

MORNING MOO'S®
LOW FAT MILK ALTERNATIVE
 (2 pouches)

Nutrition Facts

Serving Size: 2 Tbsp (17g) Dry
 Servings Per Container: 20

Amount Per Serving			
Calories 70	Calories from Fat 0		
		% Daily Value*	
Total Fat 0g			0%
Saturated Fat 2g			10%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 115mg			5%
Total Carbohydrate 10g			3%
Dietary Fiber 0g			0%
Sugars 8g			
Protein 3g			
Vitamin A 10%	•	Vitamin C 0%	
Vitamin D 25%	•	Riboflavin 2%	
Calcium 10%	•	Iron 0%	

*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

Calories per gram: Fat 9 • Carbs 4 • Protein 4

INGREDIENTS:

Whey, creamer (coconut oil, corn syrup solids, sodium caseinate [a milk derivative]), dipotassium phosphate, sugar, mono & diglycerides, silicon dioxide, polysorbate 80, tetrasodium pyrophosphate, soy lecithin), nonfat dry milk, sugar, vitamin mix (nonfat dry milk, vitamin A palmitate, silicon dioxide, cholecalciferol), guar gum.

Contains allergens: Milk and soy.

BANANA CHIPS
 (2 pouches)

Nutrition Facts

Serving Size: 1/2 Cup (33g) Dry
 Servings Per Container: 8

Amount Per Serving			
Calories 170	Calories from Fat 100		
		% Daily Value*	
Total Fat 11g			17%
Saturated Fat 10g			50%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 0mg			0%
Potassium 180mg			5%
Total Carbohydrate 19g			6%
Dietary Fiber 3g			12%
Sugars 12g			
Protein 1g			
Vitamin A 0%	•	Vitamin C 4%	
Calcium 0%	•	Iron 2%	

*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

Calories per gram: Fat 9 • Carbs 4 • Protein 4

INGREDIENTS:

Dehydrated banana slices (bananas, refined coconut oil, sugar, banana flavoring).

CREAMY POTATO SOUP MIX
 (6 pouches)

Nutrition Facts

Serving Size: 1/3 Cup (50g) Dry
 Servings Per Container: 8

Amount Per Serving			
Calories 220	Calories from Fat 70		
		% Daily Value*	
Total Fat 8g			12%
Saturated Fat 4g			20%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 350mg			15%
Total Carbohydrate 33g			11%
Dietary Fiber 2g			8%
Sugars 3g			
Protein 4g			
Vitamin A 0%	•	Vitamin C 15%	
Calcium 2%	•	Iron 4%	

*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

Calories per gram: Fat 9 • Carbs 4 • Protein 4

INGREDIENTS:

Diced dehydrated potatoes, creamer (palm oil, maltodextrin, sodium caseinate [a milk derivative], dipotassium phosphate, mono and diglycerides, sodium hexametaphosphate, and silicon dioxide), bleached enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid, enzyme), dehydrated potato flakes (potato, monoglycerides, sodium acid pyrophosphate, citric acid, sodium bisulfite and BHA to preserve freshness), corn starch, onions, chicken stock (corn syrup solids, salt, corn starch, hydrolyzed corn and soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate and disodium guanylate, spices, turmeric, parsley, silicon dioxide), sugar, natural flavoring, onion powder, whey, parsley flakes, turmeric, garlic powder, caramel color, dehydrated onion.

Contains allergens: Milk, soy and wheat.

HEARTY VEGETABLE CHICKEN FLAVORED SOUP MIX
 (4 pouches)

Nutrition Facts

Serving Size: 1/3 Cup (57g) Dry
 Servings Per Container: 8

Amount Per Serving			
Calories 180	Calories from Fat 5		
		% Daily Value*	
Total Fat 0g			0%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 590mg			25%
Total Carbohydrate 40g			13%
Dietary Fiber 6g			24%
Sugars 3g			
Protein 7g			
Vitamin A 70%	•	Vitamin C 6%	
Calcium 4%	•	Iron 15%	

*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

Calories per gram: Fat 9 • Carbs 4 • Protein 4

INGREDIENTS:

White rice (long grain rice, ferric orthophosphate [iron], niacin, thiamin mononitrate [thiamin], and folic acid [folate]), lentils, elbow macaroni (wheat flour, niacin, ferrous sulfate (iron), thiamin mononitrate, riboflavin and folic acid), carrot dices, celery slices, chicken stock (corn syrup solids, salt, corn starch, hydrolyzed corn and soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate and disodium guanylate, spices, turmeric, parsley, silicon dioxide), non-iodized salt, onions, sugar, natural flavoring, whey, turmeric, garlic powder, caramel color, dehydrated onion.

Contains allergens: Milk, soy and wheat.

CHEESY BROCCOLI RICE
 (5 pouches)

Nutrition Facts

Serving Size: 1/3 Cup (65g) Dry
 Servings Per Container: 8

Amount Per Serving			
Calories 250	Calories from Fat 40		
		% Daily Value*	
Total Fat 4.5g			7%
Saturated Fat 2.5g			13%
Trans Fat 0g			
Cholesterol 10mg			3%
Sodium 690mg			29%
Total Carbohydrate 45g			15%
Dietary Fiber 0g			0%
Sugars 9g			
Protein 6g			
Vitamin A 4%	•	Vitamin C 15%	
Calcium 10%	•	Iron 6%	

*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

Calories per gram: Fat 9 • Carbs 4 • Protein 4

INGREDIENTS:

Rice (parboiled long grain rice, enriched with ferric orthophosphate [iron], niacin, thiamin mononitrate [thiamin], and folic acid [folate]), cheese powder (whey, buttermilk solids, cheeses [pasteurized milk, cheese culture, salt, enzymes], whey protein concentrate, salt, sodium phosphate, citric acid, yellow 5, yellow 6, lactic acid, enzyme), creamer (maltodextrin, palm oil, contains 2% or less of the following: sodium caseinate [a milk derivative], dipotassium phosphate, mono and diglycerides, sodium aluminosilicate, natural flavor, annatto extract, sodium hexmetaphosphate), corn starch, chicken soup base (corn syrup solids, salt, corn starch, hydrolyzed corn and soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate and disodium guanylate, spices, turmeric, parsley, silicon dioxide), dehydrated broccoli (broccoli, sucrose), onions, onion powder, parsley flakes.

Contains allergens: Milk and soy.

INSTANT POTATOES
 (1 pouch)

Nutrition Facts

Serving Size: 1/3 Cup (34g) Dry
 Servings Per Container: 8

Amount Per Serving			
Calories 120	Calories from Fat 5		
		% Daily Value*	
Total Fat 0.5g			1%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 340mg			14%
Total Carbohydrate 27g			9%
Dietary Fiber 2g			8%
Sugars 1g			
Protein 2g			
Vitamin A 0%	•	Vitamin C 15%	
Calcium 2%	•	Iron 2%	

*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

Calories per gram: Fat 9 • Carbs 4 • Protein 4

INGREDIENTS:

Dehydrated potato flakes (potato, monoglycerides, sodium acid pyrophosphate, citric acid, sodium bisulfite and BHA to preserve freshness), corn starch, chicken stock (corn syrup solids, salt, corn starch, hydrolyzed corn and soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate and disodium guanylate, spices, turmeric, parsley, silicon dioxide), onions, natural chicken flavor (autolyzed yeast extract, maltodextrin, salt, chicken flavor, chicken stock, natural flavor, chicken fat, silicon dioxide), parsley flakes.

Contains allergens: Soy.

MAPLE BROWN SUGAR OATMEAL
 (6 pouches)

Nutrition Facts

Serving Size: 1/4 Cup (30g) Dry
 Servings Per Container: 10

Amount Per Serving			
Calories 120	Calories from Fat 20		
		% Daily Value*	
Total Fat 2.5g			4%
Saturated Fat 1g			5%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 35mg			1%
Total Carbohydrate 20g			7%
Dietary Fiber 3g			12%
Sugars 3g			
Protein 4g			
Vitamin A 0%	•	Vitamin C 0%	
Calcium 2%	•	Iron 6%	

*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

Calories per gram: Fat 9 • Carbs 4 • Protein 4

INGREDIENTS:

Gluten free quick oats, brown sugar, creamer coconut oil, corn syrup solids, sodium caseinate (a milk derivative), dipotassium phosphate, sugar, mono & diglycerides, silicon dioxide, polysorbate 80, tetrasodium pyrophosphate, soy lecithin, natural and artificial maple flavor (dextrose, maltodextrin, less than 2% silicon dioxide added to prevent caking), non-iodized salt.

Contains allergens: Milk and soy.

ELBOW MACARONI
 (2 pouches)

Nutrition Facts

Serving Size: 1/3 Cup (44g) Dry
 Servings Per Container: 7.5

Amount Per Serving			
Calories 160	Calories from Fat 5		
		% Daily Value*	
Total Fat 0g			0%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 0mg			0%
Total Carbohydrate 33g			11%
Dietary Fiber 2g			8%
Sugars 1g			
Protein 6g			
Vitamin A 0%	•	Vitamin C 0%	
Calcium 0%	•	Iron 10%	

*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

Calories per gram: Fat 9 • Carbs 4 • Protein 4

INGREDIENTS:

Elbow macaroni (wheat flour, niacin, ferrous sulfate (iron), thiamin mononitrate, riboflavin and folic acid).

Contains allergens: Wheat.

CHEESE POWDER
 (1 pouch)

Nutrition Facts

Serving Size: 2 Tbsp (14g) Dry
 Servings Per Container: 15

Amount Per Serving			
Calories 50	Calories from Fat 10		
		% Daily Value*	
Total Fat 1.5g			2%
Saturated Fat 1g			5%
Trans Fat 0g			
Cholesterol 10mg			3%
Sodium 470mg			20%
Total Carbohydrate 7g			2%
Dietary Fiber 0g			0%
Sugars 7g			
Protein 3g			
Vitamin A 2%	•	Vitamin C 0%	
Calcium 10%	•	Iron 0%	

*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

Calories per gram: Fat 9 • Carbs 4 • Protein 4

INGREDIENTS:

Cheese powder (whey, buttermilk solids, granular and cheddar cheeses [pasteurized milk, cheese culture, salt, enzymes], whey protein concentrate, salt, sodium phosphate, citric acid, yellow 5, yellow 6, lactic acid, enzyme).