



*Traditions*

# Creamy Chicken Patty & Waffle

*with Four Seasons Vegetables and Cabbage*

**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 5 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. 11.40 OZ.**

014

**014**

**INGREDIENTS:**

**CREAMY CHICKEN PATTY & WAFFLE -** [BREADED CHICKEN PATTY - Chicken breast with rib meat, water, isolated soy protein, vegetable protein product (soy protein concentrate, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, Vitamin A palmitate, calcium pantothenate, thiamine mononitrate (B1), pyridoxine hydrochloride (B6), riboflavin (B2), cyanocobalamin (B12)), textured vegetable protein product (soy flour, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, Vitamin A palmitate, calcium pantothenate, thiamine mononitrate (B1), pyridoxine hydrochloride (B6), riboflavin (B2), cyanocobalamin (B12), (may contain caramel color)), salt, potassium and sodium phosphates, chicken broth. Battered with: Water, whole wheat flour, enriched wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), dehydrated potatoes (potatoes, mono and diglycerides, dextrose), yeast, sugar, salt, soybean oil (processing aid). Battered with: Water, whole wheat flour, enriched wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), potato flour, salt, modified corn starch, leavening (calcium acid pyrophosphate, monocalcium phosphate, sodium bicarbonate), flavor (contains maltodextrin, salt, and natural flavors), hydrolyzed corn protein, onion powder, garlic powder, yeast extract, chicken broth, spice, set in vegetable oil. **WHOLE GRAIN WAFFLE -** Whole wheat flour and enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, whey, soybean oil, sugar. Contains 2% or less of: leavening (sodium acid pyrophosphate, baking soda), whole eggs, food starch-modified, calcium chloride, powdered egg whites, salt, fortified with (reduced iron, niacinamide, pyridoxine hydrochloride [Vitamin B6], riboflavin [Vitamin B2], thiamine mononitrate [Vitamin B1], cyanocobalamin [Vitamin B12]), natural flavor, soy flour (soy flour, soybean oil, soy lecithin). **WATER, WHITE GRAVY MIX -** Non-dairy creamer (partially hydrogenated soybean oil, corn syrup solids, sodium caseinate, mono and diglycerides, sodium citrate, salt, dipotassium phosphate, carrageenan, artificial flavor), modified corn starch, bleached wheat flour, salt, shortening powder (partially hydrogenated soybean oil, corn syrup solids, sodium caseinate, mono and diglycerides, dipotassium phosphate), sugar, spices, liquid shortening (soybean oil, glycerol lacto esters of fatty acids, mono and diglycerides), dehydrated chicken broth with fat (chicken broth, chicken fat and natural flavor), natural flavor (maltodextrin, salt, dextrose, sugar yeast extract, natural flavor).  
**FOUR SEASONS VEGETABLES -** [FOUR SEASONS VEGETABLES - Carrots, yellow squash, cauliflower, green beans. **WATER.**]  
**CABBAGE -** [DICED CABBAGE. **WATER.**]  
**CONTAINS: SOY, MILK, WHEAT, EGG**

**Nutrition Facts**

Serving Size 1 Meal (323g)  
Servings Per Container: 1

**Amount Per Serving**

**Calories 410** Calories from Fat 200

**% Daily Value\***

**Total Fat 19g** 29%

**Saturated Fat 4g** 19%

**Trans Fat 0.5g**

**Cholesterol 30mg** 10%

**Sodium 650mg** 27%

**Total Carbohydrate 39g** 13%

**Dietary Fiber 7g** 26%

**Sugars 5g**

**Protein 17g**

Vitamin A 170% • Vitamin C 25%

Calcium 15% • Iron 25%

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

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*Traditions*

# Creamy Chicken Patty and Waffle

with Rib Meat

## with Cinnamon Flavored Sweet Potatoes and Seasoned Green Beans

**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 5 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. 11.35 OZ.**

114

114

### Nutrition Facts

Serving Size 1 Meal (322g)  
Servings Per Container: 1

**Amount Per Serving**

**Calories 420** Calories from Fat 140  
**% Daily Value\***

**Total Fat 13g** 20%

**Saturated Fat 3.5g** 16%

**Trans Fat 0g**

**Cholesterol 55mg** 19%

**Sodium 750mg** 31%

**Total Carbohydrate 50g** 17%

**Dietary Fiber 6g** 25%

**Sugars 6g**

**Protein 24g**

Vitamin A 260% • Vitamin C 90%

Calcium 10% • Iron 25%

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

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**INGREDIENTS:**  
**CREAMY CHICKEN PATTY and WAFFLE -** [BREADED CHICKEN BREAST PATTIE WITH RIB MEAT - Chicken breast with rib meat, water, whole wheat flour, isolated soy protein, seasoning (modified food starch [potato], flavoring), modified food starch, onion powder, salt, black pepper, contains 2% or less of enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), dried whole eggs, whole grain yellow corn flour, concentrated chicken broth, sodium phosphates, salt, soybean oil, dried yeast, leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), sugar, guar gum, canola oil, paprika extractive. **WHOLE GRAIN WAFFLE -** Whole wheat flour and enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, whey, soybean oil, sugar. Contains 2% or less of: leavening (sodium acid pyrophosphate, baking soda), whole eggs, food starch-modified, calcium chloride, powdered egg whites, salt, fortified with (reduced iron, niacinamide, pyridoxine hydrochloride [Vitamin B6], riboflavin [Vitamin B2], thiamine mononitrate [Vitamin B1], cyanocobalamin [Vitamin B12]), natural flavor, soy flour (soy flour, soybean oil, soy lecithin). **WHITE GRAVY -** Water, non-dairy creamer (partially hydrogenated soybean oil, corn syrup solids, sodium caseinate, mono and diglycerides, sodium citrate, salt, dipotassium phosphate, carrageenan, artificial flavor), modified corn starch, bleached wheat flour, salt, shortening powder (partially hydrogenated soybean oil, corn syrup solids, sodium caseinate, mono and diglycerides, dipotassium phosphate), sugar, spices, liquid shortening (soybean oil, glycerol lacto esters of fatty acids, mono and diglycerides), dehydrated chicken broth with fat (chicken broth, chicken fat and natural flavor), natural flavor (maltodextrin, salt, dextrose, sugar yeast extract, natural flavor).  
**CINNAMON FLAVORED SWEET POTATOES -** [DICED SWEET POTATOES, CINNAMON SAUCE - Water, dextrose, sugar, fructose, shortening powder (partially hydrogenated soybean oil, corn syrup solids, soy protein isolate, mono and di-glycerides, silicon dioxide as an anti-caking agent), dried egg yolks, sodium caseinate, dried egg whites, cinnamon, ascorbic acid and less than 2% of the following: silicon dioxide (anti-caking), carrageenan gum, sodium citrate, natural and artificial flavors (including vanilla), salt and natural flavor).  
**SEASONED GREEN BEANS -** [SEASONED GREEN BEANS - Green beans, onions, red peppers, WATER, BUTTER BUDS - Maltodextrin, enzyme modified butter (butter, buttermilk powder, enzymes) salt, dehydrated butter, shortening powder (partially hydrogenated soy bean oil, corn syrup solids, sodium caseinate, mono and di-glycerides), guar gum, sodium bicarbonate, annatto, turmeric].  
**CONTAINS: EGG, SOY, WHEAT, MILK**



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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 5 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. 12.00 OZ.**

314

**NOT LABELED FOR RETAIL SALE**

**314**

**INGREDIENTS: CREAMY CHICKEN PATTY & WAFFLE**

- [BREADED CHICKEN PATTY - Chicken breast with rib meat, water, isolated soy protein, vegetable protein product [soy protein concentrate, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, Vitamin A palmitate, calcium pantothenate, thiamine mononitrate (B1), pyridoxine hydrochloride (B6), riboflavin (B2), cyanocobalamin (B12)], textured vegetable protein product [soy flour, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, Vitamin A palmitate, calcium pantothenate, thiamine mononitrate (B1), pyridoxine hydrochloride (B6), riboflavin (B2), cyanocobalamin (B12), (may contain caramel color)], salt, potassium and sodium phosphates, chicken broth. Battered with: Water, whole wheat flour, enriched wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), potato flour, salt, modified corn starch, leavening (calcium acid pyrophosphate, monocalcium phosphate, sodium bicarbonate), flavor (contains maltodextrin, salt, and natural flavors), hydrolyzed corn protein, onion powder, garlic powder, yeast extract, chicken broth, spice, set in vegetable oil. **WHOLE GRAIN WAFFLE** - Whole wheat flour and enriched wheat flour (flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, whey, soybean oil, sugar. Contains 2% or less of: leavening (sodium acid pyrophosphate, baking soda), whole eggs, food starch-modified, calcium chloride, powdered egg whites, salt, fortified with (reduced iron, niacinamide, pyridoxine hydrochloride [Vitamin B6], riboflavin [Vitamin B2], thiamine mononitrate [Vitamin B1], cyanocobalamin [Vitamin B12]), natural flavor, soy flour (soy flour, soybean oil, soy lecithin). **WATER. WHITE GRAVY MIX** - Non-dairy creamer (partially hydrogenated soybean oil, corn syrup solids, sodium caseinate, mono and diglycerides, sodium citrate, salt, dipotassium phosphate, carrageenan, artificial flavor), modified corn starch, bleached wheat flour, salt, shortening powder (partially hydrogenated soybean oil, corn syrup solids, sodium caseinate, mono and diglycerides, dipotassium phosphate), sugar, spices, liquid shortening (soybean oil, glycerol lacto esters of fatty acids, mono and diglycerides), dehydrated chicken broth with fat (chicken broth, chicken fat and natural flavor), natural flavor (maltodextrin, salt, dextrose, sugar yeast extract, natural flavor).]

**CINNAMON FLAVORED SWEET POTATOES - [DICED SWEET POTATOES.**

**WATER. CINNAMON DESSERT MIX** - Dextrose, sugar, fructose, shortening powder (partially hydrogenated soybean oil, corn syrup, solids, soy protein isolate, mono and di-glycerides, silicon dioxide as an anti-caking agent), dried egg yolks, sodium caseinate, dried egg whites, cinnamon, ascorbic acid and less than 2% of the following: silicon dioxide (anti-caking), carrageenan gum, sodium citrate, natural and artificial flavors (including vanilla), salt and natural flavor.]

**FOUR SEASONS VEGETABLES - [FOUR SEASONS VEGETABLES**

- Carrots, yellow squash, cauliflower, green beans. **WATER.]**  
**CONTAINS: SOY, MILK, WHEAT, EGG**

170510



# Traditions

## Turkey Ham & Waffle

Cured Turkey Thigh meat Chunked and Formed  
with *Fruit Cocktail and Hash Browns*

**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 3 minutes 30 seconds; 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. 9.20 OZ.**

322

NOT LABELED FOR RETAIL SALE

**322**

**INGREDIENTS: TURKEY HAM & WAFFLE - [CURED TURKEY THIGH MEAT CHUNKED AND FORMED - Turkey thigh meat,**

water, contains 2% or less salt, dextrose, sodium phosphate, sodium erythorbate, natural smoke flavoring, sodium nitrite. **WHOLE GRAIN WAFFLE -** Whole wheat flour and enriched wheat flour (flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, whey, soybean oil, sugar. Contains 2% or less of: leavening (sodium acid pyrophosphate, baking soda), whole eggs, food starch-modified, calcium chloride, powdered egg whites, salt, fortified with (reduced iron, niacinamide, pyridoxine hydrochloride [Vitamin B6], riboflavin [Vitamin B2], thiamine mononitrate [Vitamin B1], cyanocobalamin [Vitamin B12]), natural flavor, soy flour (soy flour, soybean oil, soy lecithin).]

**FRUIT COCKTAIL - [FRUIT COCKTAIL - Diced peaches, water, diced pears, grapes, sugar, pineapple sectors, halved cherries artificially colored red with carmine.]**

**HASH BROWNS - [DICED HASH BROWNS - Potatoes, vegetable oil (contains one or more of the following: canola oil, corn oil, cottonseed oil, palm oil, soybean oil, sunflower oil), disodium dihydrogen pyrophosphate (to promote color retention), dextrose.]**

**CONTAINS: WHEAT, MILK, SOY, EGG**

170510



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- 1 Slit film over each compartment. **Microwave** on high 3 minutes 30 seconds; 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. 7.40 OZ.**

532

**532**

**Nutrition Facts**

Serving Size 1 Meal (210g)  
Servings Per Container: 1

**Amount Per Serving**

**Calories 420** Calories from Fat 150

**% Daily Value\***

**Total Fat 14g 21%**

**Saturated Fat 4.5g 23%**

**Trans Fat 0g**

**Cholesterol 35mg 11%**

**Sodium 610mg 25%**

**Total Carbohydrate 55g 18%**

**Dietary Fiber 5g 22%**

**Sugars 18g**

**Protein 13g**

Vitamin A 0% • Vitamin C 410%

Calcium 8% • Iron 20%

\* 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
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carb	Less than	300g	375g
Dietary Fiber		25g	30g

161025

**INGREDIENTS:**

**OAT MEAL -**

[WATER, QUICK OATS - Rolled oats. CINNAMON DESSERT MIX - Dextrose, sugar, fructose, shortening powder (partially hydrogenated soybean oil, corn syrup solids, soy protein isolate, mono and di-glycerides, silicon dioxide as an anticaking agent), dried egg yolks, sodium caseinate, dried egg whites, cinnamon, ascorbic acid and less than 2% of the following: silicon dioxide (anti-caking), carrageenan gum, sodium citrate, natural and artificial flavors (including vanilla), salt and natural flavor.]

**WAFFLE -** [WHOLE GRAIN WAFFLE - Whole wheat flour and enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, whey, soybean oil, sugar. Contains 2% or less of: leavening (sodium acid pyrophosphate, baking soda), whole eggs, food starch-modified, calcium chloride, powdered egg whites, salt, fortified with (reduced iron, niacinamide, pyridoxine hydrochloride [Vitamin B6], riboflavin [Vitamin B2], thiamine mononitrate [Vitamin B1], cyanocobalamin [Vitamin B12]), natural flavor, soy flour (soy flour, soybean oil, soy lecithin).]

**SAUSAGE PATTY -** [SAUSAGE PATTY - Pork, water, contains 2% or less of: salt, dextrose, spices, sodium phosphates, sugar.]

**CONTAINS: SOY, EGG, WHEAT, MILK**