



# 2% reduced fat milk <sup>®</sup><sub>D</sub>

Grade A  
vitamins A & D  
contains 35% less  
fat than regular milk

QUALITY GUARANTEED.  
COMMENTS OR QUESTIONS?  
☎ 1-800-632-6900 OR  
🌐 WWW.KROGER.COM

## Nutrition Facts

8 servings per container

Serving size 8 fl oz (240mL)

Amount per serving

**Calories 120**

% Daily Value\*

**Total Fat** 5g 6%

Saturated Fat 3g 15%

Trans Fat 0g

**Cholesterol** 20mg 7%

**Sodium** 105mg 4%

**Total Carbohydrate** 12g 4%

Dietary Fiber 0g 0%

Total Sugars 12g

Includes 0g Added Sugars 0%

**Protein** 8g

Vitamin D 2.5mcg 10% • Calcium 290mg 25%

Iron 0mg 0% • Potassium 380mg 8%

Vitamin A 150mcg 15%

\*The % Daily Value 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: MILK, SKIM MILK, VITAMIN A PALMITATE, VITAMIN D3. CONTAINS: MILK.

DISTRIBUTED BY THE KROGER CO. CINCINNATI, OHIO 45202

PASTEURIZED - HOMOGENIZED  
FAT REDUCED FROM 8g TO 5g PER SERVING.

OUR FARMERS PLEDGE NOT TO TREAT THEIR COWS WITH rBST. THERE IS NO SIGNIFICANT DIFFERENCE BETWEEN MILK FROM rBST-TREATED AND NON-rBST-TREATED COWS.

87-0971



**HALF GAL (1.89L)**

KEEP REFRIGERATED

**2** % reduced fat  
milk <sup>U</sup>D

Grade A  
vitamins A & D  
contains 35% less  
fat than regular milk

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## Nutrition Facts

8 servings per container

**Serving size 8 fl oz (240mL)**

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**Calories 120**

% Daily Value\*

**Total Fat** 5g **6%**

Saturated Fat 3g **15%**

Trans Fat 0g

**Cholesterol** 20mg **7%**

**Sodium** 105mg **4%**

**Total Carbohydrate** 12g **4%**

Dietary Fiber 0g **0%**

Total Sugars 12g

Includes 0g Added Sugars **0%**

**Protein** 8g

Vitamin D 2.5mcg 10% • Calcium 290mg 25%

Iron 0mg 0% • Potassium 380mg 8%

Vitamin A 150mcg 15%

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INGREDIENTS: MILK, SKIM MILK,  
VITAMIN A PALMITATE, VITAMIN D3.  
CONTAINS: MILK.

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CINCINNATI, OHIO 45202

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FAT REDUCED FROM 8g TO 5g PER  
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rbST-TREATED AND  
NON-rbST-TREATED COWS.

87-0971



**HALF GAL (1.89L)**

**KEEP REFRIGERATED**



HIGH  
FIBER



[Kelloggs.com/DidYouKnow](http://Kelloggs.com/DidYouKnow)

*Kellogg's*

All-  
Bran

Original

Wheat  
Bran Cereal



120 CALORIES	0g SAT FAT 0% DV	95mg SODIUM 4% DV	9g TOTAL SUGAR
-----------------	------------------------	-------------------------	----------------------

PER 1/2 CUP SERVING

44%  
daily  
value  
FIBER  
12 GRAMS

© NET WT 18.6 OZ (1 LB 2.6 OZ) (527g)



# Nutrition Facts

About 13 servings per container  
**Serving size 2/3 Cup (41g)**

	Cereal	with 2/3 cup skim milk
<b>Calories</b>	<b>120</b>	<b>190</b>
	% DV*	% DV*
<b>Total Fat</b>	2g <b>3%</b>	2g <b>3%</b>
Saturated Fat	0g <b>0%</b>	0.5g <b>3%</b>
Trans Fat	0g	0g
Polyunsat. Fat	1.5g	1.5g
Monounsatur. Fat	0g	0g
<b>Cholesterol</b>	0mg <b>0%</b>	<5mg <b>1%</b>
<b>Sodium</b>	95mg <b>4%</b>	170mg <b>7%</b>
<b>Total Carb.</b>	32g <b>12%</b>	41g <b>15%</b>
Dietary Fiber	12g <b>44%</b>	12g <b>44%</b>
Soluble Fiber	3g	3g
Insoluble Fiber	9g	9g
Total Sugars	9g	18g
Incl. Added Sugars	8g <b>16%</b>	8g <b>16%</b>
<b>Protein</b>	5g <b>5%</b>	11g <b>17%</b>
Vitamin D	2mcg 10%	4.2mcg 20%
Calcium	0mg 0%	230mg 15%
Iron	4.6mg 25%	4.6mg 25%
Potassium	330mg 6%	620mg 10%
Thiamin	20%	25%
Riboflavin	20%	45%
Niacin	20%	25%
Vitamin B6	20%	25%
Folate	20%	20%
(folic acid)	(45mcg)	(45mcg)
Vitamin B12	20%	50%

\*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:** Wheat bran, sugar, malt flavor, contains 2% or less of salt.

**Vitamins and Minerals:** Niacinamide, reduced iron, vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B1 (thiamin hydrochloride), folic acid, vitamin D3, vitamin B12.

**CONTAINS WHEAT INGREDIENTS.**





# Nutrition Facts

about 4 servings per container

serving size **3 oz (85g / 1/3 cup)**

Amount per serving

**Calories 120**

% Daily Value\*

**Total Fat** 4g **5%**

Saturated Fat 1g **5%**

Trans Fat 0g

**Cholesterol** 70mg **23%**

**Sodium** 300mg **13%**

**Total Carbohydrate** 0g **0%**

Dietary Fiber 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

**Protein** 20g

Vitamin D 12mcg 60% • Calcium 240mg 20%

Iron 1mg 6% • Potassium 280mg 6%

\*The % Daily Value 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:  
PINK SALMON,  
SALT,  
CONTAINS:  
SALMON

DISTRIBUTED BY  
THE KROGER CO.  
CINCINNATI, OHIO  
45202

PRODUCT OF USA



## Nutrition Facts

4 servings per container  
Serving size 1 cup (240mL)

Amount per serving

**Calories 210**

% Daily Value\*

Total Fat 8g 11%

Saturated Fat 5g 26%

Trans Fat 0g

Cholesterol 35mg 11%

Sodium 230mg 10%

Total Carbohydrate 25g 9%

Dietary Fiber 0g 0%

Total Sugars 23g

Includes 11g Added Sugars 23%

Protein 8g

Vit D 2.5mg 10% • Calcium 300mg 25%

Iron 0.5mg 2% • Potas 440mg 10% • Vit A 10%

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:** MILK, LIQUID SUGAR (SUGAR, WATER), LESS THAN 1% OF COCOA (PROCESSED WITH ALKALI), CORN STARCH, SALT, CARRAGEENAN, NATURAL FLAVOR, NONFAT MILK, VITAMIN D<sub>3</sub>.

**DISTRIBUTED BY:** DFA DAIRY BRANDS, LLC, KANSAS CITY, KS 66111

trumoo.com

**COMMENTS?** 1-800-395-7004

**GRADE A • PASTEURIZED • HOMOGENIZED**

**PLANT # STAMPED ABOVE**

**KEEP REFRIGERATED**

**SHAKE WELL**

\*No significant difference has been shown in milk from cows treated with the artificial growth hormone rbST and non rbST treated cows.



6 41900 07515 0





# Nutrition Facts

About 3 servings per container  
Serving size About 12 chips (28g)

	Per serving	Per package
Calories	150	410
	% DV*	% DV*
Total Fat	8g10%	21g27%
Saturated Fat	1g5%	3g15%
Trans Fat	0g	0g
Cholesterol	0mg0%	0mg0%
Sodium	190mg8%	510mg22%
Total Carb.	18g6%	49g18%
Dietary Fiber	1g4%	3g12%
Total Sugars	less than 1g	2g
Protein	2g	5g
Vitamin D	0mcg0%	0mcg0%
Calcium	30mg2%	90mg6%
Iron	0.3mg0%	0.7mg4%
Potassium	50mg0%	150mg2%

Not a significant source of added sugars.

\* 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:** CORN, VEGETABLE OIL (SUNFLOWER, CANOLA, AND/OR CORN OIL), MALTODEXTRIN (MADE FROM CORN), SALT, WHEY, CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), BUTTERMILK, MONOSODIUM GLUTAMATE, ROMANO CHEESE (COW'S MILK, CHEESE CULTURES, SALT, ENZYMES), ONION POWDER, CORN FLOUR, NATURAL AND ARTIFICIAL FLAVORS, DEXTROSE, TOMATO POWDER, WHEY PROTEIN CONCENTRATE, SPICES, LACTOSE, ARTIFICIAL COLOR (YELLOW 6, YELLOW 5, RED 40), POTASSIUM CHLORIDE, LACTIC ACID, SODIUM CASEINATE, CITRIC ACID, SUGAR, GARLIC POWDER, RED AND GREEN BELL PEPPER POWDER, SKIM MILK, DISODIUM INOSINATE, AND DISODIUM GUANYLATE.

**CONTAINS MILK INGREDIENTS.**





## Nutrition Facts/Datos de Nutrición

About 8 servings per container/aprox. 8 raciones por envase

Serving size/Tamaño por ración 25 Biscuits/25 Galletas (60g)

Amount per serving/Cantidad por ración	Cereal/ Cereal	with 3/4 cup skim milk/con 3/4 taza de leche descremada
Calories/Calorías	210	270
	% DV* / % VD*	% DV* / % VD*
<b>Total Fat/Grasa Total</b>	1.5g 2%	1.5g 2%
Saturated Fat/Grasa Saturada	0g 0%	0g 0%
Trans Fat/Grasa Trans	0g	0g
Polyunsaturated Fat/Grasa Poliinsaturada	1g	1g
Monounsaturated Fat/Grasa Monoinsaturada	0g	0g
<b>Cholesterol/Colesterol</b>	0mg 0%	<5mg 1%
<b>Sodium/Sodio</b>	10mg 0%	85mg 4%
<b>Total Carbohydrate/Carbohidrato Total</b>	51g 19%	60g 22%
Dietary Fiber/Fibra Dietética	6g 21%	6g 21%
Soluble Fiber/Fibra Soluble	<1g	<1g
Insoluble Fiber/Fibra Insoluble	5g	5g
Total Sugars/Azúcares Totales	12g	22g
Incl. Added Sugars/Incl. azúcares añadidos	12g 24%	12g 24%
<b>Protein/Proteínas</b>	5g 4%	11g 16%
Vitamin D/Vitamina D	0mcg 0%	2.2mcg 10%
Calcium/Calcio	0mg 0%	230mg 15%
Iron/Hierro	18mg 100%	18mg 100%
Potassium/Potasio	160mg 2%	440mg 10%
Thiamin/Tiamina	10%	15%
Niacin/Niacina	10%	15%
Folate/Folato (folic acid/ácido fólico)	100% (235mcg)	100% (235mcg)
Phosphorus/Fósforo	10%	25%
Magnesium/Magnesio	10%	15%
Zinc/Zinc	10%	15%

\*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. / El % Valor Diario (VD) le indica cuánto un nutriente en una porción de alimentos contribuye a una dieta diaria. 2,000 calorías al día se utiliza para asesoramiento de nutrición general.

**Ingredients: Whole grain wheat, sugar, contains 2% or less of brown rice syrup, gelatin, BHT for freshness.**

**Vitamins and Minerals: Reduced iron, folic acid.**

**CONTAINS WHEAT INGREDIENTS.**

**Ingredientes: Trigo integral, azúcar, contiene 2% o menos de jarabe de arroz integral, gelatina, BHT para mantener la frescura.**

**Vitaminas y Minerales: Hierro reducido, ácido fólico.**

**CONTIENE INGREDIENTES DE TRIGO.**





**Nutrition Facts**

9 servings per container  
Serving size 2/3 cup (110g)

Amount per serving  
**Calories 210**

	% Daily Value*
Total Fat 11g	14%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 75mg	3%
Total Carbohydrate 25g	9%
Dietary Fiber less than 1g	2%
Total Sugars 24g	
Includes 18g Added Sugars	36%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 110mg	8%
Iron 0mg	0%
Potassium 220mg	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: MILK, CREAM, SUGAR, STRAWBERRIES, WHEY, DUTCHED COCOA (PROCESSED WITH ALKALI), VEGETABLE GUMS (TARA, CAROB BEAN), NATURAL FLAVOR.

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NJ 07632 USA



Questions or Comments  
call or visit us at  
1-800-931-2826  
[www.breyers.com](http://www.breyers.com)

Natural flavor made with  
vanilla beans from Rainforest  
Alliance Certified™ farms.

See bottom panel for  
Best if Used By date







3, 7

## Nutrition Facts

16 servings  
per container

Serving size  
1 slice (21g)

Calories  
per serving

**60**

Amount/serving % Daily Value\*

**Total Fat** 4g **5%**

Saturated Fat 2.5g **12%**

*Trans* Fat 0g

**Cholesterol** 15mg **5%**

**Sodium** 250mg **11%**

**Vitamin D** 1.2mcg **6%**

**Calcium** 340mg **25%**

**Iron** 0mg **0%**

**Potassium** 0mg **0%**

Amount/serving % Daily Value\*

**Total Carbohydrate** 2g **1%**

Dietary Fiber 0g **0%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

**Protein** 3g

\*The % Daily Value  
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:** CHEDDAR CHEESE (CULTURED MILK, SALT, ENZYMES), SKIM MILK, MILKFAT, MILK PROTEIN CONCENTRATE, WHEY, CALCIUM PHOSPHATE, SODIUM PHOSPHATE, CONTAINS LESS THAN 2% OF MODIFIED FOOD STARCH, SALT, LACTIC ACID, MILK, ANNATTO AND PAPRIKA EXTRACT (COLOR), NATAMYCIN (A NATURAL MOLD INHIBITOR), ENZYMES, CHEESE CULTURE, VITAMIN D3.

**CONTAINS: MILK.**

**FOODS COMPANY**  
**CHICAGO, IL 60601**

**BEST WHEN USED BY DATE SHOWN**









# Nutrition Facts

1 serving per container  
Serving size 1 package

Amount per serving

**Calories 160**

% Daily Value\*

**Total Fat** 10g **13%**

Saturated Fat 1.5g **7%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 170mg **7%**

**Total Carbohydrate** 15g **6%**

Dietary Fiber 1g

Total Sugars less than 1g

**Protein** 2g

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.6mg 2%

Potassium 350mg 6%

Vitamin C 6%

Not a significant source of added sugars.

\* 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:** POTATOES, VEGETABLE OIL (CANOLA, CORN, SOYBEAN, AND/OR SUNFLOWER OIL), AND SALT.

 **Lean Cuisine**

**CLASSIC  
TASTE  
YOU LOVE**

## FEATURES

### Steak Portabella

tender beef steak  
& portabella  
mushrooms in a  
savory beef sauce  
with broccoli

**18g**  
PROTEIN

**160**  
CALORIES

7g NET CARBS\*

PER PACKAGE

**160**  
CALORIES

**2.5g**  
SAT FAT  
10% DV

**770mg**  
SODIUM  
30% DV

**2g**  
TOTAL  
SUGARS

**18g**  
PROTEIN  
36% DV

SEE NUTRITION INFORMATION FOR SODIUM CONTENT

U.S.  
INSPECTED  
AND PACKED BY  
FARM FRESH OF  
ALABAMA, INC.

KEEP FROZEN - SERVING SUGGESTION  
**COOK THOROUGHLY**

NET WT 7 1/2 OZ (212g)

## Nutrition Facts

1 serving per container  
Serving size 1 Package (212g)

Amount per serving  
**Calories 160**

% Daily Value\*

<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 2g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 770mg	<b>33%</b>
<b>Total Carbohydrate</b> 10g	<b>4%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 2g	
Includes <1g Added Sugars	<b>2%</b>
<b>Protein</b> 18g	<b>26%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 50mg	<b>4%</b>
Iron 1.1mg	<b>6%</b>
Potassium 360mg	<b>8%</b>

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**INGREDIENTS:** BROCCOLI, COOKED BRAISED PRIME RIB BEEF STEAK STRIPS AND MODIFIED CORN STARCH PRODUCT CARAMEL COLOR ADDED (BEEF, BEEF BROTH, MODIFIED CORN STARCH, SALT, SODIUM PHOSPHATES, DEXTROSE, CARAMEL COLOR, NATURAL FLAVORS), WATER, PORTABELLA MUSHROOMS, ONIONS, 2% OR LESS OF MODIFIED CORNSTARCH, TOMATO PUREE (WATER, TOMATO PASTE), BUTTER (CREAM, SALT), SALT, GUM ACACIA, SUGAR, SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT), MUSHROOM JUICE CONCENTRATE, GARLIC, CARROTS, CELERY, CARAMEL COLOR, DRIED ONIONS, DRIED BEEF BROTH, FLAVORING, MALTODEXTRIN, SPICE, SOY SAUCE (WATER, SOYBEANS, WHEAT, SALT), SHERRY WINE, ENZYME MODIFIED CREAM, LACTIC ACID, DISODIUM PHOSPHATE, GRILL FLAVOR (FROM VEGETABLE OIL), SMOKE FLAVOR.  
**CONTAINS: WHEAT, MILK, SOY INGREDIENTS.**

DISTRIBUTED BY NESTLÉ USA, INC., SOLON, OH 44139 USA

15650 Proof of Purchase

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Best Before





FROSTED TOASTED  
OAT CEREAL WITH  
MARSHMALLOWS

# Lucky Charms™



ENLARGED TO  
SHOW DETAIL

MARSHMALLOW  
SHAPES AND  
COLORS MAY VARY

PER 1 CUP SERVING

**140**  
CALORIES

**0g**  
SAT FAT  
0% DV

**230mg**  
SODIUM  
10% DV

**12g**  
TOTAL  
SUGARS

SEE NUTRITION FACTS FOR "AS PREPARED" INFORMATION

**Gluten  
Free**

**NET WT 10.5 OZ (297g)**



## Nutrition Facts

About 8 servings per container  
**Serving size 1 cup (36g)**

	Lucky Charms	with 1/2 cup skim milk
<b>Calories</b>	<b>140</b>	<b>190</b>
	% DV**	% DV**
<b>Total Fat</b> 1.5g*	<b>2%</b>	<b>2%</b>
Saturated Fat 0g	<b>0%</b>	<b>0%</b>
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0.5g		
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>1%</b>
<b>Sodium</b> 230mg	<b>10%</b>	<b>12%</b>
<b>Total Carbohydrate</b> 30g	<b>11%</b>	<b>13%</b>
Dietary Fiber 2g	<b>7%</b>	<b>8%</b>
Total Sugars 12g		
Incl. Added Sugars 12g	<b>24%</b>	<b>24%</b>
<b>Protein</b> 3g		
Vitamin D 2mcg	10%	10%
Calcium 130mg	10%	20%
Iron 3.6mg	20%	20%
Potassium 0mg	0%	6%
Vitamin A	10%	15%
Vitamin C	10%	10%
Thiamin	20%	20%
Riboflavin	10%	10%
Niacin	10%	10%
Vitamin B <sub>6</sub>	20%	20%
Folate (45mcg folic acid)	20%	20%
Vitamin B <sub>12</sub>	20%	20%
Phosphorus	8%	15%
Magnesium	8%	10%
Zinc	20%	20%

\* Amount in cereal. A serving of cereal plus skim milk provides 2g Total Fat, 5mg Cholesterol, 290mg Sodium, 36g Total Carbohydrate (18g Total Sugars), 7g Protein, 280mg Calcium, 270mg Potassium.

\*\* 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: Whole Grain Oats, Sugar, Corn Starch, Modified Corn Starch, Corn Syrup, Dextrose. Contains 2% or less of: Salt, Gelatin, Trisodium Phosphate, Red 40, Yellow 5 & 6, Blue 1, Natural And Artificial Flavor, Vitamin E (mixed tocopherols). Added to Preserve Freshness.**

**Vitamins and Minerals: Calcium Carbonate, Vitamin C (sodium ascorbate), Iron and Zinc (mineral nutrients), A B Vitamin (niacinamide), Vitamin B<sub>6</sub> (pyridoxine hydrochloride), Vitamin B<sub>1</sub> (thiamin mononitrate), Vitamin A (palmitate), Vitamin B<sub>2</sub> (riboflavin), A B Vitamin (folic acid), Vitamin B<sub>12</sub>, Vitamin D<sub>3</sub>.**

DISTRIBUTED BY GENERAL MILLS SALES, INC., MINNEAPOLIS, MN 55440 USA

**Contains Bioengineered Food Ingredients**  
Learn more at Ask.GeneralMills.com

GLUTEN FREE

© General Mills  
Patent: generalmills.com/pat

This package is sold by weight, not by volume. You can be assured of proper weight even though some settling of contents normally occurs during shipment and handling.

P 3083360915 05G 3472497915





**Serving size 1 Meal (369g)**

Amount per serving

<b>Calories</b>	<b>260</b>
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**Total Fat** 6g **8%**

**Total Fat** 6g **8%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

**Cholesterol** 45mg **15%**

**Sodium** 1040mg **45%**

**Total Carbohydrate** 31g **11%**

Dietary Fiber 5g **18%**

Total Sugars 6g

Includes 5g Added Sugars **10%**

---

**Protein** 19g **24%**

Vitamin D 0mcg	0%
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Calcium 30mg	2%
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Iron 0.7mg	4%
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Potassium 750mg	15%
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\*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: MASHED POTATOES (REHYDRATED POTATO FLAKES AND GRANULES [WATER, POTATOES, MONO- AND DIGLYCERIDES, CITRIC ACID, DISODIUM DIHYDROGEN PYROPHOSPHATE, BHT, SODIUM BISULFITE], BUTTER [CREAM, SALT], CREAM, SALT, FLAVORING), SWEET GRAVY (WATER, BROWN SUGAR, MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF: CHICKEN FLAVOR [CHICKEN BROTH, SALT, CHICKEN FAT], CHICKEN GLAZE [CHICKEN BROTH, COOKED CHICKEN, CHICKEN FAT, SALT, FLAVORINGS], BUTTER [CREAM, SALT], ONIONS, SALT, CHARDONNAY WINE, CANOLA OIL, GARLIC, SPICE), HONEY ROASTED TURKEY (TURKEY BREAST TENDERLOIN, WATER, HONEY, ISOLATED SOY PROTEIN PRODUCT [ISOLATED SOY PROTEIN, MODIFIED POTATO STARCH, CORN STARCH, CARRAGEENAN, SOY LECITHIN], OLIVE OIL, CHICKEN FLAVOR [MALTODEXTRIN, CHICKEN BROTH, SALT, FLAVORS], SALT, POTASSIUM CHLORIDE, POTASSIUM AND SODIUM PHOSPHATES, SEASONING [SPICE EXTRACTIVES WITH POLYSORBATE 80, CANOLA OIL, MEDIUM CHAIN TRIGLYCERIDES, PROPYLENE GLYCOL, FLAVORS, SOY LECITHIN]), CARROTS, BROCCOLI, WATER. CONTAINS: MILK, SOY.



# Nutrition Facts

About 8 servings per container

**Serving size 1 oz (28g)**

**Calories** **90**  
per serving

Amount/serving      % Daily Value\*

**Total Fat** 6g **7%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

**Cholesterol** 15mg **5%**

**Sodium** 210mg **9%**

Vitamin D 0.1mcg 0% • Calcium 200mg 15% • Iron 0mg 0% • Potassium 50mg 0%

Amount/serving      % Daily Value\*

**Total Carbohydrate** 1g **0%**

Dietary Fiber 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

**Protein** 8g

\*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:** LOW-MOISTURE PART-SKIM MOZZARELLA CHEESE (CULTURED PASTEURIZED REDUCED FAT MILK, SALT, ENZYMES).

S1295







about 13 servings per container  
**Serving size 1/2 cup dry (40g)**

**Amount per serving**  
**Calories**  
**140**

\* 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.



COATED PAPER  
CANISTER  
LID

PLASTIC  
Coke  
Liquor

how2recycle.info

\*Not recycled in



0 78742 01371 8

30644 1905 00F-100 101H

Series	1
Water	100
Costs	Nil
Salt (optional)	-

- 
- MICROWAVE

- 1 Combine water with microwave hot.
- 2 Microwave on high.

1 cup Great Value  
Shortening  
1 cup Great Value  
Granulated Sugar  
1 cup Great Value  
Great Value



Heat oven to 350°F. In a large bowl, mix butter with sugars, adding vanilla, egg and vanilla. Stir in oatmeal and flour until well combined. Press dough into rounds between cookie sheets. Bake 10 minutes. Remove from oven. Place cookies on 1 wire rack. **Yield: 42 cookies**

42 copies



3, 4, 7



Simply Orange®  
100% ORANGE JUICE  
GOOD SOURCE OF VITAMIN C, VITAMIN D & CALCIUM

NO ADDED SUGAR†  
PASTEURIZED  
KEEP REFRIGERATED  
SHAKE WELL  
BEST IF USED WITHIN 7-10  
DAYS AFTER OPENING.  
PRODUCT QUESTIONS &  
FRESH TASTE GUARANTEED  
INFO CALL: 1-800-371-2653.  
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†NOT A REDUCED CALORIE FOOD.  
SEE NUTRITION FACTS FOR SUGAR  
& CALORIE CONTENT.

HI, ME 5¢  
PLEASE RECYCLE



USDA48146 • USD48147



Nutrition Facts

About 7 servings per container  
Serving Size 8 fl oz (240 mL)

Amount Per Serving  
**Calories 110**

% Daily Value

Total Fat 0g 0%

Sodium 0mg 0%

Total Carbohydrate 26g 9%

Total Sugars 23g

Includes 0g Added Sugars 0%

Protein 2g Not a significant source of protein

Vitamin D 2.5mg 15% • Calcium 350mg 25%

Potassium 450mg 10% • Vitamin C 30%

Fiber 10% • Vitamin B6 4%

Folate 10% • Magnesium 6%

Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber and iron.

CONTAINS ORANGE JUICE LESS THAN 1% OF: CALCIUM PHOSPHATE\* AND CALCIUM LACTATE\* (CALCIUM SOURCES), VITAMIN D2.\*

\*INGREDIENTS NOT FOUND IN REGULAR ORANGE JUICE.

PRODUCED FOR  
SIMPLY ORANGE JUICE COMPANY  
APRIMA, FL 32703 U.S.A.

CONTAINS ORANGE JUICE FROM COUNTRIES IDENTIFIED ON BOTTLE NECK.

©2015 SIMPLY ORANGE JUICE COMPANY.



**Nutrition Facts**

about 12 servings per container  
serving size 3 cookies (34g)

Amount per serving  
**Calories 160**

% Daily Value\*

**Total Fat** 7g **9%**

**Saturated Fat** 2g **10%**

*Trans Fat* 0g

**Cholesterol** 0mg **0%**

**Sodium** 135mg **6%**

**Total Carbohydrate** 25g **9%**

Dietary Fiber less than 1g **2%**

Total Sugars 14g

Includes 14g Added Sugars **28%**

**Protein** 1g

Vitamin D 0mcg **0%**

Calcium 10mg **0%**

Iron 1.4mg **8%**

Potassium 50mg **0%**

\* 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: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), SUGAR, PALM AND/OR CANOLA OIL, COCOA (PROCESSED WITH ALKALI), HIGH FRUCTOSE CORN SYRUP, LEAVENING (BAKING SODA AND/OR CALCIUM PHOSPHATE), SALT, SOY LECITHIN, CHOCOLATE, ARTIFICIAL FLAVOR.

CONTAINS: WHEAT, SOY.  
MONDELEZ GLOBAL LLC  
EAST HANOVER, NJ 07936 USA  
MADE IN MEXICO





## Nutrition Facts

About 9 servings per container

Serving size 1 1/3 cup (60g)

Amount per serving  
**Calories 210**

% Daily Value\*

**Total Fat** 1.5g **2%**

Saturated Fat 0g **0%**

*Trans* Fat 0g

Polyunsaturated Fat 0.5g

Monounsaturated Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 0mg **0%**

**Total Carbohydrate** 49g **18%**

Dietary Fiber 8g **30%**

Soluble Fiber 1g

Insoluble Fiber 7g

Total Sugars 0g

Includes 0g Added Sugars **0%**

**Protein** 7g

Vitamin D 0mcg 0%

Calcium 20mg 0%

Iron 2.1mg 10%

Potassium 240mg 6%

Thiamin 10%

Riboflavin 6%

Niacin 20%

Folate 6%

Phosphorus 20%

Magnesium 15%

Zinc 15%

\* 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:** Whole Grain Wheat, Wheat Bran. BHT added to preserve freshness.

**CONTAINS WHEAT.**



3, 8







# Vanilla

Flavored with Other Natural Flavors

## Nutrition Facts

Serving size: 1 bottle

Amount per serving: **Calories 290**, Total Fat 5g (6% DV), Saturated Fat 3g (15% DV), Trans Fat 0g, Cholesterol 20mg (7% DV), Sodium 290mg (13% DV), Total Carbohydrate 53g (19% DV), Dietary Fiber 0g (0% DV), Total Sugars 46g (Includes 32g Added Sugars; 64% DV), Protein 9g, Vitamin D 0mg (0% DV), Calcium 322mg (25% DV), Iron 0mg (0% DV), Potassium 646mg (15% DV).

**INGREDIENTS:** BREWED STARBUCKS® COFFEE (WATER, COFFEE), REDUCED-FAT MILK, SUGAR, MALTODEXTRIN, PECTIN, NATURAL FLAVORS. DISTRIBUTED BY NORTH AMERICAN COFFEE PARTNERSHIP, PURCHASE, NY 10577 USA.

SERVING SUGGESTION: SHAKE WELL. SERVE CHILLED OR OVER ICE. FOR COMMENTS OR QUESTIONS, CALL 1-800-211-8307.

frappuccino.com

ME-HI50 DEP  
OR100 PLEASE  
CA CRV  
Kb

58X19-415389  
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**Nutrition Facts**

Serving Size 2 oz (56g)  
Servings Per Container about 8

Amount Per Serving	
<b>Calories 180</b> Calories from Fat 15	
% Daily Value*	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 39g	<b>13%</b>
Dietary Fiber 6g	<b>24%</b>
Soluble Fiber 1g	
Insoluble Fiber 5g	
Sugars 2g	
<b>Protein</b> 8g	
Iron 20% • Thiamin 15%	
Niacin 25% • Folate 4%	
Phosphorus 25% • Magnesium 20%	
Manganese 80%	
Not a significant source of vitamin A, vitamin C and calcium.	
* 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	
Total Fat	Less than 65g 80g
Sat 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 • Carbohydrate 4 • Protein 4	

**INGREDIENTS: WHOLE GRAIN DURUM WHEAT FLOUR.**  
**CONTAINS WHEAT INGREDIENTS.**  
**THIS PRODUCT IS MANUFACTURED ON**