

WISE FOOD BUCKET SYSTEMS
Ingredient & Nutrition Info**BREAKFAST****BROWN SUGAR OATMEAL**

INGREDIENTS: Whole grain rolled oats, sugar, natural and artificial flavors.

Contains: Wheat, Milk and Soy. Produced on equipment that also processes Wheat, Milk, Soy, Egg and Tree Nuts.

Servings: 4; Serving Size: ~1/3 cup dry; Total Calories: 155; Total Fat: 2g; Saturated Fat: 0g; Polyunsaturated Fat: 0g; Monounsaturated Fat: 1g; Trans Fat: 0g; Cholesterol: 300mg; Sodium: 0mg; Carbs: 31g; Dietary Fiber: 3g; Soluble Fiber: 1g; Sugar: 9g; Protein: 4g

HONEY GLAZED GRANOLA

INGREDIENTS: Rolled oats, rolled wheat, brown sugar, canola oil, coconut, whey, oat flour, almonds, honey, Vitamin E (mixed tocopherols) added to preserve freshness.

Contains: Wheat, Milk, and Soy. Produced on equipment that also processes Wheat, Milk, Soy, Egg and Tree Nuts.

Servings: 4; Serving Size: ~1/2 cup dry; Total Calories: 240; Total Fat: 8g; Saturated Fat: 1.5g; Polyunsaturated Fat: 0g; Monounsaturated Fat: 0g; Trans Fat: 0g; Cholesterol: 0mg; Sodium: 35mg; Potassium: 34mg; Carbs: 38g; Dietary Fiber: 5g; Sugar: 14g; Protein: 6g

MULTI-GRAIN CEREAL

INGREDIENTS: Red wheat flakes, white wheat flakes, barley flakes, oats, rye flakes, sunflower seeds.

Contains: Wheat, Milk, and Soy. Produced on equipment that also processes Wheat, Milk, Soy, Egg and Tree Nuts.

Servings: 4; Serving Size: 1 cup; Total Calories: 220; Total Fat: 1.5g; Saturated Fat: 0g; Trans Fat: 0g; Cholesterol: 0mg; Sodium: 0mg; Carbs: 47g; Dietary Fiber: 7g; Sugars: 6g; Protein: 7g

ENTREES**BEEF TERIYAKI AND RICE**

INGREDIENTS: Rice, soy sauce powder (soy sauce [water, wheat, soybeans, salt], maltodextrin, salt), cornstarch, non dairy creamer, carrot flakes, brown sugar, textured vegetable protein (soy flour, caramel color, soybean oil, salt, hydrolyzed corn-soy-wheat protein, autolyzed yeast), granulated sugar, dried red peppers, guar gum, dehydrated onions, minced garlic, freeze dried peas, dried celery, ground ginger, natural pineapple flavor.

Contains: Wheat, Milk, and Soy. Produced on equipment that also processes Wheat, Milk, Soy, Egg, and Tree Nuts.

Servings: 4; Serving Size: 1 cup; Total Calories: 300; Total Fat: 6g; Saturated Fat: 4.5g; Trans Fat: 1.5g; Cholesterol: 0mg; Sodium: 1160mg; Carbs: 64g; Dietary Fiber: 4g; Sugars: 14g; Protein: 8g

CHEESY LASAGNA

INGREDIENTS: Pasta (duram semolina flour [wheat], niacin, ferrous sulfate [iron], thiamine mononitrate, riboflavin, folic acid), textured vegetable protein (soy flour, caramel color, soybean oil, salt, hydrolyzed corn-soy-wheat protein, autolyzed yeast), tomato flakes, natural cheese flavor, parmesan cheese, cornstarch, non-dairy creamer, guar gum, minced garlic.

Contains: Wheat, Milk, and Soy. Produced on equipment that also processes Wheat, Milk, Soy, Egg, and Tree Nuts.

Servings: 4; Serving Size: 1 cup; Total Calories: 260; Total Fat: 6g; Saturated Fat: 2g; Trans Fat: 0.5g; Cholesterol: 5mg; Sodium: 1240mg; Carbs: 41g; Dietary Fiber: 5g; Sugars: 8g; Protein: 13g

CHICKEN ALA KING

INGREDIENTS: Rice, ala king sauce (partially hydrogenated soybean oil, wheat flour, whey, modified food starch, corn syrup solids, hydrolyzed soy proten, autolyzed yeast extract, natural flavor [torula yeast], onion, spices, turmeric and less than 2% silicon dioxide added to prevent caking), freeze dried peas, textured vegetable protein (textured soy flour, soybean oil, salt, autolyzed yeast extract, hydrolyzed corn protein, natural smoke flavoring, thiamine, hydrochloride, dextrose, disodium insinate, disodium guanylate), guar gum, diced green peppers, dried celery.

Contains: Wheat, Milk, and Soy. Produced on equipment that also processes Wheat, Milk, Soy, Egg, and Tree Nuts.

Servings: 4; Serving Size: 1 cup; Total Calories: 220; Total Fat: 3g; Saturated Fat: 0.5g; Trans Fat: 1g; Cholesterol: 0mg; Sodium: 520mg; Carbs: 42g; Dietary Fiber: 3g; Sugars: 5g; Protein: 6g

Ingredient and nutritional data is provided for informational purposes only and is subject to change at any time without prior notice.

CHICKEN TERIYAKI

INGREDIENTS: Rice, soy sauce powder (soy sauce [water, wheat, soybeans, salt], maltodextrin, salt), non-dairy creamer, carrot flakes, brown sugar, textured vegetable protein (textured soy flour, soybean oil, salt, autolyzed yeast extract, hydrolyzed corn protein, natural smoke flavoring, thiamine hydrochloride, dextrose, disodium inosinate, disodium guanylate), granulated sugar, dried red peppers, guar gum, dehydrated onions, minced garlic, freeze dried peas, dried celery, ground ginger.

Contains: Wheat, Milk, and Soy. Produced on equipment that also processes Wheat, Milk, Soy, Egg, and Tree Nuts.

Servings: 4; Serving Size: 1 cup; Total Calories: 310; Total Fat: 4.5g; Saturated Fat: 1g; Trans Fat: 1.5g; Cholesterol: 0mg; Sodium: 1180mg; Carbs: 65g; Dietary Fiber: 4g; Sugars: 14g; Protein: 8g

CHEESY MACARONI

INGREDIENTS: Pasta (durum semolina flour [wheat], niacin, ferrous sulfate [iron], thiamine mononitrate, riboflavin, folic acid), cheese sauce (cheese powder [cheddar and blue cheese (pasteurized milk, salt, extract of annatto, cheese culture, enzymes), whey, buttermilk, partially hydrogenated soybean oil, salt, natural flavor, citric acid, lactic acid, artificial color (yellow 5, yellow 5 lake, yellow 6 and yellow 6n lake)], modified food starch, partially hydrogenated soybean oil, whey, corn syrup solids, natural flavors, salt sodium caseinate, autolyzed yeast extract, lactic acid, guar gum and less than 2% sunflower oil added to prevent caking), natural cheese flavor, cornstarch, organic natural butter flavor, guar gum.

Contains: Wheat, Milk, and Soy. Produced on equipment that also processes Wheat, Milk, Soy, Egg, and Tree Nuts.

Servings: 4; Serving Size: 1 cup; Total Calories: 360; Total Fat: 7g; Saturated Fat: 2.5g; Trans Fat: 1.5g; Cholesterol: 5mg; Sodium: 1090mg; Carbs: 62g; Dietary Fiber: 3g; Sugars: 6g; Protein: 10g

CREAMY CHICKEN PASTA

INGREDIENTS: Pasta (durum semolina flour (wheat) niacin, ferrous sulfate (iron), thiamine mononitrate, riboflavin, folic acid), non-dairy creamer (partially hydrogenated soybean oil, corn syrup solids, sodium caseinate (a milk derivative), mono and diglycerides, sodium citrate, salt, dipotassium phosphate, sodium aluminosilicate (anti-caking agent), carrageenan, artificial flavor), cornstarch, freeze dried peas, carrot flakes, guar gum, salt, textured vegetable protein (textured soy flour, soybean oil, salt, autolyzed yeast extract, hydrolyzed corn protein, natural smoke flavoring, thiamine hydrochloride, dextrose, disodium inosinate, disodium guanylate), dried minced garlic, dried onions, dried parsley.

Contains: Wheat, Milk, and Soy. Produced on equipment that also processes Wheat, Milk, Soy, Egg, and Tree Nuts.

Servings: 4; Serving Size: 1 cup; Total Calories: 200; Total Fat: 5g; Saturated Fat: 1.5g; Trans Fat: 2g; Cholesterol: 0mg; Sodium: 1040mg; Carbs: 34g; Dietary Fiber: 3g; Sugars: 4g; Protein: 5g

CREAMY POTATO SOUP

INGREDIENTS: Non-dairy creamer (corn syrup solids, partial hydrogenated canola oil, sodium caseinate, dipotassium phosphate, mono and diglycerides, sodium silicoaluminate, artificial flavor), dried potato flakes, dried potato dices, wheat flour, chicken flavor (salt, maltodextrin, sugar, dextrose, whey, hydrolyzed corn gluten, onion, spice extractives, garlic, spice, carmel color, disodium inosinate, citric acid, and less than 2% silicon dioxide and sunflower oil), onion, salt, onion powder, butter flavor, parmesan cheese, garlic, parsley, black pepper.

Contains: Wheat, Milk, and Soy. Produced on equipment that also processes Wheat, Milk, Soy, Egg, and Tree Nuts.

Servings: 4; Serving Size: 1 cup; Total Calories: 128; Total Fat: 4g; Saturated Fat: 2g; Polyunsaturated Fat: 0g; Monounsaturated Fat: 2g; Trans Fat: 0g; Cholesterol: 1mg; Sodium: 526mg; Potassium: 226mg; Carbs: 20g; Dietary Fiber: 1g; Sugars: 13g; Protein: 2g

SOUTHWESTERN BEANS AND RICE

INGREDIENTS: Rice, textured vegetable protein (textured soy flour, soybean oil, salt, autolyzed yeast extract, hydrolyzed corn protein, natural smoke flavoring, thiamine hydrochloride, dextrose, disodium inosinate, disodium guanylate), dehydrated black beans, dehydrated minced garlic, dehydrated corn, dehydrated pinto beans, tomato powder, chili powder, guar gum, dehydrated onions.

Contains: Wheat, Milk, and Soy. Produced on equipment that also processes Wheat, Milk, Soy, Egg, and Tree Nuts.

Servings: 4; Serving Size: 1 cup; Total Calories: 250; Total Fat: 2g; Saturated Fat: 0g; Trans Fat: 0g; Cholesterol: 0mg; Sodium: 490mg; Carbs: 50g; Dietary Fiber: 7g; Sugars: 4g; Protein: 9g

CREAMY TOMATO SOUP

INGREDIENTS: Cream soup base (flour [wheat flour, enzyme added for improved baking, niacin, reduced iron, thiamin, riboflavin and folic acid], maltodextrin, partially hydrogenated soybean oil, modified food starch, whey, corn syrup solids, salt, sodium caseinate, spices, disodium inosinate and guanylate, onion and dipotassium phosphate), tomato powder, parmesan cheese (pasteurized milk, salt, cheese culture, enzymes) and salt, natural butter flavor, dehydrated basil leaves, black pepper.

Contains: Wheat, Milk, and Soy. Produced on equipment that also processes Wheat, Milk, Soy, Egg, and Tree Nuts.

Servings: 4; Serving Size: 1 cup; Total Calories: 190; Total Fat: 8g; Saturated Fat: 2.5g; Trans Fat: 3g; Cholesterol: 5mg; Sodium: 850mg; Carbs: 26g; Dietary Fiber: 1g; Sugars: 6g; Protein: 4g

STROGANOFF

INGREDIENTS: Pasta (duram semonlina flour [wheat] niacin, ferrous sulfite [iron], thiamine mononitrate, riboflavin, folic acid), textured vegetable protein (soy flour, caramel color, soybean oil, salt, hydrolyzed corn-soy-wheat protein, autolyzed yeast), sour cream powder, rice flour, potato flakes, guar gum, dehydrated onions, cornstarch, freeze dried mushrooms, dehydrated parsley.

Contains: Wheat, Milk, and Soy. Produced on equipment that also processes Wheat, Milk, Soy, Egg, and Tree Nuts.

Servings: 4; Serving Size: 1 cup; Total Calories: 250; Total Fat: 8g; Saturated Fat: 2g; Trans Fat: 2.5g; Cholesterol: 0mg; Sodium: 960mg; Carbs: 38g; Dietary Fiber: 3g; Sugars: 4g; Protein: 9g