

Nutrition Facts

Serving Size	6 Pouches Biscuits & Gravy	
Servings Per Container	1 cup (65g) dry mix About 2	
Amount Per Serving		
Calories	310	
Calories From Fat	130	
	% Daily Value*	
Total Fat	14g	22%
Saturated Fat	6g	30%
Trans Fat	0g	
Cholesterol	10mg	3%
Sodium	900mg	38%
Total Carbohydrate	36g	12%
Dietary Fiber	2g	8%
Sugars	6g	
Protein	8g	16%
*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	80g
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

Amount Per Serving		
Calories	400	
Calories From Fat	220	
	% Daily Value*	
Total Fat	24g	37%
Saturated Fat	7g	35%
Trans Fat	0g	
Cholesterol	245mg	82%
Sodium	920mg	38%
Total Carbohydrate	30g	10%
Dietary Fiber	4g	16%
Sugars	5g	
Protein	14g	28%
Vitamin A	10%	
Vitamin C	0%	
Calcium	20%	
Iron	15%	

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

Amount Per Serving		
Calories	230	
Calories From Fat	130	
	% Daily Value*	
Total Fat	14g	22%
Saturated Fat	4g	20%
Trans Fat	0g	
Cholesterol	405mg	135%
Sodium	690mg	29%
Total Carbohydrate	7g	12%
Dietary Fiber	4g	16%
Sugars	16g	
Protein	8g	16%
Vitamin A	6%	
Vitamin C	2%	
Calcium	15%	
Iron	8%	

Amount Per Serving		
Calories	250	
Calories From Fat	100	
	% Daily Value*	
Total Fat	9g	14%
Saturated Fat	4.5g	23%
Trans Fat	0g	
Cholesterol	10mg	3%
Sodium	65mg	3%
Total Carbohydrate	37g	12%
Dietary Fiber	4g	16%
Sugars	16g	
Protein	8g	16%
Vitamin A	6%	
Vitamin C	2%	
Calcium	15%	
Iron	8%	

Amount Per Serving		
Calories	260	
Calories From Fat	100	
	% Daily Value*	
Total Fat	11g	17%
Saturated Fat	4g	20%
Trans Fat	0g	
Cholesterol	45mg	15%
Sodium	800mg	33%
Total Carbohydrate	22g	7%
Dietary Fiber	3g	12%
Sugars	2g	
Protein	13g	26%
Vitamin A	15%	
Vitamin C	15%	
Calcium	2%	
Iron	8%	

Amount Per Serving		
Calories	190	
Calories From Fat	70	
	% Daily Value*	
Total Fat	8g	12%
Saturated Fat	2g	10%
Trans Fat	0g	
Cholesterol	100mg	33%
Sodium	600mg	25%
Total Carbohydrate	36g	12%
Dietary Fiber	4g	16%
Sugars	3g	
Protein	11g	22%
Vitamin A	10%	
Vitamin C	10%	
Calcium	4%	
Iron	4%	

Amount Per Serving		
Calories	220	
Calories From Fat	20	
	% Daily Value*	
Total Fat	2g	3%
Saturated Fat	0.5g	3%
Trans Fat	0g	
Cholesterol	25mg	8%
Sodium	660mg	28%
Total Carbohydrate	40g	13%
Dietary Fiber	1g	4%
Sugars	12g	
Protein	10g	20%
Vitamin A	4%	
Vitamin C	15%	
Calcium	2%	
Iron	8%	

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

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Calories	220	
Calories From Fat	20	
	% Daily Value*	
Total Fat	2g	3%
Saturated Fat	0.5g	3%
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Total Carbohydrate	40g	13%
Dietary Fiber	1g	4%
Sugars	12g	
Protein	10g	20%
Vitamin A	4%	
Vitamin C	15%	
Calcium	2%	
Iron	8%	

*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	80g
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

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

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 Extract • Salt • Sodium Caseinate • Disodium Inosinate & Guanylate • Dipotassium Phosphate

Red and Green Bell Pepper* • Dehydrated Onion

*Freeze Dried

CONTAINS: Egg, Milk, Wheat, Soy

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 Triphosphate • Sodium Erythorbate • Smoke Flavor • Sodium Nitrite

Red & Green Peppers*

*Freeze Dried

CONTAINS: Milk, Egg

GLUTEN FREE

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

Bacon*: Bacon (cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite) • Smoke Flavor

*Freeze Dried

CONTAINS: Milk, Egg

GLUTEN FREE

INGREDIENTS:

Granola (oats, brown sugar, coconut, soybean oil, wheat germ, sesame seed, natural vanilla flavoring) • Nonfat Dry Milk • Freeze Dried Blueberries • Dry Cream (cream, lecithin, tocopherols and ascorbyl palmitate [to protect flavor]) • Vanilla Flavor (cane sugar, cornstarch, natural and artificial flavor, dextrose, tricalcium phosphate)

CONTAINS: Milk, Soy, Wheat, Coconut

INGREDIENTS:

Beef Stroganoff: Cooked Beef (beef, flavoring, salt) • Sour Cream (cultured cream, milk, whey, modified corn starch, sodium phosphate, guar gum, carrageenan, carob bean gum) • Mushroom • Modified Corn Starch • Corn Oil with Spice Extract • Nonfat Dry Milk • Dehydrated Onion
Less than 2% of: Hydrolyzed Vegetable Protein (corn, yeast, wheat gluten, soy protein, soybean oil) • Lemon Juice Concentrate & Lemon Oil • Sea Salt • Beef Flavor (beef stock, maltodextrin, salt) • Molasses • Spice • Garlic Powder

Precooked Noodles: Durum Semolina • Whole Eggs • Salt

CONTAINS: Milk, Soy, Wheat, Egg

INGREDIENTS:

Potatoes (potato, sodium acid pyrophosphate [color retention]) • Cooked Beef (beef, salt) • Carrot • Green Peas (peas, salt) • Corn Oil with Spice Extract

Less than 2% of: Modified Corn Starch • Hydrolyzed Vegetable Protein (corn, yeast, wheat gluten, soy protein, soybean oil) • Dehydrated Onion • Sugar • Spice • Garlic Powder

CONTAINS: Soy, Wheat

Precooked Noodles: Durum Semolina • Whole Eggs • Salt

CONTAINS: Milk, Soy, Wheat, Egg

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

INGREDIENTS:

Chicken Teriyaki: Cooked Chicken (chicken meat, salt) • Soy Sauce (wheat, soybean, salt, alcohol, vinegar, lactic acid) • Brown Sugar (sucrose, invert sugar, cane molasses) • Bamboo Shoot • Mushroom • Red Pepper • Green Peas (peas, salt) • Modified Corn Starch • Sherry Wine (wine, salt, sulfites) • Onion • Green Pepper • Garlic Powder • Spice

Rice: Precooked Enriched Rice (rice, niacinamide, ferric orthophosphate, thiamine mononitrate, folic acid)

CONTAINS: Soy, Wheat

Nutrition Facts

Serving Size	6 Pouches Rice & Chicken	
Servings Per Container	1 cup (60g) dry mix About 3	
Amount Per Serving		
Calories	270	
Calories From Fat	80	
	% Daily Value*	
Total Fat	10g	15%
Saturated Fat	1.5g	8%
Trans Fat	0g	
Cholesterol	10mg	3%
Sodium	750mg	31%
Total Carbohydrate	41g	14%
Dietary Fiber	1g	4%
Sugars	0g	
Protein	6g	12%
Vitamin A	6%	
Vitamin C	6%	
Calcium	2%	
Iron	10%	
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Dietary Fiber	1g	4%
Sugars	0g	
Protein	6g	12%
Vitamin A	6%	
Vitamin C	6%	
Calcium	2%	
Iron	10%	

INGREDIENTS:

Precooked Enriched Rice (rice, niacinamide, ferric orthophosphate, thiamine mononitrate, folic acid) • Cooked Chicken (chicken meat, salt) • Corn Oil with Spice Extract • Pimientos (pimiento, citric acid)

Less than 1% of: Modified Corn Starch • Hydrolyzed Vegetable Protein (corn, soy, wheat gluten, soybean oil) • Sea Salt • Chicken Fat • Sugar • Onion Powder • Seasoning (maltodextrin, natural flavor) • Spice • Turmeric

CONTAINS: Soy, Wheat,

Amount Per Serving		
Calories	220	
Calories From Fat	45	
	% Daily Value*	
Total Fat	5g	8%
Saturated Fat	1.5g	8%
Trans Fat	0.5g	
Cholesterol	45mg	15%
Sodium	590mg	25%
Total Carbohydrate	33g	11%