

US 12-pack Nutritionals

Meal Kit Supply LLC

Name of Item	Type	Weight grams	Calories	Fat Grams	Saturated Fat Grams	Transfat Grams	Cholesterol Miligrams	Sodium milligrams	Carbohydrate Grams	Fibre Grams	Sugar Grams	Protein Grams	Vitamin A %	Vitamin C %	Calcium %	Iron %
Menu 1 - Spaghetti With Meat Sauce																
Spaghetti W Meat and Sauce	Entrée	227	220	8.0	3.5	-	30	680	26	2	7	14	10	15	8	20
Potatoes, Au Gratin	Side	142	220	11.0	7.0	-	35	420	26	1	3	4	6	90	8	2
TFF Carrot Pound Cake	Dessert	71	290	13.0	2.0	-	45	230	40	1	22	3	10	-	6	10
MRE Cracker	Bread	47	180	5.0	1.0	-	-	85	28	1	1	4	-	-	-	10
Cheese Spread Fortified	Spread	43	180	17.0	10.0	-	50	300	1	-	-	5	60	70	15	-
Grape Electrolyte	Beverage 1	24	90	-	-	-	-	130	23	-	22	-	-	-	-	-
BBQ/Hot Sauce	Sauce	28	25	-	-	-	-	70	7	-	7	-	-	-	-	-
Total		582	1,205	54.0	23.5	-	160	1,915	151	5	62	30	86	175	37	42
Menu 2 - Chili With Beans																
Chili With Beans	Entrée	227	240	10.0	4.5	-	35	990	22	4	5	16	35	25	6	20
Fried Rice	Side	142	220	3.0	0.5	-	-	490	43	2	2	5	25	25	4	15
TFF Lemon poppy seed Pound Cake	Dessert	71	270	12.0	4.0	-	45	180	35	-	19	3	-	-	4	10
MRE Cracker	Bread	47	180	5.0	1.0	-	-	85	28	1	1	4	-	-	-	10
Strawberry Jam	Spread	28	70	-	-	-	-	-	17	-	16	-	-	-	-	-
Lemon Lime Electrolyte	Beverage 1	24	90	-	-	-	-	150	22	-	22	-	-	-	-	-
Total		539	1,070	30.0	10.0	-	80	1,895	167	7	65	28	60	50	14	55
Menu 3 - Vegetarian Ratatouille (Vegetarian)																
Vegetarian Ratatouille	Entrée	227	210	8.0	1.0	-	-	600	29	7	4	9	10	25	8	10
Potatoes, Au Gratin	Side	142	220	11.0	7.0	-	35	420	26	1	3	4	6	90	8	2
Chocolate Chip Cookie	Dessert	60	280	13.0	4.0	-	10	210	39	1	20	3	-	-	2	6
MRE Cracker	Bread	47	180	5.0	1.0	-	-	85	28	1	1	4	-	-	-	10
Peanut Butter Fortified	Spread	43	250	21.0	4.0	-	-	220	10	3	4	10	-	-	2	4
Lemon Lime Electrolyte	Beverage 1	24	90	-	-	-	-	150	22	-	22	-	-	-	-	-
BBQ/Hot Sauce	Sauce	28	25	-	-	-	-	70	7	-	7	-	-	-	-	-
Total		571	1,255	58.0	17.0	-	45	1,755	161	13	61	30	16	115	20	32
Menu 4 -Cheese Tortellini (Vegetarian)																
Cheese Tortellini	Entrée	227	240	6.0	1.0	-	25	510	37	2	4	9	2	2	10	10
Fried Rice	Side	142	220	3.0	0.5	-	-	490	43	2	2	5	25	25	4	15
Strawberry Toaster Pastry	Dessert	52	210	9.0	3.0	-	-	180	37	-	16	2	10	-	-	10
MRE Cracker	Bread	47	180	5.0	1.0	-	-	85	28	1	1	4	-	-	-	10
Peanut Butter Fortified	Spread	43	250	21.0	4.0	-	-	220	10	3	4	10	-	-	2	4
Grape Electrolyte	Beverage 1	24	90	-	-	-	-	130	23	-	22	-	-	-	-	-
Total		534	1,190	44.0	9.5	-	25	1,615	178	8	49	30	37	27	16	49
Menu 5 - Beef Ravioli																
Beef Ravioli in Meat Sauce	Entrée	227	280	8.0	3.5	-	25	670	34	2	5	16	6	10	8	15
Black Beans in Sauce	Side	142	130	3.5	0.5	-	-	850	30	13	2	8	4	10	6	15
Chocolate Pudding	Dessert	75	300	5.0	1.0	1.5	5	340	59	-	49	6	8	2	50	2
MRE Cracker	Bread	47	180	5.0	1.0	-	-	85	28	1	1	4	-	-	-	10
Cheese Spread Fortified	Spread	43	180	17.0	10.0	-	50	300	1	-	-	5	60	70	15	-
Lemon Lime Electrolyte	Beverage 1	24	90	-	-	-	-	150	22	-	22	-	-	-	-	-
Cocoa Beverage	Beverage 2	43	180	5.0	1.5	2.0	-	90	32	1	23	2	8	-	-	6
Total		600	1,340	44	18	4	80	2,485	206	17	102	41	86	92	79	48
Menu 6 -Beef Taco																
Beef Taco	Entrée	227	240	9.0	3.5	-	10	810	23	4	5	18	25	6	10	15
Black Beans in Sauce	Side	142	130	3.5	0.5	-	-	850	30	13	2	8	4	10	6	15
TFF Spice Pound Cake	Dessert	71	260	12.0	4.0	-	40	190	34	1	18	3	-	-	2	8
TFF Tortillas	Bread	63	220	5.0	2.0	-	-	350	37	1	1	5	-	-	6	10
Orange Electrolyte	Beverage 1	24	90	-	-	-	-	150	22	-	22	-	-	-	-	-
Cocoa Beverage	Beverage 2	43	180	5.0	1.5	2.0	-	90	32	1	23	2	8	-	-	6
BBQ/Hot Sauce	Sauce	28	25	-	-	-	-	70	7	-	7	-	-	-	-	-
Total		598	1,145	34.5	11.5	2.0	50	2,510	185	20	78	36	37	16	24	54
Menu 7 - Meatballs in Marinara Sauce																
Meatballs in Marinara Sauce	Entrée	227	280	14.0	5.0	-	30	1,030	27	2	7	10	6	2	8	10
Black Beans in Sauce	Side	142	130	3.5	0.5	-	-	850	30	13	2	8	4	10	6	15

Vanilla Pudding	Dessert	75	300	5.0	1.0	1.5	5	340	59	-	49	6	8	2	50	2
MRE Cracker	Bread	47	180	5.0	1.0	-	-	85	28	1	1	4	-	-	-	10
Peanut Butter Fortified	Spread	43	250	21.0	4.0	-	-	220	10	3	4	10	-	-	2	4
Lemon Lime Electrolyte	Beverage 1	24	90	-	-	-	-	150	22	-	22	-	-	-	-	-
BBQ/Hot Sauce	Sauce	28	25	-	-	-	-	70	7	-	7	-	-	-	-	-
Total		586	1,255	49	12	2	35	2,745	183	19	92	38	18	14	66	41

Menu 8 -Vegetable lasagna (Vegetarian)

Vegetable Lasagna	Entrée	227	250	4.5	1.5	-	5	840	44	5	7	11	8	15	10	15
Zapplesauce	Side	128	130	-	-	-	-	-	33	2	19	-	-	520	-	2
TFF Fudge Brownie	Dessert	85	320	17.0	6.0	-	40	115	43	2	28	4	-	-	2	15
MRE Cracker	Bread	47	180	5.0	1.0	-	-	85	28	1	1	4	-	-	-	10
Grape Jelly	Spread	28	70	-	-	-	-	-	17	-	16	-	-	-	-	-
Orange Electrolyte	Beverage 1	24	90	-	-	-	-	150	22	-	22	-	-	-	-	-
Total		539	1,040	26.5	8.5	-	45	1,190	187	10	93	19	8	535	12	42

Menu 9 - 8 oz Hashbrown with bacon, peppers and onions

8 oz Hashbrown with bacon, peppers and onion	Entrée	227	260	13.0	4.5	-	35	820	23	2	1	13	-	15	-	4
Brown Sugar Toaster Pastry	Dessert	52	210	9.0	3.0	-	-	180	37	-	16	2	10	-	-	10
TFF Spice Pound Cake	Dessert	71	260	12.0	4.0	-	40	190	34	1	18	3	-	-	2	8
Wheat Snack Bread	Bread	57	180	6.0	1.5	1.5	-	350	30	2	3	4	-	-	20	10
Peanut Butter Fortified	Spread	43	250	21.0	4.0	-	-	220	10	3	4	10	-	-	2	4
Fruit Punch Electrolyte	Beverage 1	24	90	-	-	-	-	150	22	-	22	-	-	-	-	-
Cocoa Beverage	Beverage 2	43	180	5.0	1.5	2.0	-	90	32	1	23	2	8	-	-	6
Total		516	1,430	66.0	18.5	3.5	75	2,000	188	9	87	34	18	15	24	42

Menu 10 - Sausage Patty

Pork Sausage Patty	Entrée	74	240	21.0	7.0	-	50	520	2	-	4	10	-	-	-	4
Zapplesauce	Side	128	130	-	-	-	-	-	33	2	19	-	-	520	-	2
Strawberry Toaster Pastry	Dessert	52	210	9.0	3.0	-	-	180	37	-	16	2	10	-	-	10
Wheat Snack Bread	Bread	57	180	6.0	1.5	1.5	-	350	30	2	3	4	-	-	20	10
Grape Jelly	Spread	28	70	-	-	-	-	-	17	-	16	-	-	-	-	-
Orange Electrolyte	Beverage 1	24	90	-	-	-	-	150	22	-	22	-	-	-	-	-
Cocoa Beverage	Beverage 2	43	180	5.0	1.5	2.0	-	90	32	1	23	2	8	-	-	6
Total		405	1,100	41.0	13.0	3.5	50	1,290	173	5	103	18	18	520	20	32

Menu 11 - Sausage Patty

Pork Sausage Patty	Entrée	74	240	21.0	7.0	-	50	520	2	-	4	10	-	-	-	4
Zapplesauce	Side	128	130	-	-	-	-	-	33	2	19	-	-	520	-	2
Chocolate Chip Toaster Pastry	Dessert	52	210	9.0	3.0	-	-	180	37	-	16	2	10	-	-	10
Wheat Snack Bread	Bread	57	180	6.0	1.5	1.5	-	350	30	2	3	4	-	-	20	10
Blackberry Jam	Spread	28	70	-	-	-	-	-	17	-	16	-	-	-	-	-
Orange Electrolyte	Beverage 1	24	90	-	-	-	-	150	22	-	22	-	-	-	-	-
Cocoa Beverage	Beverage 2	43	180	5.0	1.5	2.0	-	90	32	1	23	2	8	-	-	6
Total		405	1,100	41.0	13.0	3.5	50	1,290	173	5	103	18	18	520	20	32

Menu 12 - 8 oz Hashbrown with bacon, peppers and onions

8 oz Hashbrown with bacon, peppers and onion	Side	227	260	13.0	4.5	-	35	820	23	2	1	13	-	15	-	4
Zapplesauce	Side	128	130	-	-	-	-	-	33	2	19	-	-	520	-	2
Brown Sugar Toaster Pastry	Dessert	52	210	9.0	3.0	-	-	180	37	-	16	2	10	-	-	10
MRE Cracker	Bread	47	180	5.0	1.0	-	-	85	28	1	1	4	-	-	-	10
Peanut Butter Fortified	Spread	43	250	21.0	4.0	-	-	220	10	3	4	10	-	-	2	4
Fruit Punch Electrolyte	Beverage 1	24	90	-	-	-	-	150	22	-	22	-	-	-	-	-
Cocoa Beverage	Beverage 2	43	180	5.0	1.5	2.0	-	90	32	1	23	2	8	-	-	6
Total		563	1,300	53.0	14.0	2.0	35	1,545	185	9	86	31	18	535	2	36

AVG Menu Totals (Per Meal)		536	1,203	45.1	14.0	1.9	61	1,853	178	11	82	29	35	218	28	42
% calories from fat		34%	34%													