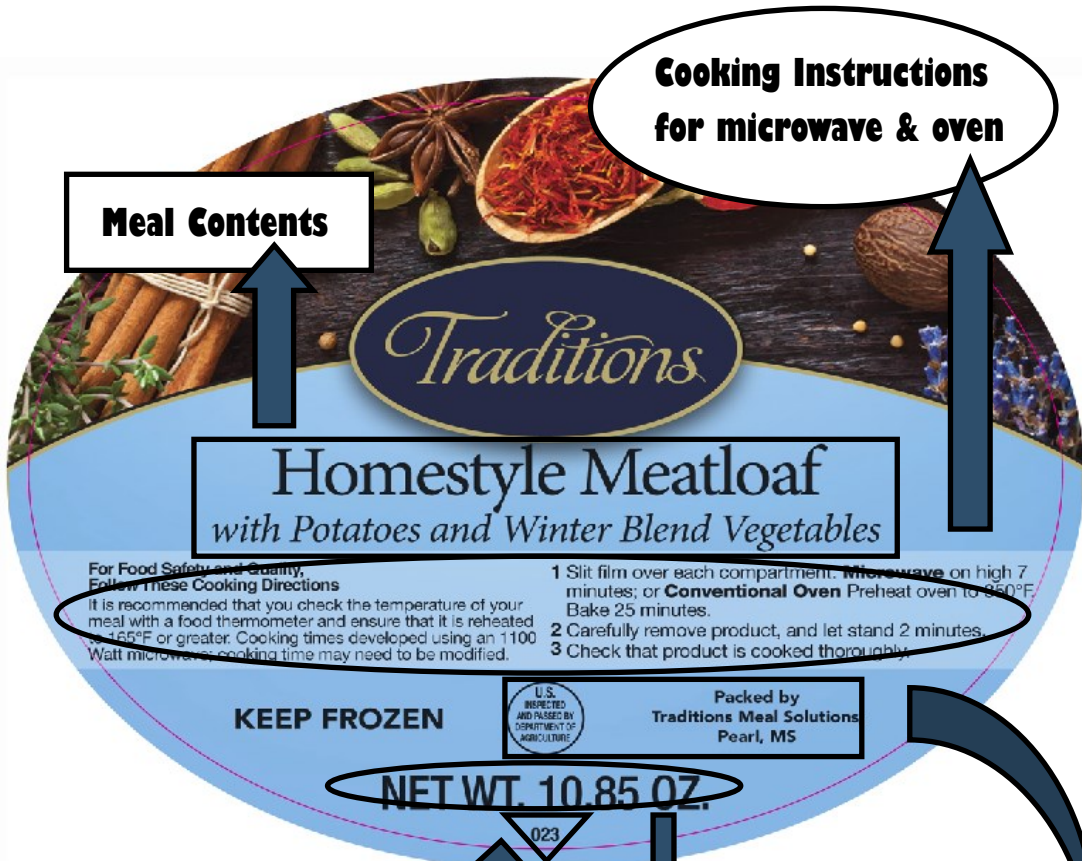


Top Label



Cooking Instructions for microwave & oven

Meal Contents

Homestyle Meatloaf with Potatoes and Winter Blend 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 7 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



Packed by
Traditions Meal Solutions
Pearl, MS

NET WT. 10.85 OZ.

023

Weight of Meal

Meal Number

USDA bug, name, and location of manufacturing facility

Ingredient List

Meal Number

023

INGREDIENTS:
 HOMESTYLE MEATLOAF
 (HOMESTYLE MEATLOAF: Beef, textured vegetable protein (soy flour, caramel color), water, onions, soy protein concentrate, ketchup (tomato concentrate made from ripe tomatoes, distilled vinegar, high fructose corn syrup, corn syrup, salt, spice, onion powder, natural flavoring), green peppers, flavoring, hydrolyzed soy protein, salt, parsley, TOMATO SAUCE - Tomato puree (water, tomato paste), water, salt, citric acid, spice, natural flavors. DICED TOMATOES - Vine ripened tomatoes, tomato juice, less than 2% of salt, citric acid, calcium chloride. DICED ONIONS, DICED GREEN PEPPERS.)
 POTATOES - (DICED POTATOES - Red potatoes. Sodium acid pyrophosphate may be used to retain natural color. WATER.)
 WINTER BLEND VEGETABLES - (WINTER BLEND VEGETABLES - Diced carrots, cut corn, green peas, cauliflower, water.)
CONTAINS: SOY

Nutrition Facts	
Serving Size 1 Meal (308g)	
Servings Per Container: 1	
Amount Per Serving	
Calories 290	Calories from Fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 490mg	20%
Total Carbohydrate 26g	9%
Dietary Fiber 7g	28%
Sugars 6g	
Protein 19g	
Vitamin A 40%	Vitamin C 70%
Calcium 8%	Iron 20%
*Percent Daily Values are based on a diet of 2,000 calories a day. 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 25g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carb	300g 305g
Dietary Fiber	25g 30g

Big Eight allergens are listed, if present in meal: egg, fish, milk, peanuts, shellfish, soy, tree nuts, wheat

Nutrition Facts Panel

Bottom Label