

BUTTERMILK PANCAKE MIX

(4 pouches)

Nutrition Facts

Serving Size: 1/3 Cup (46g) Dry
Servings Per Container: 6

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 560mg	23%
Total Carbohydrate 34g	11%
Dietary Fiber 1g	4%
Sugars 5g	

Protein 4g

Vitamin A	0%	•	Vitamin C	0%
Calcium	10%	•	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:

Cake flour (bleached wheat flour, niacin, iron (reduced iron), thiamine mononitrate, riboflavin, folic acid), sugar, soybean flour, dextrose, buttermilk powder, baking soda, corn starch, leavening agent (sodium acid pyrophosphate), non-iodized salt, leavening agent (monocalcium phosphate monohydrate), egg substitute (soy flour, wheat gluten, corn syrup solids, sodium alginate).

Contains allergens: Milk, soy and wheat.

SIX GRAIN BANANA CEREAL

(2 pouches)

Nutrition Facts

Serving Size: 1/3 Cup (48g) Dry
Servings Per Container: 4

Amount Per Serving	
Calories 170	Calories from Fat 15
% Daily Value*	

Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	

Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 37g	12%
Dietary Fiber 5g	20%
Sugars 12g	

Protein 4g

Vitamin A	0%	•	Vitamin C	2%
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:

Six grain mix (hard red wheat, soft white wheat, barley, oats, rye, triticale), sugar, freeze-dried banana dices, coconut creamer (partially hydrogenated coconut oil, corn syrup solids, sodium caseinate [a milk derivative], dipotassium phosphate, mono and diglycerides, silicon dioxide and soy lecithin), natural and artificial maple flavor (dextrose, maltodextrin, less than 2.0% silicon dioxide added to prevent caking), brown sugar, non-iodized salt.

Contains allergens: Milk, soy, and wheat.

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).

MORNING MOO'S® LOW FAT MILK ALTERNATIVE

(3 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.

MAPLE BROWN SUGAR OATMEAL

(3 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 2.0% silicon dioxide added to prevent caking), non-iodized salt.

Contains allergens: Milk and soy.

STRAWBERRY CREAM OF WHEAT

(3 pouches)

Nutrition Facts

Serving Size: 1/4 Cup (46g) Dry
Servings Per Container: 8

Amount Per Serving	
Calories 180	Calories from Fat 25
% Daily Value*	

Total Fat 2.5g	4%
Saturated Fat 2g	10%
Trans Fat 0g	

Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 35g	12%
Dietary Fiber 1g	4%
Sugars 11g	

Protein 4g

Vitamin A	0%	•	Vitamin C	0%
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:

Farina (wheat), sugar, coconut creamer (partially hydrogenated coconut oil, corn syrup solids, sodium caseinate [a milk derivative], dipotassium phosphate, mono and diglycerides, silicon dioxide and soy lecithin), natural and artificial strawberry flavor (maltodextrin, sugar, natural and artificial flavor, modified corn starch, potassium benzoate), non-iodized salt, natural red coloring (carmine, caramel color, and maltodextrin).

Contains allergens: Milk, soy, wheat.