



4 CHEESE LASAGNA

KEEP FROZEN

NET WT 1LB & 12OZ (793 G)

Nutrition Facts

Serving Size 1 cup (227g/8oz)

Servings Per Container 3.5

Amount Per Serving

Calories 370 Calories from Fat 220

% Daily Value*

Total Fat 24g 38%

Saturated Fat 11g 55%

Trans Fat 1g

Cholesterol 90mg 31%

Sodium 760mg 32%

Total Carbohydrate 14g 5%

Dietary Fiber 2g 7%

Sugars 6g

Protein 24g

Vitamin A 15% Vitamin C 2%

Calcium 20% Iron 15%

* Percent Daily Value are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie need.

	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	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: Ground beef, Pizza Sauce (tomatoes, cane sugar, sea salt, corn starch, olive oil, dehydrated onion, oregano, dehydrated garlic, black pepper, basil, citric acid, peppers, oregano oil, vinegar, basil oil), water, lasanga, noodles (semolina (wheat) niacin, ferrous sulfate (iron), thiamine mononitrate, riboflavin, folic acid) white american cheese (milk, cheese culture, salt, enzyme, water, cream, sodium citric salt, sorbic acid (preservative), color added, sunflower lecithin for separation.) mozzarella cheese (pasteurized milk, skim milk, cheese cultures, salt, enzymes, powdered cellulose (added to prevent caking), natamycin (added as a mold inhibitor), cottage cheese (cultured nonfat milk, milk, cream, salt, whey, corn starch, potassium sorbate, guar gum, citric acid, carrageenon, locust bean gum, lactic acid, phosphoric acid, natural flavor, sodium phosphate, lecithin, potassium phosphate, and enzymes) minced onion, Parmesan cheese (Pasturized part skim- cows milk, cheese cultures, salt, enzymes, potato starch and powdered cellulose added to prevent caking, natamycin (a natural mold inhibitor) pizza seasonings (onion, garlic, fennel, crushed red pepper, parsley, basil, oregano), salt, parsley flakes. Contains: Soy, dairy (from milk and cream), wheat.

COOKING DIRECTIONS: Thaw under refrigeration. Leave lid on and bake at 350°F for 50–60 minutes. Cook to an internal temperature of 160°F.

Safe Handling Instructions

This product was prepared from inspected and passed meat and/ or poultry. Some food products may contain bacteria that could cause illness if the product is mishandled or cooked improperly. For your protection, follow these safe handling instructions.



Keep refrigerated or frozen.
Thaw in refrigerator or microwave.



Keep raw meat and poultry separate from other foods.
Wash working surfaces (including cutting boards),
utensils, and hands after touching raw meat or poultry.



Cook thoroughly.



Keep hot foods hot. Refrigerate leftovers
immediately or discard.

Stoltzfus Kitchen
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8 50017 00700 0

Best By:

Lot #



CHICKEN & BROCCOLI

ALFREDO STUFFED SHELLS

KEEP FROZEN

NET WT 1LB & 12OZ (793 G)

Nutrition Facts

Serving Size 1 cup (227g/8 oz)

Servings Per Container 3.5

Amount Per Serving

Calories 320 Calories from Fat 130

% Daily Value*

Total Fat 14g 22%

Saturated Fat 7g 37%

Trans Fat 0g

Cholesterol 125mg 42%

Sodium 500mg 21%

Total Carbohydrate 20g 7%

Dietary Fiber 2g 7%

Sugars 2g

Protein 28g

Vitamin A 35% Vitamin C 20%

Calcium 10% Iron 10%

* Percent Daily Value are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie need.

	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	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 · Carbohydrate 4 · Protein 4

INGREDIENTS: Jumbo shells (semolina [wheat], niacin, iron [ferrous sulfate], thiamin mononitrate, riboflavin, folic acid), chicken breast, chicken broth (chicken broth, contains less than 2% of the following: salt, chicken fat, natural flavors, sugar, yeast extract, vegetable stock [concentrates of onion, celery root, and carrot]) broccoli, heavy whipping cream (heavy cream, milk) mozzarella cheese (pasteurized milk, skim milk, cheese cultures, salt, enzymes, powdered cellulose (added to prevent caking) natamycin (added as a mold inhibitor), butter (pasteurized cream, salt) flour (bleached wheat flour, enriched (bleached wheat flour), ni reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), cream cheese (pasteurized milk and cream, salt, stabilizers (guar, locust bean and xanthan gums), cheese cultures) garlic powder (garlic) salt, seasoned salt (salt, sugar spices (including paprika, celery seed, tumeric) onion, cornstarch, garlic, tricalcium phosphate (to make free flowing), (extractives of paprika & natural flavor)

Contains: Dairy (from milk and cream), wheat

COOKING DIRECTIONS: Thaw under refrigeration. Leave lid on and bake at 350°F for 50–60 minutes. Cook to an internal temperature of 160°F.

Safe Handling Instructions

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Keep refrigerated or frozen.
Thaw in refrigerator or microwave.



Keep raw meat and poultry separate from other foods.
Wash working surfaces (including cutting boards),
utensils, and hands after touching raw meat or poultry.



Cook thoroughly.



Keep hot foods hot. Refrigerate leftovers
immediately or discard.

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8 50017 00704 8

Best By:

Lot #



KEEP FROZEN NET WT 1LB & 12OZ (793 G)

Lot



CHICKEN & RICE CASSEROLE WITH VEGETABLES

KEEP FROZEN

NET WT 1LB & 12OZ (793 G)

Nutrition Facts

3.5 servings per container

Serving size 7 oz (198g)

Amount per serving

Calories 300

% Daily Value*

Total Fat 19g 24%

Saturated Fat 6g 30%

Trans Fat 0g

Cholesterol 60mg 20%

Sodium 650mg 28%

Total Carbohydrate 16g 6%

Dietary Fiber 1g 4%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 15g

Vitamin D 1mcg 6%

Calcium 78mg 6%

Iron 2mg 10%

Potassium 157mg 4%

*The % Daily Value tells you how much a nutrient in a

serving of food contributes to a daily diet. 2,000 calories a

day is used for general nutrition advice.

INGREDIENTS: Water, Chicken Chunks (80% dark, 20% white) Rice (enriched parboiled long grain rice (parboiled long grain rice), vitamins & minerals [calcium (calcium carbonate), iron (iron phosphate), vitamin B1 (thiamin mononitrate), folic acid] Cream of Mushroom Soup (water, mushrooms, cream, enriched wheat flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), food starch-modified, corn oil, salt, palm oil, flavor [flavoring (contains canola oil), nonfat dry milk, yeast extract, hydrolyzed corn protein, hydrolyzed soy protein, salt, cultured whey, disodium inosinate, disodium guanylate, lecithin], hydrolyzed wheat gluten protein, sugar, maltodextrin, onion powder, disodium inosinate, disodium guanylate, natural flavor) Mayonnaise (soybean oil, corn syrup, water, egg yolk, distilled & cider vinegar, salt, mustard seed, calcium disodium EDTA added to protect flavor), Carrots, Peas, Mexican blend Cheese (cheddar cheese (pasteurized milk, cheese culture, salt enzymes, annatto [vegetable color], monterey jack cheese (pasteurized milk, cheese culture salt, enzymes) potato starch, powdered cellulose added to prevent caking) Celery, Corn Flakes (degermed yellow corn meal, sugar, salt, malt extract, vitamins & minerals vitamin C (sodium ascorbate), ascorbic acid), iron (ferrous fumarate), vitamin A (palmate), niacinamide, vitamin B2 (riboflavin), vitamin B1 (thiamine mononitrate), vitamin B6 (pyridoxine hydrochloride), vitamin D (cholecalciferol), folic acid, Butter (pasteurized cream, salt) Lemon Juice (lemon juice from concentrate, (water concentrated lemon juice,

sodium metabisulfite as a preservative, sodium benzoate as a preservative, lemon oil Salt, Seasoned Salt (salt, sugar, spices (including paprika, celery seed, turmeric,) onion, corn starch, garlic, tricalcium phosphate (to make free flowing), extractives of paprika & natural flavor) Pepper, Chicken Soup Base (salt, corn starch, sugar, hydrolyzed soy protein, dextrose, chicken (fat & meat) vegetables (onion, carrot, garlic, celery), soybean oil palm oil, yeast extract, disodium inosinate, disodium guanylate, tumeric, natural flavors, silicon dioxide) Gr. Rosemary

Contains: wheat, dairy, soy, eggs

COOKING DIRECTIONS: Thaw under refrigeration. Leave lid on and bake at 350°F for 50–60 minutes. Cook to an internal temperature of 160°F.

Safe Handling Instructions

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Keep refrigerated or frozen.
Thaw in refrigerator or microwave.



Keep raw meat and poultry separate from other foods.
Wash working surfaces (including cutting boards),
utensils, and hands after touching raw meat or poultry.



Cook thoroughly.

Keep hot foods hot. Refrigerate leftovers
immediately or discard.



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Best By:

Lot #



HAM & POTATO CASSEROLE

KEEP FROZEN

NET WT 1LB & 12OZ (793 G)

Nutrition Facts

Serving Size 1 cup (227g/8oz)

Servings Per Container varied

Amount Per Serving

Calories 640 Calories from Fat 330

% Daily Value*

Total Fat 37g 57%

Saturated Fat 20g 101%

Trans Fat 0g

Cholesterol 120mg 40%

Sodium 1090mg 46%

Total Carbohydrate 46g 15%

Dietary Fiber 2g 8%

Sugars 29g

Protein 31g

Vitamin A 20% Vitamin C 40%

Calcium 80% Iron 10%

* Percent Daily Value are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie need.

	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	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 - Carbohydrate 4 - Protein 4

INGREDIENTS: Potato (Dextrose, disodium phosphate (added to maintain color), Potassium Sorbate (added to maintain freshness) milk, ham (water, salt, sugar, contains 2% or less sodium phosphates, sodium erythorbate, sodium nitrate, sodium lactate, sodium diacetate, flavor) white american cheese ([milk, cheese culture, salt, enzymes], water, cream, sodium citrate, salt, sorbic (preservative), color added, sunflower lecithin for separation. flour (bleached wheat flour enriched (bleached wheat flour, ni, reduced iron, thiamine mononitrate, riboflavin, folic acid), malted barley flour, butter (pasteurized cream, salt) parsley flakes
Contains: Dairy (from milk and cream), wheat, soy.

COOKING DIRECTIONS: Thaw under refrigeration. Leave lid on and bake at 350°F for 50–60 minutes. Cook to an internal temperature of 160°F.

Safe Handling Instructions

This product was prepared from inspected and passed meat and/ or poultry. Some food products may contain bacteria that could cause illness if the product is mishandled or cooked improperly. For your protection, follow these safe handling instructions.



Keep refrigerated or frozen.
Thaw in refrigerator or microwave.



Keep raw meat and poultry separate from other foods.
Wash working surfaces (including cutting boards), utensils, and hands after touching raw meat or poultry.



Cook thoroughly.



Keep hot foods hot. Refrigerate leftovers immediately or discard.

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Best By:

Lot #



MACARONI & CHEESE

KEEP FROZEN NET WT 1LB & 12OZ (793 G)

Nutrition Facts

Serving Size 1 cup (227g/8oz)

Servings Per Container 3.5

Amount Per Serving

Calories 1010 Calories from Fat 490

% Daily Value*

Total Fat 56g 86%

Saturated Fat 34g 169%

Trans Fat 1g

Cholesterol 185mg 61%

Sodium 1410mg 59%

Total Carbohydrate 83g 28%

Dietary Fiber 2g 7%

Sugars 42g

Protein 45g

Vitamin A 40% Vitamin C 15%

Calcium 150% Iron 15%

* Percent Daily Value are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie need.

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 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 - Carbohydrate 4 - Protein 4

INGREDIENTS: Macaronis (duram wheat semolina [enriched with iron [ferrous sulfate], B vitamins [niacin thiamin mononitrate, riboflavin, folic acid]], american cheese ([milk, cheese culture, salt, enzymes], water, dry cream, milkfat, sodium citrate, salt, sorbic acid [as a preservative], annatto [color], oleo resin, paprika ([color]—if colored, soy lecithin [release agent])), milk, flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), butter (cream and salt), salt. Contains: Milk, wheat and soy.

COOKING DIRECTIONS: Thaw, leave lid on then bake at 350 degrees for 40 to 50 minutes.

Safe Handling Instructions

This product was prepared from inspected and passed meat and/ or poultry. Some food products may contain bacteria that could cause illness if the product is mishandled or cooked improperly. For your protection, follow these safe handling instructions.



Keep refrigerated or frozen.
Thaw in refrigerator or microwave.



Keep raw meat and poultry separate from other foods.
Wash working surfaces (including cutting boards),
utensils, and hands after touching raw meat or poultry.



Cook thoroughly.



Keep hot foods hot. Refrigerate leftovers
immediately or discard.

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8 50017 00706 2

Best By:

Lot #



MEATLOAF

KEEP FROZEN

NET WT 1LB & 11OZ (765 G)

Nutrition Facts

Serving Size 1 cup (227g/8oz)

Servings Per Container 3.5

Amount Per Serving

Calories 490 Calories from Fat 260

% Daily Value*

Total Fat 29g 45%

Saturated Fat 11g 57%

Trans Fat 2g

Cholesterol 130mg 43%

Sodium 340mg 14%

Total Carbohydrate 14g 5%

Dietary Fiber 3g 11%

Sugars 4g

Protein 41g

Vitamin A 6% Vitamin C 8%

Calcium 6% Iron 30%

* Percent Daily Value are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie need.

	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	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 - Carbohydrate 4 - Protein 4

INGREDIENTS: Ground beef, water, seasoning, (blended of cracker meal [wheat flour], soy flour, salt, dehydrated onion, spices, dehydrated red bell peppers, dehydrated celery, garlic powder, oleoresin of paprika), ketchup (tomato concentrate, high fructose corn syrup, distilled vinegar, corn syrup, salt, less than 2% of: spice, onion powder, natural flavors), parsley flakes

Contains: Wheat, soy

COOKING DIRECTIONS: Thaw under refrigeration. Leave lid on and bake at 350°F for 50–60 minutes. Cook to an internal temperature of 160°F.

Safe Handling Instructions

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Keep refrigerated or frozen.
Thaw in refrigerator or microwave.



Keep raw meat and poultry separate from other foods.
Wash working surfaces (including cutting boards), utensils, and hands after touching raw meat or poultry.



Cook thoroughly.



Keep hot foods hot. Refrigerate leftovers immediately or discard.

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8 50017 00703 1

Best By:

Lot #



PIZZA CASSEROLE

KEEP FROZEN

NET WT 1LB & 12OZ (793 G)

Nutrition Facts

Serving Size 1 cup (227g/8oz)

Servings Per Container 3.5

Amount Per Serving

Calories 410 Calories from Fat 170

% Daily Value*

Total Fat 20g 30%

Saturated Fat 7g 34%

Trans Fat 0.5g

Cholesterol 95mg 31%

Sodium 820mg 34%

Total Carbohydrate 36g 12%

Dietary Fiber 3g 13%

Sugars 7g

Protein 21g

Vitamin A 15% Vitamin C 4%

Calcium 10% Iron 20%

* Percent Daily Value are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie need.

	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	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 · Carbohydrate 4 · Protein 4

INGREDIENTS: Pizza Sauce (tomatoes, cane sugar, sea salt, corn starch, olive oil, dehydrated onion, oregano, dehydrated garlic, black pepper, basil, citric acid, peppers, oregano oil, vinegar, basil oil) water, noodles (durum flour [wheat], egg yolks or eggs, niacin, iron [ferrous sulfate], thiamin mononitrate, riboflavin, folic acid), ground beef, mozzarella cheese (pasteurized milk, skim milk, cheese cultures, salt, enzymes, powdered cellulose [added to prevent caking], natamycin [added as a mold inhibitor]), pork sausage (pork, water, spices, sugar, monosodium, glutamate, bha, bht, gallate, citric acid) pepperoni (pork, beef, salt, spices, dextrose, lactic acid, starter culture, oleoresin of paprika, sodium ascorbate, flavoring, sodium nitrite, bha, bht, citric acid) salt, minced onion, dried peppers, pizza seasoning (onion, garlic, fennel, crushed red pepper, parsley, basil, oregano)
Contains: Soy, wheat, eggs, dairy (milk or cream)

COOKING DIRECTIONS: Thaw under refrigeration. Leave lid on then bake at 350 degrees for 50 to 60 minutes. Cook to an internal temperature of 160 °F.

Safe Handling Instructions

This product was prepared from inspected and passed meat and/or poultry. Some food products may contain bacteria that could cause illness if the product is mishandled or cooked improperly. For your protection, follow these safe handling instructions.



Keep refrigerated or frozen.
Thaw in refrigerator or microwave.



Keep raw meat and poultry separate from other foods.
Wash working surfaces (including cutting boards), utensils, and hands after touching raw meat or poultry.



Cook thoroughly.



Keep hot foods hot. Refrigerate leftovers immediately or discard.

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8 50017 00705 5

Best By:

Lot #



SAUSAGE BREAKFAST HASH

KEEP FROZEN

NET WT 1LB & 11OZ (765 G)

Nutrition Facts

Serving Size 1 cup (227 g/8 oz)
Servings Per Container 3.5

Amount Per Serving

Calories 580 Calories from Fat 120

% Daily Value*

Total Fat	14g	21%
Saturated Fat	6g	32%
Trans Fat	0g	
Cholesterol	40mg	14%
Sodium	750mg	31%
Total Carbohydrate	90g	30%
Dietary Fiber	3g	13%
Sugars	2g	

Protein 22g

Vitamin A 6% • Vitamin C 4%
Calcium 25% • Iron 30%

* 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	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: scrambled eggs (whole eggs, modified cornstarch, salt, citric acid, xanthan gum) Milk, Hashbrowns (potatoes, dextrose, disodium dihydrogen pyrophosphate [to maintain natural color] Italian Sausage (pork, water, spices, salt, sugar, flavoring) White American Cheese (american cheese (milk, cheese culture, salt and enzymes, water, cream, sodium citrate, salt, sorbic acid (preservative, color added, sunflower lecithin for separation) Butter [pasteurized cream, salt], Salt, Flour [bleached wheat flour enriched (bleached wheat flour, ni reduced iron, thiamin mononitrate, riboflavin, folic acid) malted barley flour]) salt, black Pepper
Contains: Dairy (milk, cream), Wheat, Soy and Eggs

COOKING DIRECTIONS: Thaw under refrigeration. Leave lid on and bake at 350°F for 50–60 minutes. Cook to an internal temperature of 160°F.

Safe Handling Instructions

This product was prepared from inspected and passed meat and/or poultry. Some food products may contain bacteria that could cause illness if the product is mishandled or cooked improperly. For your protection, follow these safe handling instructions.



Keep refrigerated or frozen.
Thaw in refrigerator or microwave.



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Wash working surfaces (including cutting boards), utensils, and hands after touching raw meat or poultry.



Cook thoroughly.



Keep hot foods hot. Refrigerate leftovers immediately or discard.

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8 50017 00710 9

Best By:

Lot #

SHRIMP ALFREDO FETTUCCINE

KEEP FROZEN **NET WT 1LB & 12OZ (793 G)**

Nutrition Facts

Serving Size 3/7 lb(194g)

Servings Per Container 3.5

Amount Per Serving

Calories 330

	% Daily Value*
Total Fat 32g	41%
Saturated Fat 20g	100%
Trans Fat 1g	
Cholesterol 95mg	31%
Sodium 210mg	9%
Total Carbohydrate 21g	8%
Dietary Fiber 0g	0%
Total Sugars 4g	
Protein 6g	
Vitamin D 1 mcg	4%
Calcium 10%	Iron 2%

* Percent Daily Value are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie need.

* The % Daily value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

Calories per gram:

Fat 9 · Carbohydrate 4 · Protein 4

INGREDIENTS: Ingredients: Shrimp, Fettuccine noodles (Duram wheat, semoling) Niacin,iron (ferrous sulfate), Thiamin monoitrate, Riboflavin, folic acid), Heavy Whipping Cream, heavy cream, milk, contains less than 0.5% of carrageean, Mono and Diglycerides, Polysorbate 80.) Milk, Butter, (cream, salt), Flour, (Bleached wheat flour, naicin, Reduced iron, Thiamine, monoitrate, malted barley) Parmesan Cheese, (pasteurized part-skim milk, cheese cultures, salt, enzymes, powdered cellulose), Garlic Powder, Seasoned Salt, (salt, sugar, spices including paprika, tumeric, onion, cornstarch, garlic, tricalcium phosphate, oleoresin, natural flavor, soy lecithin) Pepper, Salt
Contains: Shrimp, Soy, dairy (from milk and cream)

COOKING DIRECTIONS: Thaw under refrigeration. Leave lid on and bake at 350°F for 50–60 minutes. Cook to an internal temperature of 160°F.

Safe Handling Instructions

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Keep refrigerated or frozen.
Thaw in refrigerator or microwave.



Keep raw meat and poultry separate from other foods.
Wash working surfaces (including cutting boards), utensils, and hands after touching raw meat or poultry.



Cook thoroughly.



Keep hot foods hot. Refrigerate leftovers immediately or discard.

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8 50017 00712 3

Best By:

Lot #



SPAGHETTI BAKE

WITH MEATBALLS

KEEP FROZEN

NET WT 1LB & 12OZ (793 G)

Nutrition Facts

Serving Size 1 cup (227 g/8 oz)

Servings Per Container 3.5

Amount Per Serving

Calories 400 Calories from Fat 180

% Daily Value*

Total Fat 21g 32%

Saturated Fat 10g 52%

Trans Fat 0g

Cholesterol 95mg 31%

Sodium 720mg 30%

Total Carbohydrate 26g 9%

Dietary Fiber 3g 10%

Sugars 3g

Protein 26g

Vitamin A 10% Vitamin C 10%

Calcium 35% Iron 15%

* Percent Daily Value are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie need.

	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	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 · Carbohydrate 4 · Protein 4

INGREDIENTS: water, Spaghetti (semolina [wheat], niacin, iron [ferrous sulfate], thiamin mononitrate, riboflavin, folic acid), pizza sauce (tomatoes, cane sugar, sea salt, corn starch, olive oil, dehydrated onion, oregano, dehydrated garlic, black pepper, basil, citric acid, peppers, oregano oil, vinegar, basil oil), mozzarella cheese (pasteurized milk, skim milk, cheese cultures, salt, enzymes, powdered cellulose [added to prevent caking], natamycin [added as a mold inhibitor]), italian meatballs (beef, water, textured soy flour, soy protein concentrate, contains less than 2% of the following: salt, spices, garlic powder, onion powder, wheat flour, Romano cheese [pasteurized cow milk, cheese cultures, salt, enzymes], Parmesan cheese (pasteurized milk, cheese cultures, salt, enzymes), dehydrated parsley) salt, black pepper, basil leaves. **Contains: Soy, dairy (milk or cream), wheat.**

COOKING DIRECTIONS: Thaw under refrigeration. Leave lid on and bake at 350°F for 50–60 minutes. Cook to an internal temperature of 160°F.

Safe Handling Instructions

This product was prepared from inspected and passed meat and/or poultry. Some food products may contain bacteria that could cause illness if the product is mishandled or cooked improperly. For your protection, follow these safe handling instructions.



Keep refrigerated or frozen.
Thaw in refrigerator or microwave.



Keep raw meat and poultry separate from other foods.
Wash working surfaces (including cutting boards), utensils, and hands after touching raw meat or poultry.



Cook thoroughly.



Keep hot foods hot. Refrigerate leftovers immediately or discard.

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8 50017 00702 4

Best By:

Lot #



SWEET & SOUR CHICKEN & RICE

KEEP FROZEN • NET WT 1LB & 12OZ (793 G)

Nutrition Facts

Serving Size 7 oz (198 g/7 oz)

Servings Per Container 5

Amount Per Serving

Calories 260Calories from Fat 20

% Daily Value*

Total Fat 21g 4%

Saturated Fat 10g 3%

Trans Fat 0g

Cholesterol 95mg 12%

Sodium 720mg 42%

Total Carbohydrate 26g 16%

Dietary Fiber 3g 2%

Sugars 3g

Protein 26g

Vitamin A 0% Vitamin C 10%

Calcium 4% Iron 8%

* Percent Daily Value are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie need.

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 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 - Carbohydrate 4 - Protein 4

INGREDIENTS: Sweet & sour sauce (water, sugar, tomatoes [tomatoes, tomato juice, citric acid, calcium chloride], pineapple, vinegar, modified cornstarch, hydrolyzed soy protein, 2% or less of molasses, soybean oil, tomato paste, pineapple juice from concentrate, salt dried onions, dried green pepper, spices, corn syrup solids, lemon juice concentrate, beet powder [color], dried garlic), water, chicken breast, rice, (enriched parboiled rice,(parboiled long grain rice, vitamins and minerals (calcium,calcium carbonate) (iron phosphate), (thiamin mononitrate) folic acid] salt.

Contains: Soy

COOKING DIRECTIONS: Thaw under refrigeration. Leave lid on and bake at 350°F for 50–60 minutes. Cook to an internal temperature of 160°F.

Safe Handling Instructions

This product was prepared from inspected and passed meat and/or poultry. Some food products may contain bacteria that could cause illness if the product is mishandled or cooked improperly.

For your protection, follow these safe handling instructions.



Keep refrigerated or frozen.
Thaw in refrigerator or microwave.



Keep raw meat and poultry separate from other foods.
Wash working surfaces (including cutting boards),
utensils, and hands after touching raw meat or poultry.



Cook thoroughly.



Keep hot foods hot. Refrigerate leftovers
immediately or discard.

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Best By:

Lot #