





Morning Moo's Low Fat Milk Alternative **80** Servings



Nutr	itio	n Fa	acts	
Serving Siz Servings P		(17g)		
Amount Per S	Serving			
Calories 7	'0 Cal	ories fron	ו Fat 20	
		%	Daily Value*	
Total Fat	2.5g		4%	
Saturated	d Fat 2g		11 %	
Trans Fa	t 0g			
Cholester	ol 0mg		0%	
Sodium 1	10mg		5%	
Total Carl	ohydrate	e 8g	3%	
Dietary F	iber 0g		0%	
Sugars 1	g			
Protein 3	<u> </u>			
Vitamin A	8% •	Vitamir	n C 0%	
Calcium	10% •	Iron	0%	
Vitamin D	25% •	Ribofla	ıvin 4%	
*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	
Sat Fat	Less than	20g	25g	
Cholesterol Sodium	Less than Less than	300mg 2400mg	300mg 2400mg	
Total Carboh		2400mg 300g	2400mg 375g	
Dietary Fiber		25g	30g	
Calories per gram: Fat 9 Carbs 4 Protein 4				

OPTIMUM SHELF LIFE: 25 YEARS

INGREDIENTS: Sweet whey, creamer (coconut oil, corn syrup solids, sodium caseinate [a milk

Maple and Brown Sugar Oatmeal 40 Servings



Nutrition Facts Serving Size: 1/4 cup (30g) Servings Per Container: 40

Amount Per S	Serving			
Calories 1	120 C	Calories fro	m Fat 25	
		%	Daily Value*	
Total Fat	3g		4%	
Saturated	d Fat 1g		5 %	
Trans Fa	ıt 0g			
Cholester	ol 0mg		0%	
Sodium 3	0mg		1%	
Total Carl	oohydra	te 21g	7%	
Dietary F	iber 3g		10%	
Sugars 3	g			
Protein 4	g			
Vitamin A	0%	• Vitamii	n C 0%	
Calcium	2%	 Iron 	8%	
*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 thar	n 65g	80g	
Sat Fat	Less thar	n 20g	25g	
Cholesterol	Less thar	n 300mg	300mg	
Sodium	Less thar	n 2400mg	2400mg	
Total Carboh	ydrate	300g	375g	
Dietary Fiber		25g	30g	
Calories per	gram: Fat 9	Carbs 4	Protein 4	

OPTIMUM SHELF LIFE: 25 YEARS

INGREDIENTS: Quick rolled oats, brown sugar, creamer (coconut oil, corn syrup solids, sodium sugar, mono and diglycerides, polysorbate 80, sodium silicoaluminate, tetrasodium pyrophosphate, soy lecithin) maple flavor (natural & artificial), salt

Macaroni **30** Servings



Nutrition Facts Serving Size: 1/3 cup (44g) Servings Per Container: 30

Servings Per Container: 30					
Amount Per	Serving				
Calories	200	Calories f	rom Fat 5		
		9	6 Daily Value*		
Total Fat	1g		<u>1%</u>		
Saturate	ed Fat 0g		0%		
Trans Fa	at Og				
Cholest	erol Omg		0%		
Sodium (Dmg		0%		
Total Car	bohydra	te 32g	11%		
			6%		
Sugars 2g					
Protein 6	Protein 6g				
Vitamin A	0%	Vitamin	C 0%		
Calcium	0%	 Iron 	45%		
*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 Sat Fat	Less than	3	80g 25g		
Cholesterol	Less than	3	25y 300mg		
Sodium	Less than		2400mg		
Total Carboh	ydrate	300g	375g		
Dietary Fiber	-	25g	30g		
Calories per	gram: Fat 9	Carbs 4	Protein 4		

OPTIMUM SHELF LIFE: 25 YEARS

INGREDIENTS: Semolina, niacin, ferrous ne mononitrate, riboflavin, folic



Cheese Powder

Creamy Potato Soup Mix 30 Servings



Nutrition Facts (ing Size: 2 then (14g)

Serving Size: 2 tbsp (14g) Servings Per Container: 30						
Amount Per S	Serving					
Calories ⁻	150	Calories fr	om Fat 10			
		Q	% Daily Value*			
Total Fat	1.5g		2 %			
Saturate	d Fat 1g		4 %			
Trans Fa	t 0g					
Choleste	rol 10m	g	3 %			
Sodium 4	70mg		20 %			
Total Carl	bohydra	ite 7g	2 %			
Dietary F	iber 0g		0%			
Sugars 7	g					
Protein 3	Protein 3g					
Vitamin A	2%	Vitamin	C 0%			
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 thar	n 65g	80g			
Sat Fat	Less thar	n 20g	25g			
Cholesterol	Less thar	n 300mg	300mg			
Sodium	Less thar	n 2400mg	2400mg			
Total Carbohy	drate	300g	375g			
Dietary Fiber	Dietary Fiber 25g 30g					
Calories per gram: Fat 9 Carbs 4 Protein 4						

OPTIMUM SHELF LIFE: 25 YEARS

INGREDIENTS: Whey, buttermilk solids, cheeses (granular and cheddar [pasteurized milk, cheese sodium phosphate, citric acid, FD&C Yellow #5, FD&C Yellow #6, lactic acid, enzyme. Contains allergen: Dairy.



Nutrition Facts

Serving Size: 1/3 cup (44g) Servings Per Container: 30

Amount Per S	erving			
Calories 2	270 Ca	ories from	Fat 25	
		%	Daily Value*	
Total Fat	3g		5 %	
Saturated	d Fat 1.5g	J	7 %	
Trans Fat	: 0g			
Cholester	ol 0mg		0%	
Sodium 6	60mg		27 %	
Total Carl	ohydrat	e 32g	11%	
Dietary F	iber 2g		7 %	
Sugars 2	g			
Protein 3	g			
Vitamin A	0% •	Vitamin (C 10%	
Calcium	2% •	Iron	4%	
*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	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2400mg	2400mg	
Total Carboh	/drate	300g	375g	
Dietary Fiber		25g	30g	
Calories per	gram: Fat 9	Carbs 4	Protein 4	

OPTIMUM SHELF LIFE: 25 YEARS

INGREDIENTS: Potato dices, creamer (maltodextrin, palm oil), enriched bleached flour (wheat flour, malted barley our, niacin, iron, thiamine mononitrate, ribo

diglycerides, polysorbate 80, sodium silicoaluminate, tetrasodium pyrophosphate, soy lecithin), nonfat milk, sugar, guar gum, vitamin A, vitamin D.

Contains allergens: Dairy, soy, and coconut.

DIRECTIONS: 2 tbsp Morning Moo's 1 cup water

1. Add Morning Moo's to 1/3 cup warm water. Stir to dissolve. 2. Add remaining cold water. Stir. 3. Chill.

Contains allergens: Dairy, soy, and coconut.

DIRECTIONS: 1/2 cup water1/4 cup oatmeal

> Shake bag well.
> Stir oatmeal into boiling water. 3. Cook 1 minute, stir occasionally 4. Remove from heat and let stand 1 minute.

Contains allergen: Wheat.

DIRECTIONS:

- 1 cup water 1/3 heaping cup macaroni 2 tbsp cheese powder
- 1. Stir macaroni into boiling water, return to boiling for 5 minutes.
- 2. Reduce heat to rolling boil for 12-15 minutes, stirring occasionally. 3. Drain, return to pan, stir in cheese powder.

DIRECTIONS:

1 cup water 1/3 heaping cup macaroni 2 tbsp cheese powder

- 1. Stir macaroni into boiling water, return to boiling for 5 minutes 2. Reduce heat to rolling boil for 12-15 minutes,
- stirring occasionally. 3. Drain, return to pan, stir in cheese powder.

potato flakes, cornstarch, chicken bouillon (chicken soup base [corn syrup solids, salt, corn starch, hydrolyzed corn, soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate, disodium guanylate, spices, turmeric, dehydrated parsley, silicon dioxide {anticaking agent}], salt, sugar, yeast extract, sweet whey, turmeric, garlic powder, caramel color, dehydrated onion), onion chopped, chicken stock, onion powder, parsley flakes.

Contains allergens: Dairy, wheat, soy.

DIRECTIONS: 1/3 cup soup mix 1 cup + 2 tbsp water

 Whisk soup mix into boiling water.
 Simmer on low heat for 15-20 minutes. 3. Stir frequently.

Instant Potatoes 30 Servings



Nutrition Facts Serving Size: 1/3 cup (34g)

Servings Per Container: 30

Amount Per	Serving			
Calories 2	200 (Calories fro	om Fat 0	
		%	Daily Value*	
Total Fat	0g		0%	
Saturate	d Fat 0g		0%	
Trans Fa	t Og			
Choleste	r ol 0mg		0%	
Sodium 2	90mg		12 %	
Total Car	bohydra	t e 27g	9%	
Dietary F	iber 2g		7 %	
Sugars 1	g			
Protein 2	g			
Vitamin A	0%	Vitamin	C 4%	
Calcium	2%	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	,	80g	
Sat Fat	Less than	1 20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2400mg	2400mg	
Total Carboh	ydrate	300g	375g	
Dietary Fiber		25g	30g	
Calories per	gram: Fat 9	Carbs 4	Protein 4	

OPTIMUM SHELF LIFE: 25 YEARS

INGREDIENTS: Potato flakes, cornstarch, chicken soup base (corn syrup solids, salt, cornstarch, hydrolyzed corn, soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate, disodium guanylate, spices, turmeric, dehydrated parsley, silicon dioxide), chopped onion, chicken flavor (autolyzed yeast extract, maltodextrin, salt, chicken flavor, chicken stock, natural flavor, chicken fat, silicon dioxide [anticaking agent]), parsley flakes.

Contains allergens: Dairy, soy.

DIRECTIONS: 1/3 cup potatoes3/4 cup water

30 Servings

Creamy Chicken Rice



Nutrition Facts

Serving Size: 1/4 cup + 1 tbsp (44g) Servings Per Container: 30

	or o'o'ritai				
Amount Per	Amount Per Serving				
Calories 2	260 Ca	lories fron	n Fat 40		
		%	Daily Value*		
Total Fat	4.5g		7 %		
Saturate	d Fat 2.5g		11 %		
Trans Fa	t Og				
Choleste	rol 0mg		0%		
Sodium 4	00mg		16 %		
Total Car	bohydrate	9 30g	10%		
Dietary F	iber 0g		0%		
Sugars 1	g				
Protein 2	g				
Vitamin A	0% •	Vitamin (C 2%		
Calcium	0% •	Iron	25%		
*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		
Sat Fat	Less than	20g	25g		
Cholesterol	Less than	300mg	300mg		
Sodium	Less than	2400mg	2400mg		
Total Carboh	ydrate	300g	375g		
Dietary Fiber			30g		
Calories per	gram: Fat 9	Carbs 4	Protein 4		

OPTIMUM SHELF LIFE: 25 YEARS

INGREDIENTS: Long grain white rice, creamer (maltodextrin, palm oil), corn starch, chicken soup base (corn syrup solids, salt, corn starch, hydrolyzed corn, soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate, disodium guanylate, spices, turmeric, dehydrated parsley, silicon dioxide), chopped onion, chicken flavor (autolyzed yeast extract, maltodextrin, salt, chicken flavor, chicken stock, natural flavor, chicken fat, silicon dioxide [anticaking agent]), celery slices, onion powder, parsley flakes.

Contains allergens: Dairy, soy.

DIRECTIONS: $1/4 \operatorname{cup} + 1 \operatorname{tbsp} \operatorname{mix}$ 1 cup water



Hearty Vegetable Blend

30 Servings

Nutrition Facts

Serving Si Servings F				
Amount Per	Serving			
Calories	180	Са	alories fro	om Fat 0
			%	Daily Value*
Total Fat	0g			0%
Saturate	d Fat 0	g		0%
Trans Fa	ıt 0g			
Choleste	rol Omg	ļ		0%
Sodium 4	15mg			2%
Total Car	bohydr	ate	41g	14 %
Dietary F	Fiber 6g	1		22 %
Sugars 4	1g			
Protein 8	g			
Vitamin A	120%	٠	Vitamin	C 10%
Calcium	2%	٠	Iron	40%
*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 th	an	65g	80g
Sat Fat	Less th	an	20g	25g
Cholesterol	Less th		300mg	300mg
Sodium	Less th	an	2400mg	2400mg
Total Carbor Dietary Fiber			300g 25g	375g 30g
Calories per	gram: Fa	t 9	Carbs 4	Protein 4

OPTIMUM SHELF LIFE: 25 YEARS

INGREDIENTS: Long grain white rice, lentils, elbow macaroni (semolina, niacin, ferrous sulfate [iron], thiamine mononitrate, riboflavin, folic acid), carrot dices, celery slices, chopped onion.

Contains allergen: Wheat.

DIRECTIONS: 1/3 cup vegetable blend 1 1/3 cups water

1. Mix vegetable blend into boiling water. 2. Boil for 3-5 minutes. 3. Simmer on low heat for 25 minutes or until vegetables are soft.



Nutr	itio	n Fa	icts
Serving Siz	ze: 1/3 cuj	o (55g)	
Servings P	er Contaii	ner: 30	
Amount Per	Serving		
Calories		ories fron	a Eat 35
Calones	200 041		
		%	Daily Value
Total Fat	3.5g		6%
Saturate	d Fat 2g		10%
Trans Fa	t 0g		
Cholester	r ol 10mg		3 %
Sodium 5	80mg		24%
Total Car	bohydrate	ə 38g	13%
Dietary Fiber 0g 0%			
Sugars 7	'q		
Protein 50	<u> </u>		
	5		
Vitamin A	2% •	Vitamin	C 10%
Calcium	10% •	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.			
Total Fat	Calories Less than	2,000 65q	2,500 80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carboh	ydrate	300g	375g
Dietary Fiber		25g	30g
Calories per	gram: Fat 9	Carbs 4	Protein 4

OPTIMUM SHELF LIFE: 25 YEARS

INGREDIENTS: Long grain white rice, cheese powder (whey, buttermilk solids, cheeses [granular and cheddar {pasteurized milk, cheese culture, salt, enzymes}], whey protein concentrate, salt, sodium phosphate, citric acid, Yellow #5, Yellow #6, lactic acid, enzyme), creamer (maltodextrin, palm oil), cornstarch, chicken soup base (corn syrup solids, salt, corn starch, hydrolyzed corn, soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate, disodium guanylate, spices, turmeric, dehydrated parsley, silicon dioxide [anticaking agent]), broccoli, chopped onion, onion powder, parsley flakes.

Contains allergens: Dairy, soy.

DIRECTIONS: 1/3 cup mix 1 cup water

Cheesy Broccoli Rice 30 Servings

2. Mix until creamy, approx. 1 minute 3. Remove from heat, let stand until desired thickness is reached, stir occasionally.

1. Whisk mix into boiling water, stir for 10 minutes. 2. Simmer on low heat for 12-15 minutes. 3. Stir frequently.

1. Whisk mix into boiling water, stir for 10 minutes. 2. Simmer on low heat for 12-15 minutes. 3. Stir frequently.

Processed in a plant that handles wheat, egg, dairy, soybean, peanut, cashew, walnut, and almond products.

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