+jase PANTRY | 30 DAY FOOD SUPPLY

BROWN SUGAR OATMEAL

Nutrition Facts
20 servings per container
Serving size 1/4 Cup (40g)

Amount Per Serving	
Calories	170
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 26g	9%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 3g Added Sugars	6%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1.3mg	8%
Potassium 90mg	2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: OATS, CREAMER (PALM OR COCONUT OIL, CORN SYRUP SOLIDS, SODIUM CASEINATE (A MILK DERIVATIVE), DIPOTASS IUM PHOSPHATE, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: MONO AND DIGLYCERIDES, SILICON DIOXIDE), BROWN SUGAR, SALT

CONTAINS: MILK

CREAMY WHEAT CEREAL

Nutrition Facts
40 servings per container
Serving size 1/4 Cup (60g)

Amount Per Serving	
Calories	220
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 45g	16%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 10mg	2%
Iron 0.8mg	4%
Potassium 50mg	2%

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INGREDIENTS: FARINA

CONTAINS: WHEAT

MULTI-GRAIN CEREAL

Nutrition Facts
40 servings per container
Serving size 1/2 Cup (40g)

Amount Per Serving	
Calories	140
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 29g	11%
Dietary Fiber 6g	21%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1.5mg	8%
Potassium 170mg	4%

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INGREDIENTS: MIXED GRAIN ROLLED (HARD RED WINTER WHEAT, SOFT WHITE WHEAT, BARLEY, OATS, RYE, TRITICALE)

CONTAINS: WHEAT

SPANISH RICE

Nutrition Facts
40 servings per container
Serving size 1/4 Cup (40g)

Amount Per Serving	
Calories	170
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 320mg	14%
Total Carbohydrate 39g	14%
Dietary Fiber <1g	3%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 40mg	2%
Iron 1.6mg	8%
Potassium 120mg	2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: LONG GRAIN RICE, ONION, TOMATO POWDER, SALT, GREEN & RED BELL PEPPER, GARLIC, TOMATO FLAKE, CUMIN, DEHYDRATED JALAPENO

CHICKEN FLAVORED RICE ORZO PILAF

Nutrition Facts
40 servings per container
Serving size 1/4 Cup (54g)

Amount Per Serving	
Calories	200
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 370mg	16%
Total Carbohydrate 41g	15%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 0.9mg	4%
Potassium 100mg	2%

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INGREDIENTS: RICE, WHITE, LONG-GRAIN, PARBOILED, UNENRICHED, DRY, ORZO PASTA, NATURAL FLAVOR (HYDROLYZED CORN PROTEIN AND SAFFLOWER OIL)

CONTAINS: WHEAT

SAVORY BEANS & RICE

Nutrition Facts
40 servings per container
Serving size 1/4 Cup (40g)

Amount Per Serving	
Calories	150
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 125mg	5%
Total Carbohydrate 31g	11%
Dietary Fiber 3g	11%
Total Sugars <1g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 40mg	2%
Iron 1.8mg	10%
Potassium 210mg	4%

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INGREDIENTS: LONG GRAIN RICE, BEAN (BLACK, RED, OR PINTO), ONION, ONION SALT, CARROT, CUMIN, GARLIC, BLACK PEPPER, PARSLEY FLAKES

BUTTERY HERB PASTA

Nutrition Facts
40 servings per container
Serving size 1/4 cup (40g)

Amount Per Serving	
Calories	180
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 29g	11%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes <1g Added Sugars	1%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1.2mg	6%
Potassium 160mg	4%

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INGREDIENTS: PASTA (SEMOLINA (WHEAT), DURUM WHEAT FLOUR, VITAMINS/MINERALS: VITAMIN B3 (NIACIN), IRON (FERROUS SULFATE), VITAMIN B1 (THIAMINE MONONITRATE), VITAMIN B2 (RIBOFLAVIN), FOLIC ACID), CREAMER (PALM OR COCONUT OIL, CORN SYRUP SOLIDS, SODIUM CASEINATE (A MILK DERIVATIVE), DIPOTASS IUM PHOSPHATE, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: MONO AND DIGLYCERIDES, SILICON DIOXIDE), CORN STARCH, NATURAL FLAVOR (HYDROLYZED CORN PROTEIN AND SAFFLOWER OIL), PARSLEY, SALT

CONTAINS: MILK, WHEAT

CHEDDAR CHEESE GRITS

Nutrition Facts
20 servings per container
Serving size 1/4 Cup (30g)

Amount Per Serving	
Calories	140
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 420mg	18%
Total Carbohydrate 17g	6%
Dietary Fiber <1g	3%
Total Sugars 2g	
Includes <1g Added Sugars	2%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.6mg	4%
Potassium 120mg	2%

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INGREDIENTS: DEGERMED CORN GRITS, CREAMER (PALM OR COCONUT OIL, CORN SYRUP SOLIDS, SODIUM CASEINATE (A MILK DERIVATIVE), DIPOTASS IUM PHOSPHATE, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: MONO AND DIGLYCERIDES, SILICON DIOXIDE), CHEDDAR CHEESE POWDER (WHEY (FROM MILK), MALTODEXTRIN, CHEDDAR CHEESE (MILK, CHEESE CULTURE, SALT, ENZYMES), SUNFLOWER OIL, SALT, SODIUM PHOSPHATE, CONTAINS LESS THAN 2% OF: BLUE CHEESE (MILK, CHEESE CULTURE, SALT ENZYMES), CITRIC ACID, LACTIC ACID., SALT, NATURAL FLAVOR (HYDROLYZED CORN PROTEIN AND SAFFLOWER OIL), DICED GREEN CHILES, GROUND BLACK PEPPER

CONTAINS: MILK

CAMPIFRE STEW

Nutrition Facts
20 servings per container
Serving size 1/4 Cup (40g)

Amount Per Serving	
Calories	140
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 30g	11%
Dietary Fiber 4g	14%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1.8mg	10%
Potassium 270mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: LONG-GRAIN WHITE RICE, PASTA (SEMOLINA (WHEAT), DURUM WHEAT FLOUR, VITAMINS/MINERALS: VITAMIN B3 (NIACIN), IRON (FERROUS SULFATE), VITAMIN B1 (THIAMINE MONONITRATE), VITAMIN B2 (RIBOFLAVIN), FOLIC ACID), BEAN (BLACK, RED, OR PINTO), POTATO, ONION, TOMATO POWDER, CORN STARCH, CARROT, GARLIC, NATURAL FLAVOR, CELERY FLAKE, BLACK PEPPER

CONTAINS: WHEAT

CHEDDAR BROCCOLI RICE

Nutrition Facts
20 servings per container
Serving size 1/4 Cup (50g)

Amount Per Serving	
Calories	100
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 490mg	21%
Total Carbohydrate 18g	7%
Dietary Fiber <1g	2%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 90mg	6%
Iron 0.1mg	0%
Potassium 30mg	0%

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INGREDIENTS: LONG GRAIN RICE, KRAFT CHEDDAR CHEESE POWDER (FOR MIXES), CORN STARCH, CREAMER (PALM OR COCONUT OIL, CORN SYRUP SOLIDS, SODIUM CASEINATE (A MILK DERIVATIVE), DIPOTASS IUM PHOSPHATE, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: MONO AND DIGLYCERIDES, SILICON DIOXIDE), BROCCOLI FLORET, NATURAL FLAVOR (HYDROLYZED CORN PROTEIN AND SAFFLOWER OIL), ONION SALT, BLACK PEPPER

CONTAINS: MILK

HEARTY POTATO STEW

Nutrition Facts
20 servings per container
Serving size 1/4 Cup (40g)

Amount Per Serving	
Calories	170
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 910mg	40%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes <1g Added Sugars	1%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.6mg	4%
Potassium 300mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: CREAMER (PALM OR COCONUT OIL, CORN SYRUP SOLIDS, SODIUM CASEINATE (A MILK DERIVATIVE), DIPOTASS IUM PHOSPHATE, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: MONO AND DIGLYCERIDES, SILICON DIOXIDE), POTATO, POTATO FLAKE, CORN STARCH, NATURAL FLAVOR (HYDROLYZED CORN PROTEIN AND SAFFLOWER OIL), ONION, CARROT, ONION SALT, CELERY, GARLIC, BLACK PEPPER, ROSEMARY, DILL

CONTAINS: MILK

CREAMY CINNAMON RICE PUDDING

Nutrition Facts
20 servings per container
Serving size 1/4 Cup (40g)

Amount Per Serving	
Calories	170
	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 30g	11%
Dietary Fiber 0g	0%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 4g	
Vitamin D 0.5mcg	2%
Calcium 70mg	6%
Iron 0.9mg	4%
Potassium 170mg	4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: LONG GRAIN RICE, CREAMER (PALM OR COCONUT OIL, CORN SYRUP SOLIDS, SODIUM CASEINATE (A MILK DERIVATIVE), DIPOTASS IUM PHOSPHATE, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: MONO AND DIGLYCERIDES, SILICON DIOXIDE), NONFAT DRY MILK, SUGAR, CORN STARCH, CINNAMON, SALT, NATURAL FLAVOR, CARDAMON

CONTAINS: MILK

ELECTROLYTE DRINK MIX

Nutrition Facts
40 servings per container
Serving size 2 Tbsp (21g)

Amount Per Serving	
Calories	80
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	7%
Total Carbohydrate 20g	7%
Dietary Fiber 0g	0%
Total Sugars 20g	
Includes 20g Added Sugars	40%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.5mg	2%
Potassium 40mg	0%
Magnesium 5mg	0%

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INGREDIENTS: CANE SUGAR, SALT, NATURAL FLAVORS, NATURAL COLOR, POTASSIUM CITRATE, MAGNESIUM MALATE

Contains bioengineered food ingredients.

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Manufactured in a facility that also processes peanuts, tree nuts, cereals containing gluten, soy, and milk.

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