Creamy Chicken Patty & Waffle with Four Seasons Vegetables and Cabbage

For Food Safety and Quality, Follow These Cooking Directions
It is recommended that you check the temperature of your meal with a food thermometer and ensure that it is reheated to 165°F or greater. Cooking times developed using an 1100 Watt microwave; cooking time may need to be modified.

1. Silt film over each compartment. Microwave on high 5 minutes; or Conventional Oven Preheat oven to 350°F. Bake 25 minutes.
2. Carefully remove product, and let stand 2 minutes.
3. Check that product is cooked thoroughly.

INGREDIENTS:
CREAMY CHICKEN PATTY & WAFFLE - [BREADED CHICKEN PATTY - Chicken breast with rib meat, water, isolated soy protein, vegetable protein product [soy protein concentrate, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, Vitamin A palmitate, calcium carbonate, thiamine mononitrate (B1), pyridoxine hydrochloride (B6), riboflavin (B2), cyanocobalamin (B12), textured vegetable protein product [soy flour, vegetable protein isolate, potato flour, zinc oxide, niacinamide, copper gluconate], rice flour, salt, modified corn starch], soy sauce, potassium and sodium phosphates, chicken broth, riboflavin, taurine, dehydrated potatoes (potatoes, maltodextrin, salt), dehydrated white onion, dehydrated garlic, dehydrated pineapple, dehydrated egg yolk, dextrose, natural flavor, color (contains caramel color), leavening (monocalcium phosphate, sodium bicarbonate), food starch-modified, with less than 2% of: white salt, natural flavors, sodium caseinate, soy lecithin, disodium phosphate, sodium metabisulfite, calcium lactate, thiamine, pyridoxine, folic acid, color (contains caramel color), reduced sodium, rennet extract, lactic acid, xanthan gum, corn starch, sugar, potato starch. Battered with: Water, whole wheat flour, enriched wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, taurine, dehydrated potatoes (potatoes, added as stabilizer), modified cooking oil, salt, leavening (monocalcium phosphate, sodium bicarbonate), color (contains caramel color), spices. WHOLE GRAIN WAFFLE - Whole wheat flour and enriched wheat flour (wheat, niacin, reduced iron, thiamin mononitrate, riboflavin), water, whey, soybean oil, sugar. Contains 2% or less of: leavening (sodium acid pyrophosphate, baking soda, whole egg), food starch-modified, calcium chloride, powdered egg whites, salt, fortified with reduced iron, niacin, thiamine, riboflavin, folic acid, and color (contains caramel color), disodium acid pyrophosphate, natural flavor, citric acid, color (contains caramel color)].
FOUR SEASONS VEGETABLES - Carrots, yellow squash, cauliflower, green beans. WATER.
CABBAGE - DICED CABBAGE. WATER.

CONTAINS: SOY, MILK, WHEAT, EGG

Nutrition Facts
Serving Size 1 Meal (323g)
Servings Per Container: 1

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
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</thead>
<tbody>
<tr>
<td>Calories</td>
<td>410 Calories from Fat 200</td>
</tr>
<tr>
<td>Total Fat</td>
<td>19g 29%</td>
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<tr>
<td>Saturated Fat</td>
<td>4g 19%</td>
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<td>Trans Fat</td>
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<tr>
<td>Cholesterol</td>
<td>30mg 10%</td>
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<tr>
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<tr>
<td>Total Carbohydrate</td>
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<tr>
<td>Total Sugars</td>
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<tr>
<td>Protein</td>
<td>17g</td>
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* 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 Less than 300g 375g
- Dietary Fiber 25g 30g
Creamy Chicken Patty and Waffle
with Rib Meat
with Cinnamon Flavored Sweet Potatoes and Seasoned Green Beans

For Food Safety and Quality,
Follow These Cooking Directions

It is recommended that you check the temperature of your meal with a food thermometer and ensure that it is reheated to 165°F or greater. Cooking times developed using an 1100 Watt microwave; cooking time may need to be modified.

1 Sit film over each compartment. **Microwave** on high 5 minutes; or **Conventional Oven** Preheat oven to 350°F. Bake 25 minutes.
2 Carefully remove product, and let stand 2 minutes.
3 Check that product is cooked thoroughly.

**INGREDIENTS:**

**CREAMY CHICKEN PATTY and WAFFLE** - BREADED CHICKEN BREAST PATTIE WITH RIB MEAT - Chicken breast with rib meat, water, whole wheat flour, isolated soy protein, seasoning (modified food starch [potato], flavoring, modified food starch, onion powder, salt, black pepper, contains 2% or less of enriched wheat flour [enriched wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, salt]), whole eggs, whole grain yellow corn flour, enriched wheat flour, soybean oil, water, sugar, modified food starch, leavening (sodium acid pyrophosphate, baking soda), salt, spices, natural flavor.

**WHOLE GRAIN WAFFLE** - Whole wheat flour and enriched wheat flour (flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, whey, soybean oil, sugar. Contains 2% or less of: leavening (sodium acid pyrophosphate, baking soda), whole eggs, food starch-modified, calcium chloride, fortified with (reduced iron, niacinamide, pyridoxine hydrochloride [Vitamin B6], thiamine mononitrate [Vitamin B1], riboflavin [Vitamin B2], cyanocobalamin [Vitamin B12]), natural flavor, soy flour (soy flour, soybean oil, soy lecithin).

**WHITE GRAVY** - Water, non-dairy creamer (partially hydrogenated soybean oil, corn syrup solids, sodium caseinate, mono and diglycerides, sodium citrate, salt, dipotassium phosphate, carrageenan, artificial flavor), modified corn starch, bleached wheat flour, salt, soybean oil, flavors, spices, natural flavor (maltodextrin, salt, dextrose, sugar yeast extract, natural flavor).

**CINNAMON FLAVORED SWEET POTATOES** - DICED SWEET POTATOES. CINNAMON SAUCE - Water, dextrose, sugar, fructose, shortening powder (partially hydrogenated soybean oil, corn syrup solids, silicon dioxide as an anti-caking agent), dried egg yolks, sucrose, natural flavor, carrots, modified corn starch, natural flavor, natural flavor (maltodextrin, salt, dextrose, sugar yeast extract, natural flavor).

**SEASONED GREEN BEANS** - Green beans, onions, red peppers. **WATER. BUTTER BUDS** - Maltodextrin, enzyme modified butter (butter, buttermilk powder, enzymes) salt, dehydrated butter, shortening powder (partially hydrogenated soybean oil, corn syrup solids, sodium caseinate, mono and diglycerides), gua gum, sodium lactate, annatto, turmeric.

**CONTAINS:** EGG, SOY, WHEAT, MILK

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving Size 1 Meal (322g)</th>
<th>Servings Per Container: 1</th>
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</thead>
<tbody>
<tr>
<td><strong>Amount Per Serving</strong></td>
<td></td>
</tr>
<tr>
<td>Calories</td>
<td>420</td>
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<tr>
<td>Calories from Fat</td>
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<tr>
<td>% Daily Value*</td>
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<td>Protein</td>
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* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

<table>
<thead>
<tr>
<th>Calories 2,000</th>
<th>Calories 2,500</th>
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</thead>
<tbody>
<tr>
<td>Total Fat</td>
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<tr>
<td>Sat Fat</td>
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<tr>
<td>Sugars</td>
<td>100g</td>
</tr>
<tr>
<td>Protein</td>
<td>100g</td>
</tr>
</tbody>
</table>

**Calcium 10%** • Iron 25%

**Vitamin A 250%** • Vitamin C 65%

**CONTAINS:** EGG, SOY, WHEAT, MILK
Creamy Chicken Patty & Waffle
with Cinnamon Flavored Sweet Potatoes and Four Seasons Vegetables

For Food Safety and Quality, Follow These Cooking Directions

It is recommended that you check the temperature of your meal with a food thermometer and ensure that it is reheated to 165°F or greater. Cooking times developed using an 1100 Watt microwave; cooking time may need to be modified.

1. Slit film over each compartment. Microwave on high 5 minutes; or Conventional Oven Preheat oven to 350°F, Bake 25 minutes.
2. Carefully remove product, and let stand 2 minutes.
3. Check that product is cooked thoroughly.

KEEP FROZEN

NET WT. 12.00 OZ.

INGREDIENTS: CREAMY CHICKEN PATTY & WAFFLE
- [BREADED CHICKEN PATTY - Chicken breast with rib meat, water, isolated soy protein, vegetable protein product (soy protein concentrate, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, Vitamin A palmitate, calcium pantothenate, thiamine mononitrate (B1), pyridoxine hydrochloride (B6), riboflavin (B2), cyanocobalamin (B12), textured vegetable protein product (soy flour, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, Vitamin A palmitate, calcium pantothenate, thiamine mononitrate (B1), pyridoxine hydrochloride (B6), riboflavin (B2), cyanocobalamin (B12), may contain caramel color), salt, potassium and sodium phosphates, chicken broth. Breaded with: Whole wheat flour, enriched wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, foli acid), dehydrated potatoes (potatoes, monoglycerides, dextrin), yeast, sugar, salt, soybean oil (processing aid). Battered with: Water, whole wheat flour, enriched wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, foli acid), potato flour, salt, modified corn starch, leavening (calcium acid pephosphate, monocalcium phosphate, sodium bicarbonate), flavor (contains maltodextrin, salt, and natural flavors), hydroized corn protein, onion powder, garlic powder, yeast extract, chicken broth, spice, set in vegetable oil.]

WHOLE GRAIN WAFFLE - Whole wheat flour and enriched wheat flour (flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, whey, soybean oil, sugar. Contains 2% or less of: leavening (sodium acid pyrophosphate, baking acid), whole eggs, food starch-modified, calcium chloride, powdered egg whites, salt, fortifed with (reduced iron, niacinamide, pyridoxine hydrochloride [Vitamin B6], riboflavin [Vitamin B2], thiamine mononitrate [Vitamin B1], cyanocobalamin [Vitamin B12]), natural flavor, soy flour (soy flour, soy lecithin). WATER WHITE GRAVY MIX - free-dairy creamer (partially hydrogenated soybean oil, corn syrup solids, sodium caseinate, mono and diglycerides, sodium citrate, salt, dextroamylose phosphate, carrageenan, artifical flavor), modified corn starch, bleached wheat flour, salt, shortening powder (partially hydrogenated soybean oil, corn syrup solids, sodium caseinate, mono and diglycerides, dipotassium phosphate, sugar, spices, liquid shortening (soybean oil, glycerol, lactic acid and citric acid), alcohol, sodium acid citrate), four seaons vegetables - carrots, yellow squash, cauliflower, green beans. WATER.

CINNAMON FLAVORED SWEET POTATOES - [Diced sweet potatoes. WATER. CINNAMON DESSERT MIX - Dextrose, sugar, fructose, shortening powder (partially hydrogenated soybean oil, corn syrup, solids, soya protein isolate, mono and di-glycerides, silicon dioxide as an anti-caking agent), dried eggs, sugar, salt, sodium caseinate, sucrose, artificial flavor (contains maltodextrin, sugar, dextrose, maltodextrine, natural flavor).]

FOUR SEASONS VEGETABLES - Four seaons vegetables - carrots, yellow squash, cauliflower, green beans. WATER.

CONTAINS: SOY, MILK, WHEAT, EGG
Turkey Ham & Waffle
Cured Turkey Thigh meat Chunked and Formed with Fruit Cocktail and Hash Browns

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1. Slit film over each compartment. **Microwave** on high 3 minutes 30 seconds; or **Conventional Oven** Preheat oven to 350°F. Bake 25 minutes.
2. Carefully remove product, and let stand 2 minutes.
3. Check that product is cooked thoroughly.

**NET WT. 9.20 OZ.**

**INGREDIENTS:** TURKEY HAM & WAFFLE - (CURED TURKEY THIGH MEAT CHUNKED AND FORMED - Turkey thigh meat, water, contains 2% or less salt, dextrose, sodium phosphate, sodium erythorbate, natural smoke flavoring, sodium nitrite. WHOLE GRAIN WAFFLE - Whole wheat flour and enriched wheat flour (flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, whey, soybean oil, sugar. Contains 2% or less of: leavening (sodium acid pyrophosphate, baking soda), whole eggs, food starch-modified, calcium chloride, powdered egg whites, salt, fortified with (reduced iron, niacinamide, pyridoxine hydrochloride [Vitamin B6], riboflavin [Vitamin B2], thiamine mononitrate [Vitamin B1], cyanocobalamin [Vitamin B12]), natural flavor, soy flour (soy flour, soybean oil, soy lecithin).)
FRUIT COCKTAIL - [Diced peaches, water, diced pears, grapes, sugar, pineapple sectors, halved cherries artificially colored red with carmine.]
HASH BROWNS - [Diced HASH BROWNS - Potatoes, vegetable oil (contains one or more of the following: canola oil, corn oil, cottonseed oil, palm oil, soybean oil, sunflower oil), disodium dihydrogen pyrophosphate (to promote color retention), dextrose.]
CONTAINS: WHEAT, MILK, SOY, EGG
Oatmeal
with Waffle and Sausage Patty

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1. Slit film over each compartment. Microwave on high 3 minutes 30 seconds; or Conventional Oven Preheat oven to 350°F. Bake 25 minutes.
2. Carefully remove product, and let stand 2 minutes.
3. Check that product is cooked thoroughly.

INGREDIENTS:
OATMEAL - [WATER, QUICK OATS, CINNAMON DESSERT MIX - Dextrose, sugar, fructose, shortening powder (partially hydrogenated soybean oil, corn syrup solids, soy protein isolate, mono and di-glycerides, silicon dioxide as an anticaking agent), dried egg yolk, sodium caseinate, dried egg whites, cinnamon, ascorbic acid and less than 2% of the following: silicon dioxide (anti-caking), carrageenan gum, sodium citrate, natural and artificial flavors (including vanilla), salt and natural flavor].

WAFFLE - [WHOLE GRAIN WAFFLE - Whole wheat flour and enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, whey, soybean oil, sugar. Contains 2% or less of: leavening (sodium acid pyrophosphate, baking soda), whole eggs, food starch-modified, calcium chloride, powdered egg whites, salt, fortified with (reduced iron, niacinamide, pyridoxine hydrochloride [Vitamin B6], riboflavin [Vitamin B2], thiamine mononitrate [Vitamin B1], cyanocobalamin [Vitamin B12], natural flavor, soy flour, soybean oil, soy lecithin)].

SAUSAGE PATTY - [SAUSAGE PATTY - Pork, water, contains 2% or less of: salt, dextrose, spices, sodium phosphates, sugar].

CONTAINS: SOY, EGG, WHEAT, MILK

Nutrition Facts

Serving Size 1 Meal (210g)
Servings Per Container: 1

Amount Per Serving
Calories 420 Calories from Fat 150

% Daily Value*
Total Fat 14g 21%
Saturated Fat 4.5g 23%
Trans Fat 0g
Cholesterol 35mg 11%
Sodium 610mg 25%
Total Carbohydrate 55g 18%
Dietary Fiber 5g 22%
Sugars 18g
Protein 13g

* 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

532

532 Proof // 2016-10-25, 04:19:17 PM // Plate 1