

Vegetarian Options

These products contain no meat or meat byproducts and fit into the vegetarian plan.



Medifast 55:

Dutch Chocolate
French Vanilla
Strawberry Crème
Orange Crème
Swiss Mocha
Banana Crème

Medifast 70:

Dutch Chocolate
French Vanilla
Strawberry Crème
Orange Crème
Swiss Mocha
Banana Crème

Medifast RTD

Dutch Chocolate
French Vanilla

Warm Drinks:

Hot Cocoa
Cappuccino
Chai Latte

Plus for Diabetics:

Chocolate
Vanilla
Strawberry

Creamy Soups:

Cream of Tomato

Pudding:

Chocolate
Banana
Vanilla

Bars:

Chocolate
Chocolate Mint
Peanut Butter
Lemon Yogurt

Oatmeal Raisin
Caramel Nut
S'more Granola Bar
Fruit & Nut Granola Bar

Diabetic Bars:

Peanut Butter Crunch
Chocolate Crunch

Oatmeal :

Apple Cinnamon
Blueberry
Peach
Maple and Brown Sugar

Fast Soup:

Robust Tomato

Plus for Appetite Suppression:

Chocolate
Vanilla

Plus for Women's Health:

Chocolate
Vanilla

Plus for Coronary Health

Chocolate
Strawberry

Iced Tea:

Raspberry Tea
Peach Tea

Fruit Drinks:

Tropical Punch
Cranberry Mango

Fast Soups:

Robust Tomato

Soy Crisps:

White Cheddar
Apple Cinnamon
Ranch

Crackers:

Multi-Grain
Garden Vegetable
Scrambled Eggs

Formulated For Diabetics

These products were designed to meet the needs of people with diabetes by providing them with proper nutrition.

Plus for Diabetics:

Chocolate
Strawberry
Vanilla



Diabetic Bars:

Chocolate Crunch
Peanut butter Crunch

Plus for Appetite Suppression:

Chocolate
Vanilla

Soups/ Homestyle Chili

Chicken Noodle Soup
Homestyle Chili
Minestrone Soup
Beef Vegetable

Creamy Soups:

Cream of Broccoli
Cream of Chicken

Fruit Drinks:

Tropical Punch
Cranberry Mango

Fast Soups:

Savory Beef
Robust Tomato
Delicate Chicken

Oatmeal:

Apple Cinnamon
Blueberry
Maple & Brown Sugar
Peach

Medifast RTD:

Dutch Chocolate
French Vanilla

Scrambled Eggs

Kosher Dairy



These products either contain dairy or were manufactured on machines that process dairy and were prepared in accordance with dietary laws.

Medifast 55:

Dutch Chocolate
French Vanilla
Strawberry Crème
Orange Crème
Swiss Mocha
Banana Crème

Medifast 70:

Dutch Chocolate
French Vanilla
Strawberry Crème
Orange Crème
Swiss Mocha
Banana Crème

Warm Drinks:

Hot Cocoa
Cappuccino
Chai Latte

Plus for Diabetics:

Chocolate
Vanilla
Strawberry

Creamy Soups:

Cream of Tomato

Pudding:

Chocolate
Banana
Vanilla

Bars:

Chocolate
Chocolate Mint
Peanut Butter
Lemon Yogurt
Oatmeal Raisin
Caramel Nut
S'more Granola Bar
Fruit & Nut Granola Bar

Diabetic Bars:

Peanut Butter Crunch
Chocolate Crunch

Plus for Appetite Suppression:

Chocolate
Vanilla

Oatmeal:

Blueberry
Maple & Brown Sugar
Peach
Apple Cinnamon

Medifast RTD:

Dutch Chocolate
French Vanilla

Soy Crisps:

White Cheddar
Ranch

Contains Fish



Plus for Appetite Suppression:
Vanilla

Plus for Diabetics:
Vanilla

Plus for Joint Health:
Chocolate
Vanilla

Product may contain trace amounts of fish or is manufactured in a facility that uses fish.

Medifast 55:

Dutch Chocolate
French Vanilla
Strawberry Crème
Orange Crème
Swiss Mocha
Banana Crème

Medifast 70:

Dutch Chocolate
French Vanilla
Strawberry Crème
Orange Crème
Swiss Mocha
Banana Crème

Plus for Women's Health:

Chocolate
Vanilla

Plus for Coronary Health:

Chocolate
Strawberry

Creamy Soups:

Cream of Broccoli
Cream of Chicken
Cream of Tomato

Oatmeal:

Apple Cinnamon
Blueberry
Maple & Brown Sugar
Peach

Fruit Drinks:

Tropical Punch
Cranberry Mango

Iced Tea:

Raspberry Tea
Peach Tea

Pudding:

Banana
Chocolate
Vanilla

Soups/Chili:

Chicken Noodle Soup
Chicken & Wild Rice Soup
Minestrone Soup
Beef Vegetable Soup
Homestyle Chili

Warm Drinks:

Cappuccino
Hot Cocoa
Chai Latte

Fast Soups:

Savory Beef
Robust Tomato
Delicate Chicken

Scrambled Eggs

Non Kosher

Kon-kosher-Products within this classification may contain ingredients that do not conform to dietary laws or may have been produced in a facility or on equipment that does not comply with these laws.

Plus for Joint Health:

Chocolate
Vanilla

Plus for Coronary Health:

Chocolate
Strawberry

Plus for Women's Health:

Chocolate
Vanilla

Creamy Soups:

Cream of Broccoli
Cream of Chicken

Fruit Drinks:

Tropical Punch
Cranberry Mango

Iced Tea:

Raspberry Tea
Peach Tea

Soups/Chili:

Chicken Noodle Soup
Minestrone Soup
Chicken and Wild Rice
Homestyle Chili
Beef Vegetable

Fast Soups:

Savory Beef
Delicate Chicken

Crackers:

Multi-Grain
Garden Vegetable

Scrambled Eggs

Kosher Parve



These products do not contain meat or dairy, though may contain fish or eggs and were prepared in accordance with dietary laws.

Fast Soups:

Robust Tomato

Soy Crisps:

Apple Cinnamon

Caffeine Content

These products contain the following amount of caffeine in mg.

‡ = Product not tested/ unknown

Medifast 55:

- Dutch Chocolate– 2.25 mg
- French Vanilla– 0 mg
- Strawberry Crème– 0 mg
- Orange Crème– 0 mg
- Swiss Mocha– 8.7 mg
- Banana Crème– 0 mg

Medifast 70:

- Dutch Chocolate– 2.25 mg
- French Vanilla– 0 mg
- Strawberry Crème– 0 mg
- Orange Crème– 0 mg
- Swiss Mocha– 13.41 mg
- Banana Crème

Medifast RTD

- Dutch Chocolate– 1.24 mg
- French Vanilla– 0 mg

Plus for Appetite Suppression:

- Chocolate– 2.2 mg
- Vanilla– 0 mg

Plus for Diabetics:

- Chocolate– 2.2 mg
- Vanilla– 0 mg
- Strawberry– 0 mg

Plus for Joint Health:

- Chocolate– 2.2 mg
- Vanilla– 0 mg

Plus for Coronary Health:

- Chocolate– 2.2 mg
- Strawberry– 0 mg

Plus for Women's Health:

- Chocolate– 2.2 mg
- Vanilla– 0 mg

Bars:

- Chocolate– ‡
- Chocolate Mint– ‡
- Peanut Butter– ‡
- Lemon Yogurt– ‡
- Oatmeal Raisin– ‡
- Caramel Nut– ‡
- S'more Granola Bar– ‡
- Fruit & Nut Granola Bar– ‡



Diabetic Bars:

- Peanut Butter Crunch– 2.5 mg
- Chocolate Crunch– 1 mg

Creamy Soups:

- Cream of Tomato– 0 mg
- Cream of Broccoli– 0 mg
- Cream of Chicken– 0 mg

Fast Soups:

- Savory Beef– 0 mg
- Robust Tomato– 0 mg
- Delicate Chicken– 0 mg

Soups/Chili:

- Chicken Noodle Soup– 0 mg
- Minestrone Soup– 0 mg
- Chicken and Wild Rice– 0 mg
- Homestyle Chili– 0 mg
- Beef Vegetable– 0 mg

Oatmeal :

- Apple Cinnamon– 0 mg
- Blueberry– 0 mg
- Peach– 0 mg
- Maple & Brown Sugar– 0 mg

Iced Tea:

- Raspberry Tea– 0 mg
- Peach Tea– 0 mg

Fruit Drinks:

- Tropical Punch– 0 mg
- Cranberry Mango– 0 mg

Warm Drinks:

- Hot Cocoa– 2.6 mg
- Cappuccino– 0 mg
- Chai Latte– 0 mg

Pudding:

- Banana– 0 mg
- Chocolate– 2.4 mg
- Vanilla– 0 mg

Crackers:

- Multi-Grain– 0 mg
- Garden Vegetable– 0 mg

Soy Crisps:

- Apple Cinnamon– 0 mg
- White Cheddar– 0 mg
- Ranch– 0 mg

Scrambled Eggs– 0 mg

Creamy Soups:

- Cream of Broccoli

Soups/Chili:

- Chicken Noodle Soup
- Minestrone Soup
- Homestyle Chili
- Chicken and Wild Rice
- Beef Vegetable

Plus for Joint Health:

- Chocolate
- Vanilla

Plus for Women's Health:

- Chocolate
- Vanilla

Fast Soups:

- Savory Beef
- Robust Tomato
- Delicate Chicken

Soy Crisps

- Apple Cinnamon
- White Cheddar
- Ranch

Scrambled Eggs



Lactose Free Products (<.5gm)

These products contain less than 0.5 gm of lactose. These products are suited for individuals with dairy allergies.

Oatmeal:

- Apple Cinnamon
- Blueberry
- Maple & Brown Sugar
- Peach

Medifast RTD:

- Dutch Chocolate
- French Vanilla

Fruit Drinks:

- Tropical Punch
- Cranberry Mango

Iced Tea:

- Raspberry Tea
- Peach Tea

Crackers:

- Multi-Grain
- Garden Vegetable

Pudding:

- Banana
- Chocolate

Gluten

These products contain gluten, which is a mixture of insoluble plant proteins occurring in cereal grains, chiefly corn and wheat. Individuals who have celiac disease are usually concerned with gluten.

‡ = Product not tested/ unknown

Medifast 55:

- Dutch Chocolate–<10ppm
- French Vanilla– <10ppm
- Strawberry Crème–<10ppm
- Orange Crème– <10ppm
- Swiss Mocha– <10ppm
- Banana Crème–<10ppm

Medifast 70:

- Dutch Chocolate– <10ppm
- French Vanilla–<10ppm
- Strawberry Crème–<10ppm
- Orange Crème– <10ppm
- Swiss Mocha–<10ppm
- Banana Crème–<10ppm

Medifast RTD

- Dutch Chocolate– ‡
- French Vanilla– ‡

Soups/Chili:

- Chicken Noodle Soup– 2325ppm
- Minestrone Soup– 459ppm
- Chicken and Wild Rice– ‡
- Homestyle Chili– ‡
- Beef Vegetable– ‡

Oatmeal :

- Apple Cinnamon– ‡
- Vanilla Berry– ‡
- Peach– ‡
- Maple & Brown Sugar– ‡

Plus for Appetite Suppression:

- Chocolate– ‡
- Vanilla– ‡

Plus for Diabetics:

- Chocolate– ‡
- Vanilla– ‡
- Strawberry– ‡

Plus for Joint Health:

- Chocolate– ‡
- Vanilla– ‡

Plus for Coronary Health:

- Chocolate– ‡
- Strawberry– ‡

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Plus for Women's Health:

- Chocolate– ‡
- Vanilla– ‡

Bars:

- Chocolate– ‡
- Chocolate Mint– ‡
- Peanut Butter– ‡
- Lemon Yogurt– ‡
- Oatmeal Raisin– ‡
- Caramel Nut– ‡
- S'more Granola Bar– ‡
- Fruit & Nut Granola Bar– ‡

Diabetic Bars:

- Peanut Butter Crunch– ‡
- Chocolate Crunch– ‡

Creamy Soups:

- Cream of Tomato– ‡
- Cream of Broccoli– ‡
- Cream of Chicken– ‡

Fast Soups:

- Savory Beef– ‡
- Robust Tomato– ‡
- Delicate Chicken– ‡

Fruit Drinks:

- Tropical Punch– ‡
- Cranberry Mango– ‡

Iced Tea:

- Raspberry Tea– ‡
- Peach Tea– ‡

Warm Drinks:

- Hot Cocoa– ‡
- Cappuccino– ‡
- Chai Latte– ‡

Pudding:

- Banana– ‡
- Chocolate– ‡
- Vanilla– ‡

Crackers:

- Multi-Grain– ‡
- Garden Vegetable– ‡

Soy Crisps:

- Apple Cinnamon– ‡
- White Cheddar– ‡
- Ranch– ‡

Low Glycemic

These products can break down into glucose less quickly than high-glycemic foods and enter the bloodstream at a much slower rate. They are ideal for diabetics because they minimize insulin fluctuations and sugar cravings, which allow them to feel more full.

Plus for Diabetics:

- Chocolate
- Vanilla
- Strawberry

Oatmeal:

- Apple Cinnamon

Soups/Chili:

- Homestyle Chili

Creamy Soups:

- Cream of Broccoli
- Cream of Chicken



Contains Peanuts

Bars:

- Peanut Butter
- Caramel Nut

Diabetic Bars:

- Peanut Butter Crunch

Product may contain trace amounts of peanuts or is manufactured in a facility that uses peanuts.

Bars:

- Chocolate
- Chocolate Mint
- Lemon Yogurt
- Oatmeal Raisin
- S'more Granola Bar
- Fruit & Nut Granola

Diabetic Bars:

- Chocolate Crunch



Low Lactose (<1.0gm) <L

These products contain between 0.5 gm and 1.0 gm of lactose. Lactose is the simple sugar found in milk and milk products. Individuals allergic to dairy can often handle small amounts of lactose without experiencing symptoms, while others must completely avoid it.

Medifast 55:

- Dutch Chocolate
- French Vanilla
- Strawberry Crème
- Orange Crème
- Swiss Mocha
- Banana Crème

Medifast 70:

- Dutch Chocolate
- French Vanilla
- Strawberry Crème
- Orange Crème
- Swiss Mocha
- Banana Crème

Creamy Soups:

- Cream of Tomato
- Cream of Chicken

Plus for Diabetics:

- Chocolate
- Vanilla
- Strawberry

Plus for Coronary Health:

- Chocolate
- Strawberry

Bars:

- Chocolate
- Chocolate Mint
- Peanut Butter
- Lemon Yogurt
- Oatmeal Raisin
- Caramel Nut
- S'more Granola Bar
- Fruit & Nut Granola Bar

Diabetic Bars:

- Peanut Butter Crunch
- Chocolate Crunch

Plus for Appetite Suppression:

- Chocolate
- Vanilla

Warm Drinks:

- Cappuccino
- Hot Cocoa
- Chai Latte

Pudding:

- Vanilla

Contains Shellfish

Product may contains trace amounts of shellfish or is manufactured in a facility that uses shellfish.

Medifast 55:

- Dutch Chocolate
- French Vanilla
- Strawberry Crème
- Orange Crème
- Swiss Mocha
- Banana Crème



Medifast 70:

- Dutch Chocolate
- French Vanilla
- Strawberry Crème
- Orange Crème
- Swiss Mocha
- Banana Crème

Plus for Appetite Suppression:

- Chocolate
- Vanilla

Plus for Joint Health:

- Chocolate
- Vanilla

Plus for Diabetics:

- Chocolate
- Vanilla
- Strawberry

Plus for Women's Health:

- Chocolate
- Vanilla

Plus for Coronary Health:

- Chocolate
- Vanilla

Creamy Soups:

- Cream of Broccoli
- Cream of Chicken
- Cream of Tomato

Oatmeal:

- Apple Cinnamon
- Blueberry
- Maple & Brown Sugar
- Peach

Fruit Drinks:

- Tropical Punch
- Cranberry Mango

Iced Tea:

- Raspberry Tea
- Peach Tea

Pudding:

- Banana
- Chocolate
- Vanilla

Soups/Chili:

- Chicken Noodle Soup
- Chicken & Wild Rice Soup
- Minestrone Soup
- Beef Vegetable Soup
- Homestyle Chili

Warm Drinks:

- Cappuccino
- Hot Cocoa
- Chai Latte

Fast Soups:

- Savory Beef
- Robust Tomato
- Delicate Chicken

Scrambled Eggs

Contains Wheat

Medifast 55:

- Dutch Chocolate
- French Vanilla
- Strawberry Crème
- Orange Crème
- Swiss Mocha
- Banana Crème



Medifast 70:

- Dutch Chocolate
- French Vanilla
- Strawberry Crème
- Orange Crème
- Swiss Mocha
- Banana Crème

Plus for Women's Health:

- Chocolate
- Vanilla

Plus for Coronary Health:

- Chocolate
- Strawberry

Bars:

- Fruit & Nut Granola Bar
- S'more Granola Bar

Creamy Soups:

- Cream of Broccoli
- Cream of Chicken
- Cream of Tomato

Oatmeal:

- Apple Cinnamon
- Blueberry
- Maple & Brown Sugar
- Peach

Soups/Chili:

- Chicken Noodle Soup
- Minestrone Soup
- Beef Vegetable Soup
- Homestyle Chili

Crackers:

- Multi-Grain
- Garden Vegetable

Fast Soups:

- Savory Beef

Product may contains trace amounts of wheat or is manufactured in a facility that uses wheat.

Plus for Appetite Suppression:

- Chocolate
- Vanilla

Plus for Diabetics:

- Chocolate
- Vanilla
- Strawberry

Plus for Joint Health:

- Chocolate
- Vanilla

Bars:

- Chocolate
- Chocolate Mint
- Peanut Butter
- Lemon Yogurt
- Oatmeal Raisin
- Caramel Nut

Pudding:

- Chocolate
- Banana
- Vanilla

Diabetic Bars:

- Peanut Butter Crunch
- Chocolate Crunch

Fruit Drinks:

- Tropical Punch
- Cranberry Mango

Iced Tea:

- Raspberry Tea
- Peach Tea

Soups/Chili:

- Chicken & Wild Rice Soup

Warm Drinks:

- Cappuccino
- Hot Cocoa
- Chai Latte

Fast Soups:

- Robust Tomato
- Delicate Chicken

Soy Crisps:

- White Cheddar
- Apple Cinnamon
- Ranch

Scrambled Eggs

Contains Egg

Plus for Women's Health:

- Chocolate
- Vanilla



Soups/Chili:

- Chicken Noodle Soup

Scrambled Eggs

Product may contains trace amounts of egg or is manufactured in a facility that uses egg.

Medifast 55:

- Dutch Chocolate
- French Vanilla
- Strawberry Crème
- Orange Crème
- Swiss Mocha
- Banana Crème

Medifast 70:

- Dutch Chocolate
- French Vanilla
- Strawberry Crème
- Orange Crème
- Swiss Mocha
- Banana Crème

Plus for Appetite Suppression:

- Chocolate
- Vanilla

Plus for Diabetics:

- Chocolate
- Vanilla
- Strawberry

Plus for Joint Health:

- Chocolate
- Vanilla

Plus for Coronary Health:

- Chocolate
- Vanilla

Creamy Soups:

- Cream of Broccoli
- Cream of Chicken
- Cream of Tomato

Oatmeal:

- Apple Cinnamon
- Blueberry

Peach

- Maple & Brown Sugar

Fruit Drinks:

- Tropical Punch
- Cranberry Mango

Iced Tea:

- Raspberry Tea
- Peach Tea

Pudding:

- Banana
- Chocolate
- Vanilla

Warm Drinks:

- Cappuccino
- Hot Cocoa
- Chai Latte

Soups/Chili:

- Chicken & Wild Rice Soup
- Minestrone Soup
- Homestyle Chili
- Beef Vegetable Soup

Fast Soups:

- Savory Beef
- Robust Tomato
- Delicate Chicken

Contains Tree Nuts

Bars:

- Fruit & Nut Granola Bar



Product may contains trace amounts of tree nuts or is manufactured in a facility that uses tree nuts.

Bars:

- Chocolate
- Chocolate Mint
- Peanut Butter
- Lemon Yogurt
- Oatmeal Raisin
- Caramel Nut
- S'more Granola Bar

Diabetic Bars:

- Peanut Butter Crunch
- Chocolate Crunch

Contains Whey

These products do contain whey, which is the serum or watery part of milk. Although an excellent source of protein, vitamins, minerals and lactose, whey contains traces of fat and should be avoided by individuals with dairy allergies.

Medifast 55:

- Dutch Chocolate
- French Vanilla
- Strawberry Crème
- Orange Crème
- Swiss Mocha
- Banana Crème

Medifast 70:

- Dutch Chocolate
- French Vanilla
- Strawberry Crème
- Orange Crème
- Swiss Mocha
- Banana Crème

Creamy Soups

- Cream of Tomato
- Cream of Chicken
- Cream of Broccoli

Plus for Diabetics:

- Chocolate
- Vanilla
- Strawberry

Plus for Coronary Health:

- Chocolate
- Strawberry

Bars:

- Chocolate
- Chocolate Mint
- Peanut Butter
- Lemon Yogurt
- Oatmeal Raisin
- Caramel Nut
- S'more Granola Bar
- Fruit and Nut Granola Bar

Diabetic Bars:

- Peanut Butter Crunch
- Chocolate Crunch

Pudding:

- Chocolate
- Banana
- Vanilla

whey

Plus for Appetite Suppression:

- Chocolate
- Vanilla

Warm Drinks:

- Hot Cocoa
- Cappuccino
- Chai Tea

Plus for Women's Health:

- Chocolate
- Vanilla

Plus for Joint Health

- Chocolate
- Vanilla

Fruit Drinks:

- Tropical Punch
- Cranberry Mango

Iced Tea:

- Raspberry Tea
- Peach Tea

Contains Milk



Medifast 55:

- Dutch Chocolate
- French Vanilla
- Strawberry Crème
- Orange Crème
- Swiss Mocha
- Banana Crème

Medifast 70:

- Dutch Chocolate
- French Vanilla
- Strawberry Crème
- Orange Crème
- Swiss Mocha
- Banana Crème

Plus for Appetite Suppression:

- Chocolate
- Vanilla

Plus for Diabetics:

- Chocolate
- Vanilla
- Strawberry

Plus for Joint Health:

- Chocolate
- Vanilla

Plus for Women's Health:

- Chocolate
- Vanilla

Plus for Coronary Health:

- Chocolate
- Vanilla

Bars:

- Chocolate
- Chocolate Mint
- Peanut Butter
- Lemon Yogurt
- Oatmeal Raisin
- Caramel Nut
- S'more Granola Bar
- Fruit & Nut Granola Bar

Diabetic Bars:

- Peanut Butter Crunch
- Chocolate Crunch

Creamy Soups:

- Cream of Broccoli
- Cream of Chicken
- Cream of Tomato

Contains Soy

SOY

* = Product contains soy, amount not given

Medifast 55:

- Dutch Chocolate— 8.0 g
- French Vanilla— 8.0 g
- Strawberry Crème— 8.0 g
- Orange Crème— 8.0 g
- Swiss Mocha— 8.0 g
- Banana Crème— 8.0 g

Medifast 70:

- Dutch Chocolate— 10.0 g
- French Vanilla— 10.0 g
- Strawberry Crème— 10.0 g
- Orange Crème— 10.0 g
- Swiss Mocha— 10.0 g
- Banana Crème— 10.0 g

Medifast RTD

- Dutch Chocolate— 11.0 g
- French Vanilla— 11.0 g

Plus for Appetite Suppression:

- Chocolate— 8.6 g
- Vanilla— 9.0 g

Plus for Diabetics:

- Chocolate— 8.5 g
- Vanilla— 9.0 g
- Strawberry— 9.0 g

Plus for Joint Health:

- Chocolate— 9.0 g
- Vanilla— 9.0 g

Plus for Coronary Health:

- Chocolate— 9.0 g
- Strawberry— 9.0 g

Plus for Women's Health:

- Chocolate— 10.0 g
- Vanilla— 10.0 g

Bars:

- Chocolate— *
- Chocolate Mint— *
- Peanut Butter— *
- Lemon Yogurt— *
- Oatmeal Raisin— *
- Caramel Nut— *
- S'more Granola Bar— *
- Fruit & Nut Granola Bar— *

Oatmeal:

- Peach

Fruit Drinks:

- Tropical Punch
- Cranberry Mango

Iced Tea:

- Raspberry Tea
- Peach Tea

Pudding:

- Banana
- Chocolate
- Vanilla

Warm Drinks:

- Cappuccino
- Hot Cocoa
- Chai Latte

Soy Crisps:

- White Cheddar
- Ranch

Plus for Joint Health:

- Chocolate
- Vanilla

Diabetic Bars:

- Peanut Butter Crunch— *
- Chocolate Crunch— *

Soups/Chili:

- Chicken Noodle Soup— 0.8 g
- Minestrone Soup— 0.8 g
- Chicken and Wild Rice— 2.3 g
- Homestyle Chili— 10.0 g
- Beef Vegetable— 4.7 g

Fast Soup:

- Savory Beef— *

Oatmeal:

- Apple Cinnamon— 7.8 g
- Vanilla Berry— 7.8 g
- Peach— 7.7 g
- Maple & Brown Sugar— 7.8 g

Pudding:

- Banana— 3.3 g
- Chocolate— 3.3 g
- Vanilla— 3.3 g

Soy Crisps:

- Apple Cinnamon— *
- White Cheddar— *
- Ranch— *

Product may contain trace amounts of soy or is manufactured in a facility that uses soy.

Creamy Soups:

- Cream of Tomato
- Cream of Broccoli
- Cream of Chicken

Fast Soups:

- Robust Tomato
- Delicate Chicken

Fruit Drinks:

- Tropical Punch
- Cranberry Mango

Iced Tea:

- Raspberry Tea
- Peach Tea

Warm Drinks:

- Hot Cocoa
- Cappuccino
- Chai Latte
- Scrambled Eggs

Product may contain trace amounts of milk or is manufactured in a facility that uses milk

Oatmeal:

- Apple Cinnamon
- Blueberry
- Maple & Brown Sugar

Soups/Chili:

- Chicken Noodle Soup
- Chicken & Wild Rice Soup
- Minestrone Soup
- Beef Vegetable Stew
- Homestyle Chili

Fast Soups:

- Savory Beef
- Robust Tomato
- Delicate Chicken

Soy Crisps:

- Apple Cinnamon

Scrambled Eggs