



**NSA - Apple Pie**

| <b>Nutrition Facts</b>   |                              |         |                            |
|--|------------------------------|---------|----------------------------|
| Serving Size 5 1/2 oz (156 g)  |                              |         |                            |
| Servings Per Container 8   |                              |         |                            |
| Amount Per Serving   |                              |         |                            |
| <b>Calories</b> 280  | <b>Calories from Fat</b> 150 |         |                            |
| Calories From Saturated Fat 40   |                              |         |                            |
| % Daily Value*   |                              |         |                            |
| <b>Total Fat</b> 17g   | <b>26%</b>                   |         |                            |
| Saturated Fat 4.5g   | <b>22%</b>                   |         |                            |
| Trans Fat 5g   |                              |         |                            |
| Polyunsaturated Fat 1g   |                              |         |                            |
| Monounsaturated Fat 6g   |                              |         |                            |
| <b>Cholesterol</b> 5mg   | <b>2%</b>                    |         |                            |
| <b>Sodium</b> 430mg  | <b>18%</b>                   |         |                            |
| Potassium 85mg   | <b>2%</b>                    |         |                            |
| <b>Total Carbohydrate</b> 30g  | <b>10%</b>                   |         |                            |
| Dietary Fiber 1g   | <b>3%</b>                    |         |                            |
| Sugars 6g  |                              |         |                            |
| Sugar Alcohol 0g   |                              |         |                            |
| <b>Protein</b> 2g  | <b>5%</b>                    |         |                            |
| Vitamin A  | 0%                           |         |                            |
| Vitamin C  | 140%                         |         |                            |
| Calcium  | 0%                           |         |                            |
| Iron   | 8%                           |         |                            |
| Vitamin D  | 0%                           |         |                            |
| Vitamin E  | 0%                           |         |                            |
| Vitamin K  | 0%                           |         |                            |
| Riboflavin   | 6%                           |         |                            |
| Niacin   | 6%                           |         |                            |
| Vitamin B6   | 0%                           |         |                            |
| Vitamin B12  | 0%                           |         |                            |
| * Percent Daily Values are based on a 2,000 calorie diet.<br>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                    | 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: APPLES (GRANNY SMITH APPLES, ASCORBIC ACID, CITRIC ACID, SALT), WATER, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID) (WHEAT), SHORTENING (PARTIALLY HYDROGENATED SOYBEAN OIL, PARTIALLY HYDROGENATED COTTONSEED OIL) (SOYBEANS), MODIFIED CORN STARCH, EQUAL (MALTODEXTRIN, ASPARTAME), WHOLE EGGS (EGG), SALT, BAKING SODA, CINNAMON, SPICES

CONTAINS: EGG, SOYBEANS AND WHEAT.



## NSA - Blackberry Pie

| <b>Nutrition Facts</b>   |                              |         |                              |
|--|------------------------------|---------|------------------------------|
| Serving Size 5 1/2 oz (156 g)  |                              |         |                              |
| Servings Per Container 8   |                              |         |                              |
| Amount Per Serving   |                              |         |                              |
| <b>Calories</b> 290  | <b>Calories from Fat</b> 160 |         |                              |
| Calories From Saturated Fat 40   |                              |         |                              |
| % Daily Value*   |                              |         |                              |
| <b>Total Fat</b> 17g   | <b>27%</b>                   |         |                              |
| Saturated Fat 4.5g   | <b>22%</b>                   |         |                              |
| Trans Fat 5g   |                              |         |                              |
| Polyunsaturated Fat 1g   |                              |         |                              |
| Monounsaturated Fat 7g   |                              |         |                              |
| <b>Cholesterol</b> 5mg   | <b>2%</b>                    |         |                              |
| <b>Sodium</b> 320mg  | <b>13%</b>                   |         |                              |
| Potassium 120mg  | <b>3%</b>                    |         |                              |
| <b>Total Carbohydrate</b> 31g  | <b>10%</b>                   |         |                              |
| Dietary Fiber 3g   | <b>14%</b>                   |         |                              |
| Sugars 3g  |                              |         |                              |
| Sugar Alcohol 0g   |                              |         |                              |
| <b>Protein</b> 3g  | <b>6%</b>                    |         |                              |
| Vitamin A  | 2%                           |         |                              |
| Vitamin C  | 20%                          |         |                              |
| Calcium  | 2%                           |         |                              |
| Iron   | 8%                           |         |                              |
| Vitamin D  | 0%                           |         |                              |
| Vitamin E  | 4%                           |         |                              |
| Vitamin K  | 15%                          |         |                              |
| Riboflavin   | 6%                           |         |                              |
| Niacin   | 8%                           |         |                              |
| Vitamin B6   | 0%                           |         |                              |
| Vitamin B12  | 0%                           |         |                              |
| * Percent Daily Values are based on a 2,000 calorie diet.<br>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                    | 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: BLACKBERRIES, WATER, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID) (WHEAT), SHORTENING (PARTIALLY HYDROGENATED SOYBEAN OIL, PARTIALLY HYDROGENATED COTTONSEED OIL) (SOYBEANS), MODIFIED CORN STARCH, EQUAL (MALTODEXTRIN, ASPARTAME), WHOLE EGGS (EGG), SALT, BAKING SODA

CONTAINS: EGG, SOYBEANS AND WHEAT.



**NSA - Cherry Pie**

| <b>Nutrition Facts</b>   |                              |         |                            |
|--|------------------------------|---------|----------------------------|
| Serving Size 5 1/2 oz (156 g)  |                              |         |                            |
| Servings Per Container 1   |                              |         |                            |
| <b>Amount Per Serving</b>  |                              |         |                            |
| <b>Calories</b> 290  | <b>Calories from Fat</b> 160 |         |                            |
| Calories From Saturated Fat 40   |                              |         |                            |
| <b>% Daily Value*</b>  |                              |         |                            |
| <b>Total Fat</b> 17g   | <b>27%</b>                   |         |                            |
| Saturated Fat 4.5g   | <b>22%</b>                   |         |                            |
| Trans Fat 5g   |                              |         |                            |
| Polyunsaturated Fat 1g   |                              |         |                            |
| Monounsaturated Fat 7g   |                              |         |                            |
| <b>Cholesterol</b> 5mg   | <b>2%</b>                    |         |                            |
| <b>Sodium</b> 330mg  | <b>14%</b>                   |         |                            |
| Potassium 95mg   | <b>3%</b>                    |         |                            |
| <b>Total Carbohydrate</b> 31g  | <b>10%</b>                   |         |                            |
| Dietary Fiber 1g   | <b>5%</b>                    |         |                            |
| Sugars 5g  |                              |         |                            |
| Sugar Alcohol 0g   |                              |         |                            |
| <b>Protein</b> 3g  | <b>6%</b>                    |         |                            |
| Vitamin A  | 10%                          |         |                            |
| Vitamin C  | 2%                           |         |                            |
| Calcium  | 2%                           |         |                            |
| Iron   | 8%                           |         |                            |
| Vitamin D  | 0%                           |         |                            |
| Vitamin E  | 0%                           |         |                            |
| Vitamin K  | 2%                           |         |                            |
| Riboflavin   | 6%                           |         |                            |
| Niacin   | 6%                           |         |                            |
| Vitamin B6   | 2%                           |         |                            |
| Vitamin B12  | 0%                           |         |                            |
| * Percent Daily Values are based on a 2,000 calorie diet.<br>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                    | 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: CHERRIES, WATER, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID) (WHEAT), SHORTENING (PARTIALLY HYDROGENATED SOYBEAN OIL, PARTIALLY HYDROGENATED COTTONSEED OIL) (SOYBEANS), MODIFIED CORN STARCH, EQUAL (MALTODEXTRIN, ASPARTAME), WHOLE EGGS (EGG), SALT, BAKING SODA

CONTAINS: EGG, SOYBEANS AND WHEAT.



**NSA - Peach Pie**

| <b>Nutrition Facts</b>   |                              |         |                            |
|--|------------------------------|---------|----------------------------|
| Serving Size 5 1/2 oz (156 g)  |                              |         |                            |
| Servings Per Container 8   |                              |         |                            |
| Amount Per Serving   |                              |         |                            |
| <b>Calories</b> 280  | <b>Calories from Fat</b> 150 |         |                            |
| Calories From Saturated Fat 40   |                              |         |                            |
| % Daily Value*   |                              |         |                            |
| <b>Total Fat</b> 17g   | <b>26%</b>                   |         |                            |
| Saturated Fat 4.5g   | <b>22%</b>                   |         |                            |
| Trans Fat 5g   |                              |         |                            |
| Polyunsaturated Fat 1g   |                              |         |                            |
| Monounsaturated Fat 7g   |                              |         |                            |
| <b>Cholesterol</b> 5mg   | <b>2%</b>                    |         |                            |
| <b>Sodium</b> 370mg  | <b>15%</b>                   |         |                            |
| Potassium 160mg  | <b>4%</b>                    |         |                            |
| <b>Total Carbohydrate</b> 29g  | <b>10%</b>                   |         |                            |
| Dietary Fiber 1g   | <b>6%</b>                    |         |                            |
| Sugars 6g  |                              |         |                            |
| Sugar Alcohol 0g   |                              |         |                            |
| <b>Protein</b> 3g  | <b>6%</b>                    |         |                            |
| Vitamin A  | 4%                           |         |                            |
| Vitamin C  | 8%                           |         |                            |
| Calcium  | 0%                           |         |                            |
| Iron   | 6%                           |         |                            |
| Vitamin D  | 0%                           |         |                            |
| Vitamin E  | 2%                           |         |                            |
| Vitamin K  | 2%                           |         |                            |
| Riboflavin   | 6%                           |         |                            |
| Niacin   | 8%                           |         |                            |
| Vitamin B6   | 0%                           |         |                            |
| Vitamin B12  | 0%                           |         |                            |
| * Percent Daily Values are based on a 2,000 calorie diet.<br>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                    | 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: PEACHES (SLICED FREESTONE PEACHES, ASCORBIC, ERYTHORBIC & CITRIC ACIDS TO RETARD OXIDATION), WATER, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID) (WHEAT), SHORTENING (PARTIALLY HYDROGENATED SOYBEAN OIL, PARTIALLY HYDROGENATED COTTONSEED OIL) (SOYBEANS), MODIFIED CORN STARCH, EQUAL (MALTODEXTRIN, ASPARTAME), WHOLE EGGS (EGG), SALT, BAKING SODA

CONTAINS: EGG, SOYBEANS AND WHEAT.