



Healthy2U Vending

Selection Menu



Healthy2U Vending Entrée Samples

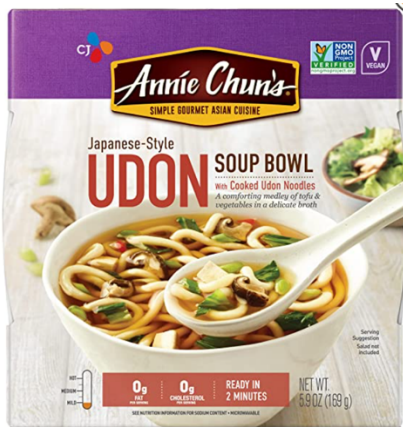


Nutrition Facts	
Serving Size 1 cup (140g)	
Servings Per Container About 2	
Amount Per Serving	
Calories 230	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 0.5g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 520mg	22%
Total Carbohydrate 42g	14%
Dietary Fiber 8g	30%
Sugars 5g	
Protein 7g	
Vitamin A 0%	Vitamin C 8%
Calcium 2%	Iron 10%
*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
Saturated 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



Nutrition Facts	
Serving Size 1 cup (140g)	
Servings Per Container About 2	
Amount Per Serving	
Calories 240	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 0.5g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 580mg	24%
Total Carbohydrate 44g	15%
Dietary Fiber 7g	29%
Sugars 2g	
Protein 8g	
Vitamin A 0%	Vitamin C 2%
Calcium 2%	Iron 10%
*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
Saturated 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





Nutrition Facts	
1 serving per container	
Serving size 1 bowl (169g)	
Amount per serving	
Calories 270	
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 760mg	33%
Total Carbohydrate 56g	20%
Dietary Fiber 4g	14%
Total Sugars 8g	
Incl. 7g Added Sugars	14%
Protein 8g	
Vitamin D 1.7mcg	8%
Calcium 15mg	0%
Iron 1.5mg	8%
Potassium 80mg	0%

*The % Daily Value (DV) 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.



Nutrition Facts	
1 serving per container	
Serving size 1 bowl (179g)	
Amount per serving	
Calories 350	
% Daily Value*	
Total Fat 4g	8%
Saturated Fat 3g	18%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 810mg	35%
Total Carbohydrate 67g	24%
Dietary Fiber 0g	0%
Total Sugars 5g	
Incl. 8g Added Sugars	16%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1mg	6%
Potassium 160mg	4%

INGREDIENTS: WATER, COCONUT MILK, UDON NOODLES, SOY BEAN PASTE, GARLIC, ONION, RED PEPPER, CORN, CARROT, CILantro, CHILI PEPPER, LEMON JUICE, SALT, SUGAR, MSG, AND NATURAL FLAVORS. *The % Daily Value (DV) 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.



Nutrition Facts	
1 serving per container	
Serving size 1 bowl (168g)	
Amount per serving	
Calories 260	
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 880mg	38%
Total Carbohydrate 54g	20%
Dietary Fiber 5g	18%
Total Sugars 2g	
Incl. 2g Added Sugars	4%
Protein 9g	
Vitamin D 1.6mcg	8%
Calcium 30mg	2%
Iron 1.3mg	8%
Potassium 70mg	0%

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Amount per serving	
Calories	490
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 830mg	36%
Total Carbohydrate 88g	32%
Dietary Fiber 6g	21%
Total Sugars 21g	
Incl. 17g Added Sugars	34%
Protein 15g	
Vitamin D 0.4mcg	2%
Calcium 30mg	2%
Iron 1.4mg	8%
Potassium 150mg	4%

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INGREDIENTS: NOODLES, WATER, WHEAT FLOUR, MODIFIED TIPOCA STARCH, SALT, WHEAT GLUTEN, LACTIC ACID, SAUCE DEXTROSE, WATER, VEGETABLE SOUP BASE (VEGETABLES [CARROTS, CELERY, ONION], SALT, ORGANIC CANE SUGAR, ORGANIC TIPOCA MALDONCITO, YEAST EXTRACT, ORGANIC TARTAR POWDER, ORGANIC CANE SUGAR, ORGANIC GARLIC POWDER, ORGANIC THYMURIC NATURAL FLAVOR), EXPELLER PRESSED CANOLA OIL, SESAME OIL, SOY SAUCE, WATER, SORBANS, WHEAT SALT, ALCOHOL, MINCED GARLIC, CANE SUGAR, SEASONING BLEND (ONION, YEAST EXTRACT, GARLIC, YEAST EXTRACT, CANE SUGAR, GARLIC POWDER, ORGANIC MUSHROOMS, NATURAL FLAVORS, RICE VINEGAR, SALT, SPICES, XANTHAN GUM). **TOPPINGS:** DEHYDRATED CARROT, DEHYDRATED CAULIFLOWER, DEHYDRATED GREEN PEPPER, DEHYDRATED SPINACH, DEHYDRATED KALE, CHILI PEPPER, DEHYDRATED GREEN ONIONS.

CONTAINS: SOY, WHEAT

PRODUCT MANUFACTURED IN A FACILITY THAT USES PEANUTS
STORED IN A ROOM OPEN TO AIR. AVOID DIRECT SUNLIGHT



Nutrition Facts		Amount/serving		%DV*	
Serv. Size 1 cup (240mL)		Total Fat 2g		3%	
Servings about 2		Sat. Fat 0.5g		3%	
Calories 80		Trans Fat 0g		Total Carb. 12g	
Fat Cal. 80		Polyunsat. Fat 0.5g		Fiber 0g	
		Monounsat. Fat 0.5g		Sugars 1g	
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		Cholest. 20mg		7%	
		Protein 3g			
Vitamin A 10% • Vitamin C 0% • Calcium 2% • Iron 4%					



Nutrition Facts	
7 servings per container	
Serving size 1 packet (24g)	
Amount per serving	
Calories 90	
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 5mg	2%
Sodium 550mg	23%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Total Sugars 0g	0%
Includes 0g Added Sugars	0%
Protein 10g	19%
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.3mg	2%
Potassium 60mg	0%

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Ingredients: Hydrolyzed gelatin, protein blend (protein concentrate, milk), whey protein isolate, egg noodles (wheat flour, eggs, macin, mononitrate, riboflavin, folic acid, salt, natural and artificial flavor, dehydrated vegetable leucanth, garlic), yeast extract, spices, soy lecithin, lactic acid.

Manufactured in a facility that processes peanuts and tree nuts.

Distributed By:
Nutri-Nutrition
55 North Main Street
Nutri, WI 00002

Product of Canada



Nutrition Facts	
7 servings per container	
Serving size 1 packet (26g)	
Amount per serving	
Calories 90	
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 5mg	2%
Sodium 550mg	23%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Total Sugars 0g	0%
Includes 0g Added Sugars	0%
Protein 10g	19%
Vitamin D 0mcg	0%
Calcium 10mg	1%
Iron 0.3mg	2%
Potassium 140mg	2%

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Ingredients: Protein blend (milk, protein isolate, soy protein isolate, sodium caseinate, modified corn starch, hydrolyzed gelatin, yeast extract, salt, dehydrated vegetables (onion, tomato, garlic), natural and artificial flavor, sunflower oil, multivitamin, color (beta-carotene, caramel color), citric acid, spices, basil, malic acid, disodium phosphate, guar gum, sodium alginate, xanthan gum, silicon dioxide (anti-caking agent), tricalcium phosphate, mono- & diglycerides, succinate (iron-nutrient assessment), soy lecithin, lactic acid, salt.

Manufactured in a facility that also processes wheat, eggs, peanuts, and tree nuts.

Distributed By:
Nutri-Nutrition
55 North Main Street
Nutri, WI 00002

Product of Canada



HMR Chicken Enchiladas

Nutrition Facts	
1 serving per container	
Serving size 1 Tray (227g)	
Amount per serving	
Calories 230	
	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	0%
Cholesterol 20mg	7%
Sodium 490mg	21%
Total Carbohydrate 40g	15%
Dietary Fiber 6g	21%
Total Sugars 6g	21%
Includes 1g Added Sugars	2%
Protein 11g	19%
Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 1.9mg	10%
Potassium 570mg	10%

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HMR Fiesta Chicken

Nutrition Facts	
1 serving per container	
Serving size 1 Tray (198g)	
Amount per serving	
Calories	220
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 480mg	21%
Total Carbohydrate 34g	12%
Dietary Fiber 6g	21%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 13g	23%
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 18mg	10%
Potassium 550mg	10%

*The % Daily Value (DV) 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.



HMR Rotini Chicken Alfredo

Nutrition Facts	
1 serving per container	
Serving size 1 Tray (198g)	
Amount per serving	
Calories	220
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 590mg	26%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 16g	29%
Vitamin D 0.1mcg	0%
Calcium 120mg	10%
Iron 1mg	6%
Potassium 330mg	8%

*The % Daily Value (DV) 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.



HMR Penne Pasta with Meatballs

Nutrition Facts	
1 serving per container	
Serving size 1 Tray (227g)	
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 580mg	25%
Total Carbohydrate 30g	11%
Dietary Fiber 3g	11%
Total Sugars 7g	
Includes 1g Added Sugars	2%
Protein 12g	21%
Vitamin D 0mcg	0%
Calcium 140mg	10%
Iron 2.3mg	15%
Potassium 730mg	15%

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Healthy2U Vending Snacks Samples



Nutrition

Calories	120
Saturated Fat	3.5g
Trans Fat	0g
Cholesterol	5mg
Sodium	80mg
Total Carbohydrates	19g
Dietary Fiber	6g
Total Sugars	3g
Protein	1g

Ingredients

Wheat Flour, Chicory Root Fiber, Palm Fruit Oil*, Butter, Cane Sugar, Organic Honey, Vegetable Glycerin, Chickpea Flour, Eggs, Sea Salt, Sunflower Lecithin, Oat Fiber, Baking Soda, Vanilla Extract, Monkfruit Extract.

*Sustainably sourced

Contains Egg, Milk & Wheat

HONEY & OATS



Nutrition

Calories	130
Saturated Fat	4g
Trans Fat	0g
Cholesterol	5mg
Sodium	105mg
Total Carbohydrates	18g
Dietary Fiber	6g
Total Sugars	3g
Protein	1g

Ingredients

Chicory Root Fiber, Wheat Flour, Palm Fruit Oil*, Cane Sugar, Butter, Vegetable Glycerin, Cocoa Powder, Whole Milk, Chickpea Flour, Eggs, Sea Salt, Chocolate Extract, Sunflower Lecithin, Oat Fiber, Baking Soda, Vanilla Extract, Monkfruit Extract.

*Sustainably sourced

Contains Egg, Milk & Wheat

COOKIES & CREAM







