

Product	Code	Milk	Soy	Wheat	Eggs	Fish	Crustaceans	Tree Nuts	Peanuts	Sulfites <10ppm	Sesame	Mollusk	FD&C Yellow #5	Lupin	MSG
Apple Crisp	536			X				Coconut			X				
Beef Stew	114		X	X											
Beef Stroganoff	119	X	X	X	X					X					
Biscuits & Gravy	326	X		X											
Breakfast Skillet	482	X	X	X	X										
Cheesecake Bites	511	X	X	X	X										
Chicken & Dumplings	173														
Chicken A La King	111	X		X	X										
Chicken Breasts & Mashed Potatoes	170	X		X											
Chicken Fried Rice	112		X	X						X	X	X			X
Chicken Teriyaki	124		X	X						X					X
Chili Mac	128		X	X											
Corn	308														
Crackers	584		X	X											
Fire Roasted Vegetables	333														
Granola with Blueberries	449	X	X	X				Coconut			X				
Green Peas	305														
Homestyle Chicken Noodle Casserole	110	X		X	X										
Ice Cream Neapolitan	523	X													
Ice Cream Sandwich	524	X		X											
Italian Style Pepper Steak	129														
Lasagna	127	X		X											
Macaroni & Cheese	158	X		X									X		
Mexican Rice & Chicken	144	X	X												
New Orleans Style Rice with Shrimp and Ham	197		X				X			X					
Noodles & Chicken	131		X	X	X										
Oriental Style Rice & Chicken	138		X	X							X				
Pasta Primavera	137	X	X	X						X					
Raspberry Crumble	541	X	X	X											
Rice & Chicken	105		X	X											
Scrambled Eggs	445	X			X										
Scrambled Eggs with Bacon	447	X			X										
Scrambled Eggs with Ham & Peppers	425	X			X										
Spaghetti	108	X	X	X											
Sweet & Sour Pork	134		X	X		X				X	X				X
Turkey Tetrazzini	135	X	X	X						X					
Vegetable Stew with Beef	113		X	X						X					

Allergens identified here include only the Food and Drug Administration's defined major food allergens. We make every effort to ensure that our nutrition and allergen information is complete and up to date. However, because this information may change from time to time, please refer to the actual pouch or can label for the most accurate information available.