

CREAMY A LA KING AND RICE

INGREDIENTS: Rice (55%), Food Starch-Modified, Whey, Maltodextrin, Carrots, Salt, Peas, Partially Hydrogenated Soybean Oil, Hydrolyzed Corn Protein, Corn Syrup Solids, Textured Vegetable Protein (Soy Flour), Guar Gum, Natural Flavours, Disodium Inosinate and Disodium Guanylate, Sodium Caseinate (a milk derivative), Mono and Diglycerides, Sodium Citrate, Salt, Dipotassium Phosphate, Carrageenan, Lactic Acid, Spices, Turmeric Extract.
CONTAINS: MILK, SOY, WHEAT.

NUTRITION INFORMATION			
Servings per package: 4.00			
Serving size: 51.00 g			
	Average Quantity per Serving	Average Quantity per 100 g	
Energy	760 kJ	1490 kJ	
Protein	4.0 g	7.9 g	
Fat, total	1.8 g	3.5 g	
- saturated	0.4 g	0.8 g	
Carbohydrate	36.2 g	71.0 g	
- sugars	3.3 g	6.5 g	
Sodium	803 mg	1580 mg	

HEARTY TORTILLA SOUP

INGREDIENTS: Black Beans, Maltodextrin, Rice, Masa Flour (10%)(White Corn, Sorbic Acid, Trace of Lime), Enriched Wheat Flour (7%) (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Enzyme, Folic Acid), Salt, Tomato Powder, Food Starch-Modified, Spices, Dried Corn, Guar Gum, Paprika Extract, Natural Flavour, Artificial Flavour.
CONTAINS: MILK, SOY, WHEAT

NUTRITION INFORMATION			
Servings per package: 4.00			
Serving size: 45.00 g			
	Average Quantity per Serving	Average Quantity per 100 g	
Energy	639 kJ	1420 kJ	
Protein	4.8 g	10.7 g	
Fat, total	0.8 g	1.8 g	
- saturated	0.1 g	0.2 g	
Carbohydrate	28.3 g	62.9 g	
- sugars	1.8 g	4.1 g	
Sodium	944 mg	2100 mg	

CREAMY TOMATO BASIL SOUP

INGREDIENTS: Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Enzyme, Folic Acid), Maltodextrin, Partially Hydrogenated Soybean and/or Cottonseed Oil, Corn Syrup Solids, Tomato Powder (10%), Salt, Sugar, Dried Onion Powder, Sodium Caseinate (a milk derivative), Mono and Diglycerides, Sodium Citrate, Dipotassium Phosphate, Carrageenan, Natural Flavour, Garlic Powder, Extracts of Turmeric and Paprika, Disodium Inosinate and Disodium Guanylate, Yeast Extract, Citric Acid, Spices (Basil 0.2%)
CONTAINS: MILK, SOY, WHEAT.

NUTRITION INFORMATION			
Servings per package: 4.00			
Serving size: 45.00 g			
	Average Quantity per Serving	Average Quantity per 100 g	
Energy	794 kJ	1760 kJ	
Protein	2.7 g	6.0 g	
Fat, total	7.5 g	16.7 g	
- saturated	1.8 g	4.1 g	
Carbohydrate	28.7 g	63.8 g	
- sugars	4.4 g	9.8 g	
Sodium	1020 mg	2260 mg	

APPLE CINNAMON CEREAL

INGREDIENTS: Six Grain Mix (Barley, Hard Red and Soft White Wheat, Rye, Rolled Oats, Triticale), Brown Sugar, Sugar, Partially Hydrogenated Soybean and/or Cottonseed Oil, Corn Syrup Solids, Natural and Artificial Flavours, Natural Cinnamon Flavour (1%), Dried Apples (1%), Salt, Cellulose Gum, Sodium Caseinate (a milk derivative), Mono and Diglycerides, Sodium Citrate, Dipotassium Phosphate, Carrageenan. CONTAINS: MILK, SOY, WHEAT

NUTRITION INFORMATION			
Servings per package: 4.00			
Serving size: 66.00 g			
	Average Quantity per Serving	Average Quantity per 100 g	
Energy	1010 kJ	1530 kJ	
Protein	5.3 g	8.0 g	
Fat, total	3.8 g	5.8 g	
- saturated	0.9 g	1.3 g	
Carbohydrate	43.9 g	66.5 g	
- sugars	16.6 g	25.2 g	
Sodium	135 mg	204 mg	

CRUNCHY GRANOLA

INGREDIENTS: Whole Grain Rolled Oats, Brown Sugar, Canola Oil, Whole Grain Rolled Wheat, Corn Syrup, Oat Flour, Whey (milk), Salt, Cinnamon, Soy Lecithin, Mixed Tocopherols to Preserve Freshness. CONTAINS: MILK, SOY, WHEAT

NUTRITION INFORMATION			
Servings per package: 4.00			
Serving size: 55.00 g			
	Average Quantity per Serving	Average Quantity per 100 g	
Energy	999 kJ	1820 kJ	
Protein	5.9 g	10.7 g	
Fat, total	6.3 g	11.4 g	
- saturated	0.7 g	1.2 g	
Carbohydrate	36.2 g	65.8 g	
- sugars	13.4 g	24.3 g	
Sodium	119 mg	216 mg	

BROWN SUGAR AND MAPLE MULTI GRAIN

INGREDIENTS: Six Grain Mix (Barley, Hard Red and Soft White Wheat, Rye, Rolled Oats, Triticale), Brown Sugar (13%), Sugar, Partially Hydrogenated Soybean and/or Cottonseed Oil, Corn Syrup Solids, Natural and Artificial Flavours, Cinnamon, Salt, Cellulose Gum, Sodium Caseinate (a milk derivative), Mono and Diglycerides, Sodium Citrate, Dipotassium Phosphate, Carrageenan. CONTAINS: MILK, SOY WHEAT

NUTRITION INFORMATION			
Servings per package: 4.00			
Serving size: 66.00 g			
	Average Quantity per Serving	Average Quantity per 100 g	
Energy	1010 kJ	1530 kJ	
Protein	5.4 g	8.2 g	
Fat, total	3.8 g	5.8 g	
- saturated	0.9 g	1.3 g	
Carbohydrate	43.8 g	66.4 g	
- sugars	16.2 g	24.5 g	
Sodium	119 mg	180 mg	