teriyaki	5.01	2	1/2 pouch	280	35	4	1.5	0	30	1240	47	3	16	14
Lasagna w/ Meat Sauce	4.8	2	1/2 pouch	240	80	9	3.5	0.5	25	500	27	2	6	14
Chili Macaroni w/ Beef	4.8	2	1/2 pouch	290	70	8	3	0	35	810	39	3	4	15
Chicken Noodles	4.73	2	1/2 pouch	270	5	6	2	0	45	1200	42	2	2	12
Mushroom Rice Pilaf	5.08	2	1/2 pouch	230	35	4	2	0	10	570	43	4	3	7
Sweet & Sour Pork w/ Rice	6.1	2	1/2 pouch	280	80	9	3	0	25	710	42	1	14	9
Turkey Tetrazzini	4.27	2	1/2 pouch	320	100	11	3	0	75	780	16	1	1	27
Vegetable Lasagna	3.74	2	1/2 pouch	210	25	3	1	0	5	450	35	6	9	10
Pasta Primavera	4.8	2	1/2 pouch	260	70	8	4.5	0	25	790	41	2	7	10
Oriental Chicken w/ Veg	5.36	2	1/2 pouch	300	35	4	1	0	30	1310	50	4	5	16
Seafood Chowder	4.44	2	1/2 pouch	280	100	11	7	0.5	90	1060	27	1	2	19
Mexican Chicken w/ Rice	4.06	2	1/2 pouch	480	100	11	3	0	40	1370	70	6	6	26
Mac & Cheese	6.81	2	1/2 pouch	470	200	22	11	0	50	1260	47	1	7	21
Potatoes & Cheddar	4.37	2	1/2 pouch	250	45	5	3	0	20	470	40	3	9	10
Potatoes & Beef w/ Onions	4.34	2	1/2 pouch	260	60	6	2.5	0	30	850	38	2	6	13
Grilled Chicken w/ Mash Pot	4.34	2	1/2 pouch	250	50	6	2	0	70	820	21	2	2	32
Jamaican Chicken w/ Rice	5.5	2	1/2 pouch	300	35	3.5	1	0	30	590	53	6	4	16

**NUTRITION DATA SUMMARY** (continued)

Product Name	Net Wt (oz)	# Serve	Serving Size	Total Cal	Cal from Fat	Total Fat	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar(g)	Protein (g)
<b>FOUR-SERVE ENTREES (40oz)</b>														
Beef Stew	8.6	5	1 cup	200	60	7	1	0	20	870	24	3	4	14
Beef Stroganoff	9.6	5	1 cup	250	80	9	3.5	0	40	810	29	5	5	10
Lasagna w/ Meat Sauce	9.6	5	1 cup	240	80	9	4	0	20	460	27	2	5	13
<b>WRAP FILLING (Single-Serve, 16oz)</b>														
Breakfast Skillet Wrap	4.73	1	16oz	680	370	42	12	0.5	656	1690	52	8	6	26
Mexican Style Beef Wrap	4	1	16oz	360	50	6	1.5	0	60	1570	28	15	9	56
Buffalo Style Chicken Wrap	4.02	1	16oz	390	130	15	7	0.5	200	980	3	0	0	62
BBQ Sauce w/ Beef	4.59	1	16oz	630	290	32	13	0	160	1640	45	8	27	42
<b>VEGETABLES</b>														
Green Beans	0.42	2	1/2 pouch	25	0	0	0	0	0	0	4	2	1	1
Corn	1.48	2	1/2 pouch	90	15	1.5	0	0	0	0	16	2	8	3
Peas	1.41	2	1/2 pouch	80	5	0.5	0	0	0	125	13	5	5	5
<b>DESSERTS &amp; SNACKS</b>														
Neapolitan Ice Cream	0.75	1	1 pouch	110	45	5	3	0	20	35	14	0	11	2
Ice Cream Sandwich	1.13	1	1 pouch	150	50	6	2.5	0	15	150	22	<1	9	3
Raspberry Crumble	5.15	4	1/4 pouch	160	25	2.5	0.5	1	0	75	32	3	20	1
Blueberry Cheesecake	6.91	4	1/4 pouch	200	30	3.5	2.5	0	5	330	39	<1	30	4
Choc Strawberry Crunch	4.57	4	1/2 cup	130	40	4.5	1.5	1	0	380	23	1	12	1
Strawberries (organic)	0.6	1	1 pouch	60	0	0	0	0	0	0	15	3	10	1
Apples (organic)	1	1	1 pouch	100	0	0	0	0	0	0	26	3	21	1
Bananas (organic)	1.7	1	1 pouch	170	10	1	0	0	0	0	43	4	34	2