



# Nutritional Information

## Bacon, Egg, Cheese & Salsa Tornados

Nutrition Facts	
Serving Size 1 TORNADO (85g)	
Servings Per Container 24	
Amount Per Serving	
<b>Calories 180</b>	Calories from Fat 70
% Daily Value*	
<b>Total Fat 7g</b>	<b>11%</b>
Saturated Fat 2g	10%
Trans Fat 0g	
<b>Cholesterol 35mg</b>	<b>12%</b>
<b>Sodium 300mg</b>	<b>13%</b>
<b>Total Carbohydrate 23g</b>	<b>8%</b>
Dietary Fiber 1g	4%
Sugars 1g	
<b>Protein 6g</b>	
Vitamin A 4% • Vitamin C 2%	
Calcium 4% • Iron 8%	

\*Percent Daily Values are based on a 2,000 calorie diet.

MONOGLYCERIDES, POTASSIUM HYDROXIDE, SUGAR, YEAST EXTRACT, CARRAGEENAN, ANNATTO (COLOUR)), AND/OR AMERICAN STYLE CHEESE SAUCE (WATER, CHEDDAR CHEESE (MILK, BACTERIAL CULTURE, SALT, MICROBIAL ENZYME, ANNATTO (COLOUR)), MODIFIED CORN STARCH, CREAM CHEESE PRODUCT (MILK, CREAM, BACTERIAL CULTURE, SALT, XANTHAN AND/OR LOCUST BEAN AND/OR GUAR GUMS), CANOLA OIL, CONTAINS LESS THAN 2% OF NONFAT DRY MILK (SKIM MILK), WHEY, SODIUM PHOSPHATE, SALT, CORN STARCH, LACTIC ACID, CELLULOSE GUM, BUTTER OIL, SUGAR, YEAST EXTRACT, PAPRIKA EXTRACT (COLOUR), NATURAL FLAVOURS, ANNATTO EXTRACT (COLOUR)), ONION, GREEN CHILI PEPPERS (WITH SALT, CITRIC ACID, CALCIUM CHLORIDE), TOMATOES (TOMATOES, TOMATO JUICE, CITRIC ACID, CALCIUM CHLORIDE), MALTODEXTRIN, TOMATO PASTE (TOMATOES), DEXTROSE, MODIFIED CORNSTARCH, SALT, DISTILLED VINEGAR, JALAPENO PEPPERS (WITH SALT, ACETIC ACID, WATER, CALCIUM CHLORIDE), CHEDDAR FLAVOUR (CORN SYRUP SOLIDS, CHEDDAR CHEESE (MILK, BACTERIAL CULTURE, SALT, MICROBIAL ENZYME), SALT, YEAST EXTRACT, DISODIUM PHOSPHATE, NATURAL FLAVOURS, ANNATTO (COLOUR)), LACTIC ACID, SPICE, GARLIC (WITH CITRIC ACID), DOUGH CONDITIONERS (YEAST, WHEAT GLUTEN, SUGAR, GUAR GUM, MODIFIED POTATO STARCH, SODIUM METABISULPHITE).

**CONTAINS: WHEAT, EGGS, MILK.**

## French Toast & Sausage Tornados

Nutrition Facts	
Serving Size 1 TORNADO (85g)	
Servings Per Container 24	
Amount Per Serving	
<b>Calories 190</b>	Calories from Fat 80
% Daily Value*	
<b>Total Fat 8g</b>	<b>12%</b>
Saturated Fat 2g	10%
Trans Fat 0g	
<b>Cholesterol 25mg</b>	<b>8%</b>
<b>Sodium 200mg</b>	<b>8%</b>
<b>Total Carbohydrate 22g</b>	<b>7%</b>
Dietary Fiber 1g	4%
Sugars 1g	
<b>Protein 7g</b>	
Vitamin A 0% • Vitamin C 0%	
Calcium 4% • Iron 15%	

\*Percent Daily Values are based on a 2,000 calorie diet.

**INGREDIENTS:** FULLY COOKED MAPLE SAUSAGE LINK, MADE WITH MECHANICALLY SEPARATED TURKEY, BHA, BHT AND CITRIC ACID ADDED TO HELP PROTECT FLAVOR (MECHANICALLY SEPARATED TURKEY, WATER, SOY PROTEIN CONCENTRATE, CONTAINS 2% OR LESS OF: SUGAR, SALT, SPICES, DEXTROSE, BROWN SUGAR, DEHYDRATED PORK STOCK (PORK STOCK, NATURAL FLAVOR), MAPLE SUGAR, SEASONING (GLUCOSE, CARAMEL COLOR, CORN SYRUP, PURE MAPLE SYRUP), CITRIC ACID, BHA, BHT)), WATER, WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (SOYBEAN, SUNFLOWER, CANOLA AND/OR CORN OIL), BATTER MIX (WHEAT FLOUR, YELLOW CORN FLOUR, DEXTROSE, CORNSTARCH, SUGAR, TAPIOCA DEXTRIN, EGGS, NONFAT MILK, LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), SALT, MODIFIED FOOD STARCH, NATURAL AND ARTIFICIAL FLAVORS, SPICE, SUCRALOSE, GUAR GUM, MAPLE SYRUP, BROWN SUGAR MOLASSES), MALTODEXTRIN, TORTILLA FLOUR BLEND (SALT, RICE FLOUR, GUAR GUM, WHEAT, SODIUM BICARBONATE, CORN STARCH, WHEAT STARCH, FOOD STARCH), DOUGH CONDITIONERS (SODIUM METABISULFITE, SODIUM STEAROYL LACTYLATE, L-CYSTEINE, MONO AND DIGLYCERIDES, DICALCIUM PHOSPHATE), MICROCRYSTALLINE CELLULOSE, SILICON DIOXIDE (TO PREVENT CAKING)), DEXTROSE.

**CONTAINS: WHEAT, MILK, SOY, EGGS.**

## Sausage, Egg & Cheese Tornados

Nutrition Facts	
Serving Size 1 TORNADO (85g)	
Servings Per Container 24	
Amount Per Serving	
<b>Calories 190</b>	Calories from Fat 80
% Daily Value*	
<b>Total Fat 9g</b>	<b>14%</b>
Saturated Fat 2.5g	13%
Trans Fat 0g	
<b>Cholesterol 25mg</b>	<b>8%</b>
<b>Sodium 270mg</b>	<b>11%</b>
<b>Total Carbohydrate 22g</b>	<b>7%</b>
Dietary Fiber 1g	4%
Sugars 1g	
<b>Protein 6g</b>	
Vitamin A 4% • Vitamin C 2%	
Calcium 4% • Iron 8%	

\*Percent Daily Values are based on a 2,000 calorie diet.

(CORN SYRUP SOLIDS, CHEDDAR CHEESE (MILK, BACTERIAL CULTURE, SALT, MICROBIAL ENZYME), SALT, YEAST EXTRACT, DISODIUM PHOSPHATE, NATURAL FLAVOURS, ANNATTO), SPICES, CHICKEN FLAVOUR (SALT, YEAST EXTRACT, MALTODEXTRIN, SUNFLOWER OIL, NATURAL FLAVOUR, TURMERIC EXTRACT), DOUGH CONDITIONERS (YEAST, WHEAT GLUTEN, SUGAR, GUAR GUM, MODIFIED POTATO STARCH, SODIUM METABISULPHITE).

**CONTAINS: EGG, WHEAT, MILK.**

## Supreme Omelet Tornados

Nutrition Facts	
Serving Size 1 TORNADO (85g)	
Servings Per Container 24	
Amount Per Serving	
<b>Calories 190</b>	Calories from Fat 80
% Daily Value*	
<b>Total Fat 9g</b>	<b>14%</b>
Saturated Fat 2.5g	13%
Trans Fat 0g	
<b>Cholesterol 30mg</b>	<b>10%</b>
<b>Sodium 270mg</b>	<b>11%</b>
<b>Total Carbohydrate 22g</b>	<b>7%</b>
Dietary Fiber 1g	4%
Sugars 1g	
<b>Protein 6g</b>	
Vitamin A 4% • Vitamin C 4%	
Calcium 6% • Iron 8%	

\*Percent Daily Values are based on a 2,000 calorie diet.

PROPIONIC ACID, ENZYME MODIFIED BUTTER OIL, MONOGLYCERIDES, POTASSIUM HYDROXIDE, SUGAR, YEAST EXTRACT, CARRAGEENAN, ANNATTO COLOR) AND/OR AMERICAN STYLE CHEESE SAUCE (WATER, CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, ANNATTO COLOR), MODIFIED CORN STARCH, CREAM CHEESE (PASTEURIZED CULTURED MILK AND CREAM, SALT, STABILIZERS (XANTHAN, LOCUST BEAN AND GUAR GUMS)), CANOLA OIL, CONTAINS LESS THAN 2% OF NONFAT DRY MILK, WHEY, SODIUM PHOSPHATE, POTASSIUM PHOSPHATE, SALT, CORNSTARCH, LACTIC ACID, MILKFAT, NATURAL FLAVORS, ANNATTO EXTRACT (COLOR)), NATURAL FLAVOURS, ANNATTO EXTRACT (COLOR)), BELL PEPPER, CONTAINS 2% OR LESS COOKED HAM (CURED WITH WATER, DEXTROSE, SALT, POTASSIUM LACTATE, SODIUM DIACETATE, SODIUM ERYTHORBATE, SODIUM NITRITE), COOKED BACON (CURED WITH WATER, SALT, SUGAR, SMOKE FLAVORING, SODIUM PHOSPHATE, SODIUM ERYTHORBATE, SODIUM NITRITE), ONION, MALTODEXTRIN, DEXTROSE, JALAPENO PUREE (WITH SALT, ACETIC ACID), MODIFIED CORN STARCH, TOMATO PASTE (TOMATOES), SALT, LACTIC ACID, DISTILLED VINEGAR, DOUGH CONDITIONERS (YEAST, WHEAT GLUTEN, SUGAR, GUAR GUM, MODIFIED POTATO STARCH, SODIUM METABISULFITE).

**CONTAINS: WHEAT, MILK, EGGS.**

Nutrition Facts	
Serving Size 1 TORNADO (85g)	
Servings Per Container 24	
Amount Per Serving	
<b>Calories 190</b>	Calories from Fat 80
% Daily Value*	
<b>Total Fat 9g</b>	<b>14%</b>
Saturated Fat 2.5g	13%
Trans Fat 0g	
<b>Cholesterol 25mg</b>	<b>8%</b>
<b>Sodium 270mg</b>	<b>11%</b>
<b>Total Carbohydrate 22g</b>	<b>7%</b>
Dietary Fiber 1g	4%
Sugars 1g	
<b>Protein 6g</b>	
Vitamin A 4% • Vitamin C 2%	
Calcium 4% • Iron 8%	

\*Percent Daily Values are based on a 2,000 calorie diet.

(CORN SYRUP SOLIDS, CHEDDAR CHEESE (MILK, BACTERIAL CULTURE, SALT, MICROBIAL ENZYME), SALT, YEAST EXTRACT, DISODIUM PHOSPHATE, NATURAL FLAVOURS, ANNATTO), SPICES, CHICKEN FLAVOUR (SALT, YEAST EXTRACT, MALTODEXTRIN, SUNFLOWER OIL, NATURAL FLAVOUR, TURMERIC EXTRACT), DOUGH CONDITIONERS (YEAST, WHEAT GLUTEN, SUGAR, GUAR GUM, MODIFIED POTATO STARCH, SODIUM METABISULPHITE).

**CONTAINS: EGG, WHEAT, MILK.**

Nutrition Facts	
Serving Size 1 TORNADO (85g)	
Servings Per Container 24	
Amount Per Serving	
<b>Calories 200</b>	Calories from Fat 80
% Daily Value*	
<b>Total Fat 9g</b>	<b>14%</b>
Saturated Fat 4g	20%
Trans Fat 0g	
<b>Cholesterol 10mg</b>	<b>3%</b>
<b>Sodium 400mg</b>	<b>17%</b>
<b>Total Carbohydrate 23g</b>	<b>8%</b>
Dietary Fiber 1g	4%
Sugars 1g	
<b>Protein 6g</b>	
Vitamin A 6% • Vitamin C 6%	
Calcium 8% • Iron 6%	

\*Percent Daily Values are based on a 2,000 calorie diet.

ACID, CALCIUM CHLORIDE), MODIFIED CORN STARCH, MALTODEXTRIN, DEXTROSE, SALT, LACTIC ACID, XANTHAN GUM, DOUGH CONDITIONERS (YEAST, WHEAT GLUTEN, SUGAR, GUAR GUM, MODIFIED POTATO STARCH, SODIUM METABISULPHITE).

**CONTAINS: WHEAT, MILK.**

## Cheese & Pepperoni Tornados

Nutrition Facts	
Serving Size 1 TORNADO (85g)	
Servings Per Container 24	
Amount Per Serving	
<b>Calories 210</b>	Calories from Fat 90
% Daily Value*	
<b>Total Fat 10g</b>	<b>15%</b>
Saturated Fat 3g	15%
Trans Fat 0g	
<b>Cholesterol 15mg</b>	<b>5%</b>
<b>Sodium 330mg</b>	<b>14%</b>
<b>Total Carbohydrate 23g</b>	<b>8%</b>
Dietary Fiber 1g	4%
Sugars 1g	
<b>Protein 7g</b>	
Vitamin A 4% • Vitamin C 6%	
Calcium 8% • Iron 8%	

\*Percent Daily Values are based on a 2,000 calorie diet.

WHEAT GLUTEN, SUGAR, GUAR GUM, MODIFIED FOOD STARCH, SODIUM METABISULPHITE).

**CONTAINS: WHEAT AND MILK.**

Nutrition Facts	
Serving Size 1 TORNADO (85g)	
Servings Per Container 24	
Amount Per Serving	
<b>Calories 210</b>	Calories from Fat 90
% Daily Value*	
<b>Total Fat 10g</b>	<b>15%</b>
Saturated Fat 3g	15%
Trans Fat 0g	
<b>Cholesterol 15mg</b>	<b>5%</b>
<b>Sodium 330mg</b>	<b>14%</b>
<b>Total Carbohydrate 23g</b>	<b>8%</b>
Dietary Fiber 1g	4%
Sugars 1g	
<b>Protein 7g</b>	
Vitamin A 4% • Vitamin C 6%	
Calcium 8% • Iron 8%	

\*Percent Daily Values are based on a 2,000 calorie diet.

WHEAT GLUTEN, SUGAR, GUAR GUM, MODIFIED FOOD STARCH, SODIUM METABISULPHITE).

**CONTAINS: WHEAT AND MILK.**

## Cheesy Pepper Jack Tornado

Nutrition Facts	
Serving Size 1 TORNADO (85g)	
Servings Per Container 24	
Amount Per Serving	
<b>Calories 200</b>	Calories from Fat 80
% Daily Value*	
<b>Total Fat 9g</b>	<b>14%</b>
Saturated Fat 4g	20%
Trans Fat 0g	
<b>Cholesterol 10mg</b>	<b>3%</b>
<b>Sodium 400mg</b>	<b>17%</b>
<b>Total Carbohydrate 23g</b>	<b>8%</b>
Dietary Fiber 1g	4%
Sugars 1g	
<b>Protein 6g</b>	
Vitamin A 6% • Vitamin C 6%	
Calcium 8% • Iron 6%	

\*Percent Daily Values are based on a 2,000 calorie diet.

ACID, CALCIUM CHLORIDE), MODIFIED CORN STARCH, MALTODEXTRIN, DEXTROSE, SALT, LACTIC ACID, XANTHAN GUM, DOUGH CONDITIONERS (YEAST, WHEAT GLUTEN, SUGAR, GUAR GUM, MODIFIED POTATO STARCH, SODIUM METABISULPHITE).

**CONTAINS: WHEAT, MILK.**

Nutrition Facts	
Serving Size 1 TORNADO (85g)	
Servings Per Container 24	
Amount Per Serving	
<b>Calories 200</b>	Calories from Fat 80
% Daily Value*	
<b>Total Fat 9g</b>	<b>14%</b>
Saturated Fat 4g	20%
Trans Fat 0g	
<b>Cholesterol 10mg</b>	<b>3%</b>
<b>Sodium 400mg</b>	<b>17%</b>
<b>Total Carbohydrate 23g</b>	<b>8%</b>
Dietary Fiber 1g	4%
Sugars 1g	
<b>Protein 6g</b>	
Vitamin A 6% • Vitamin C 6%	
Calcium 8% • Iron 6%	

\*Percent Daily Values are based on a 2,000 calorie diet.

ACID, CALCIUM CHLORIDE), MODIFIED CORN STARCH, MALTODEXTRIN, DEXTROSE, SALT, LACTIC ACID, XANTHAN GUM, DOUGH CONDITIONERS (YEAST, WHEAT GLUTEN, SUGAR, GUAR GUM, MODIFIED POTATO STARCH, SODIUM METABISULPHITE).

**CONTAINS: WHEAT, MILK.**



# Nutritional Information

## Chicken Fajita Tornados

Nutrition Facts	
Serving Size 1 TORNADO (85g)	
Servings Per Container 24	
Amount Per Serving	
<b>Calories 170</b>	Calories from Fat 50
% Daily Value*	
<b>Total Fat 5g</b>	<b>8%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 310mg</b>	<b>13%</b>
<b>Total Carbohydrate 24g</b>	<b>8%</b>
Dietary Fiber 1g	4%
Sugars 1g	
<b>Protein 5g</b>	
Vitamin A 2% • Vitamin C 10%	
Calcium 2% • Iron 8%	

\*Percent Daily Values are based on a 2,000 calorie diet.

**INGREDIENTS:** WATER, ENRICHED WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CHARBROILED CHICKEN STRIPS (CHICKEN THIGH MEAT, CHICKEN WHITE MEAT, WATER, CORN OIL, SALT, MODIFIED CORNSTARCH, SODIUM PHOSPHATE), BELL PEPPER, VEGETABLE OIL (SOYBEAN AND/OR CANOLA AND/OR CORN OIL), ONION, BATTER MIX (ENRICHED BLEACHED WHEAT FLOUR [ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], MODIFIED CORNSTARCH, DEXTROSE, SALT, ONION POWDER, SPICES, DEHYDRATED GARLIC, LEAVENING [SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE], MUSTARD SEED, MALTODEXTRIN, FLAVOUR [FROM COTTONSEED AND SOYBEAN OIL], HYDROLYZED CORN GLUTEN, XANTHAN GUM, SOY SAUCE [FERMENTED SOYBEANS AND WHEAT, SALT], NATURAL FLAVOURS WITH EXTRACTIVES OF PAPRIKA, CORN SYRUP SOLIDS), CHIPOTLE PUREE (WATER, VINEGAR, CHIPOTLE JALAPENO, TOMATO PASTE, DRIED CHILI PEPPERS, FLAVOUR, SALT, SPICES), MODIFIED CORNSTARCH, SIMPLE SUGAR (CANE SUGAR, WATER), MALTODEXTRIN, MESQUITE FLAVOUR (AUTOLYZED YEAST EXTRACT, MALTODEXTRIN, SALT, CHICKEN STOCK, NATURAL FLAVOURS, FLAVOUR, CHICKEN FAT, NATURAL MESQUITE SMOKE FLAVOUR, CORN OIL), SALT, DEXTROSE, CHILI PEPPER, SPICES, NATURAL FLAVOUR, FUMARIC ACID, LACTIC ACID AND CALCIUM LACTATE, SUGAR, DOUGH CONDITIONERS (YEAST, WHEAT GLUTEN, SUGAR, GUAR GUM, MODIFIED CORNSTARCH).

**CONTAINS: WHEAT, SOY, MUSTARD.**

## Nacho Cheese & Chicken Tornados

Nutrition Facts	
Serving Size 1 TORNADO (85g)	
Servings Per Container 24	
Amount Per Serving	
<b>Calories 190</b>	Calories from Fat 70
% Daily Value*	
<b>Total Fat 8g</b>	<b>12%</b>
Saturated Fat 2.5g	13%
Trans Fat 0g	
<b>Cholesterol 15mg</b>	<b>5%</b>
<b>Sodium 380mg</b>	<b>16%</b>
<b>Total Carbohydrate 24g</b>	<b>8%</b>
Dietary Fiber 1g	4%
Sugars 1g	
<b>Protein 7g</b>	
Vitamin A 4% • Vitamin C 2%	
Calcium 8% • Iron 8%	

\*Percent Daily Values are based on a 2,000 calorie diet.

**INGREDIENTS:** WATER, WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CHEESE SAUCE (WATER, CHEDDAR CHEESE [PASTEURIZED MILK, BACTERIAL CULTURE, SALT, MICROBIAL ENZYMES, ANNATTO COLOUR], MODIFIED CORNSTARCH, CREAM CHEESE [PASTEURIZED CULTURED MILK AND CREAM, SALT, STABILIZERS], CANOLA OIL, PARTLY SKIMMED MILK POWDER, WHEY, SODIUM PHOSPHATE, SALT, CORNSTARCH, LACTIC ACID, CELLULOSE GUM, BUTTER OIL, SUGAR, YEAST EXTRACT, PAPRIKA EXTRACT, NATURAL FLAVOURS, ANNATTO EXTRACT), CHARBROILED SEASONED CHICKEN (CHICKEN THIGH MEAT, CHICKEN WHITE MEAT, WATER, CORN OIL, SALT, MODIFIED CORNSTARCH, SODIUM PHOSPHATE), VEGETABLE OIL (SOYBEAN AND/OR CANOLA AND/OR CORN OIL), PASTEURIZED PROCESS CHEDDAR CHEESE (CHEDDAR CHEESE [MILK, BACTERIAL CULTURE, SALT, MICROBIAL ENZYMES], WATER, SODIUM PHOSPHATE, MILKFAT, SODIUM HEXAMETA-PHOSPHATE, SALT, VEGETABLE COLOUR [ANNATTO AND PAPRIKA OLEORESIN]), LOW

MOISTURE MOZZARELLA CHEESE (WHOLE MILK, BACTERIAL CULTURES, SALT, MICROBIAL ENZYMES), BATTER MIX (ENRICHED WHEAT FLOUR [ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], YELLOW CORN FLOUR, SALT, LEAVENING [SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORNSTARCH, MONOCALCIUM PHOSPHATE], BEET POWDER, BETA CAROTENE, LACTIC ACID), ONION POWDER, JALAPENO PEPPER, GARLIC POWDER, CALCIUM LACTATE, SPICES, CHEDDAR CHEESE [MILK, BACTERIAL CULTURE, SALT, MICROBIAL ENZYMES], EXTRACTIVES OF PAPRIKA AND ANNATTO, YEAST EXTRACT, GUAR GUM, NATURAL FLAVOUR, BUTTERMILK POWDER, MALTODEXTRIN, HYDROLYZED CASEIN), CHEDDAR CHEESE (CULTURED PASTEURIZED MILK, SALT, MICROBIAL ENZYMES, ANNATTO COLOUR), MODIFIED CORNSTARCH, CHEDDAR CHEESE PRODUCT (CHEDDAR CHEESE [PASTEURIZED MILK, BACTERIAL CULTURES, SALT, MICROBIAL ENZYMES], WATER, BUTTER [CREAM, SALT], SALT, NATURAL FLAVOUR, SODIUM PHOSPHATE, LACTIC ACID), MICROBIAL ENZYMES, VEGETABLE COLOURING), JALAPENO PEPPERS (JALAPENO PEPPERS, SALT, ACETIC ACID, WATER, CALCIUM CHLORIDE), MALTODEXTRIN, DEXTROSE, SIMPLE SUGAR (CANE SUGAR, WATER), SALT, PAPRIKA, NATURAL FLAVOUR, LACTIC ACID (LACTIC ACID, CALCIUM LACTATE), SPICES, CHILI PEPPER, FUMARIC ACID, TURMERIC, DOUGH CONDITIONERS (YEAST, WHEAT GLUTEN, SUGAR, GUAR GUM, MODIFIED CORNSTARCH, SODIUM METABISULPHITE).

**CONTAINS: WHEAT AND MILK.**

## Ranchero Beef Steak & Cheese Tornados

Nutrition Facts	
Serving Size 1 TORNADO (85g)	
Servings Per Container 24	
Amount Per Serving	
<b>Calories 180</b>	Calories from Fat 50
% Daily Value*	
<b>Total Fat 6g</b>	<b>9%</b>
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol 10mg</b>	<b>3%</b>
<b>Sodium 330mg</b>	<b>14%</b>
<b>Total Carbohydrate 24g</b>	<b>8%</b>
Dietary Fiber 1g	4%
Sugars 1g	
<b>Protein 7g</b>	
Vitamin A 6% • Vitamin C 2%	
Calcium 6% • Iron 10%	

\*Percent Daily Values are based on a 2,000 calorie diet.

**INGREDIENTS:** WATER, WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), COOKED BEEF STEAK (WITH BROTH, SALT), MONTEREY JACK AND CHEDDAR CHEESES (MILK, BACTERIAL CULTURE, SALT, MICROBIAL ENZYME, CALCIUM CHLORIDE, ANNATTO), VEGETABLE OIL (SOYBEAN AND/OR CANOLA AND/OR CORN), BATTER MIX (ENRICHED WHEAT FLOUR [ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], YELLOW CORN FLOUR, SPICES, SALT, JALAPENO PEPPER, BAKING POWDER, GUAR GUM, OLEORESIN PAPRIKA AND TURMERIC, NATURAL FLAVOR), TOMATO PASTE (TOMATOES), ONION, TEXTURED SOY PROTEIN, MODIFIED CORN STARCH, MALTODEXTRIN, SALT, SPICES (WITH PAPRIKA), BEEF FLAVOUR BOUILLON (SALT, BEEF FAT, SUGAR, HYDROLYZED SOY PROTEIN, CORNSTARCH, DRIED BEEF, ONION POWDER, FLAVOURS, MALTODEXTRIN, PARSLEY, TURMERIC EXTRACTIVES, CITRIC ACID, SPICES), FLAVOUR, DEXTROSE, CHILI PEPPER, GUAR GUM, LACTIC ACID (WITH CALCIUM LACTATE), APPLE CIDER VINEGAR, FUMARIC ACID, DOUGH CONDITIONERS (YEAST, WHEAT GLUTEN, SUGAR, GUAR GUM, MODIFIED POTATO STARCH, SODIUM METABISULPHITE).

**CONTAINS: WHEAT, SOY, MILK.**

## Grilled Chicken & Cheddar Tornados

Nutrition Facts	
Serving Size 1 TORNADO (85g)	
Servings Per Container 24	
Amount Per Serving	
<b>Calories 170</b>	Calories from Fat 60
% Daily Value*	
<b>Total Fat 6g</b>	<b>9%</b>
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol 10mg</b>	<b>3%</b>
<b>Sodium 380mg</b>	<b>16%</b>
<b>Total Carbohydrate 23g</b>	<b>8%</b>
Dietary Fiber 1g	4%
Sugars 1g	
<b>Protein 6g</b>	
Vitamin A 2% • Vitamin C 4%	
Calcium 4% • Iron 8%	

\*Percent Daily Values are based on a 2,000 calorie diet.

**INGREDIENTS:** WATER, ENRICHED WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CHARBROILED CHICKEN STRIPS (CHICKEN THIGH MEAT, CHICKEN WHITE MEAT, WATER, CORN OIL, SALT, MODIFIED POTATO STARCH, SODIUM PHOSPHATE), VEGETABLE OIL (SOYBEAN AND/OR CANOLA AND/OR CORN OIL), CHEDDAR AND MONTEREY JACK CHEESES (CHEESE [MILK, BACTERIAL CULTURE, SALT, CALCIUM CHLORIDE, MICROBIAL ENZYMES] ANNATTO), BATTER MIX (ENRICHED BLEACHED WHEAT FLOUR [ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], MODIFIED CORNSTARCH, DEXTROSE, SALT, ONION POWDER, SPICES, GARLIC, BAKING POWDER, MUSTARD SEED, MALTODEXTRIN, FLAVOUR [FROM COTTONSEED AND SOYBEAN OILS], HYDROLYZED CORN GLUTEN, XANTHAN GUM, SOY SAUCE [FERMENTED SOYBEANS AND WHEAT, SALT], NATURAL FLAVOURS WITH EXTRACTS OF PAPRIKA, CORN SYRUP), BELL PEPPER, ONION, GREEN CHILI PEPPERS (WITH CITRIC ACID), MODIFIED CORNSTARCH, MALTODEXTRIN, SALT, DEXTROSE, CHICKEN FLAVOUR (AUTOLYZED YEAST EXTRACT, SALT, BLEACHED WHEAT FLOUR, SUGAR, CHICKEN FLAVOUR, SMOKED TORULA YEAST, DEFATTED SOY FLOUR, CHICKEN FAT), JALAPENO PUREE (JALAPENO PEPPERS, SALT, ACETIC ACID, CALCIUM CHLORIDE), CHILI POWDER, SPICES, SUGAR, LACTIC ACID, FLAVOR, DOUGH CONDITIONERS (YEAST, WHEAT GLUTEN, SUGAR, GUAR GUM, MODIFIED POTATO STARCH, SODIUM METABISULPHITE).

**CONTAINS: WHEAT, SOY, MILK, MUSTARD.**

## Pork Chile Verde Tornados

Nutrition Facts	
Serving Size 1 TORNADO (85g)	
Servings Per Container 24	
Amount Per Serving	
<b>Calories 170</b>	Calories from Fat 60
% Daily Value*	
<b>Total Fat 6g</b>	<b>9%</b>
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol 10mg</b>	<b>3%</b>
<b>Sodium 390mg</b>	<b>16%</b>
<b>Total Carbohydrate 23g</b>	<b>8%</b>
Dietary Fiber 1g	4%
Sugars 1g	
<b>Protein 6g</b>	
Vitamin A 4% • Vitamin C 6%	
Calcium 4% • Iron 8%	

\*Percent Daily Values are based on a 2,000 calorie diet.

**INGREDIENTS:** WATER, ENRICHED WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), COOKED PORK, WATER AND BINDER PRODUCT (PORK, WATER, SEASONING [SALT, CORN MALTODEXTRIN, GARLIC POWDER, YEAST EXTRACT, NATURAL FLAVORS, GUM ARABIC, SPICE, CANOLA OIL, SUGAR, CARAMELIZED SUGAR, MALIC ACID], MODIFIED FOOD STARCH, BROWN SUGAR (SUGAR, CANE SYRUPS), SODIUM TRIPOLYPHOSPHATE), PASTEURIZED PROCESS MONTEREY JACK CHEESE (MONTEREY JACK CHEESE [MILK, CHEESE CULTURE, SALT, ENZYMES], WATER, SODIUM PHOSPHATE, MILKFAT, SODIUM HEXAMETA-PHOSPHATE, SALT), TOMATILLO (WITH WATER, SALT, CITRIC ACID), GREEN CHILI (WITH CITRIC ACID), VEGETABLE OIL (SOYBEAN, SUNFLOWER, CANOLA AND/OR CORN OIL), BATTER MIX (YELLOW CORN FLOUR, ENRICHED WHEAT FLOUR [ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], SPICES, SALT, GREEN BELL PEPPERS, LEAVENING [SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE], GUAR GUM, OLEORESIN PAPRIKA, TURMERIC, NATURAL FLAVOR), ONION, CONTAINS 2% OR LESS GREEN BELL PEPPER, TEXTURED SOY FLOUR, MALTODEXTRIN, MODIFIED CORN STARCH, JALAPENO PUREE (JALAPENO PEPPERS, ACETIC ACID, CALCIUM CHLORIDE), CILANTRO, DEXTROSE, SALT, DOUGH CONDITIONERS (YEAST, WHEAT GLUTEN, SUGAR, GUAR GUM, FOOD STARCH, SODIUM METABISULFITE), GARLIC (WITH CITRIC ACID), SUGAR, SPICES, LACTIC ACID, PAPRIKA.

**CONTAINS: WHEAT, MILK, SOY.**

## Southwestern Style Chicken Tornados

Nutrition Facts	
Serving Size 1 TORNADO (85g)	
Servings Per Container 24	
Amount Per Serving	
<b>Calories 170</b>	Calories from Fat 50
% Daily Value*	
<b>Total Fat 6g</b>	<b>9%</b>
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 320mg</b>	<b>13%</b>
<b>Total Carbohydrate 24g</b>	<b>8%</b>
Dietary Fiber 1g	4%
Sugars 1g	
<b>Protein 6g</b>	
Vitamin A 10% • Vitamin C 6%	
Calcium 6% • Iron 8%	

\*Percent Daily Values are based on a 2,000 calorie diet.

**INGREDIENTS:** WATER, WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), PROCESSED MONTEREY JACK AND AMERICAN CHEESE WITH PEPPERS PRODUCT (MONTEREY JACK AND AMERICAN CHEESES (MILK, BACTERIAL CULTURE, SALT, MICROBIAL ENZYME), WATER, SKIM MILK, PALM OIL, SODIUM PHOSPHATE, MODIFIED CORNSTARCH, RED AND GREEN JALAPENO PEPPERS, SALT, LACTIC ACID), COOKED CHICKEN LOAF (CHICKEN, WATER, MODIFIED CORNSTARCH, SALT, SODIUM PHOSPHATE), VEGETABLE OIL (SOYBEAN AND/OR CANOLA AND/OR CORN OIL), SPINACH, COOKED BLACK BEANS, RED BELL PEPPER, CORN, BATTER MIX (ENRICHED WHEAT FLOUR [ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], YELLOW CORN FLOUR, SPICES, SALT, JALAPENO PEPPER, BAKING POWDER, GUAR GUM, OLEORESIN PAPRIKA AND TURMERIC, NATURAL FLAVOR), MALTODEXTRIN, MODIFIED CORNSTARCH, PEPPERS (JALAPENO, SALT, ACETIC ACID, CALCIUM CHLORIDE), TEXTURED SOY FLOUR (WITH CARAMEL COLOUR), DEXTROSE, SPICES (CILANTRO), SALT, LACTIC ACID, GARLIC (WITH CITRIC ACID), GROUND CHILI PEPPER, SMOKE FLAVOUR POWDER

(MALTODEXTRIN POWDER, NATURAL HICKORY SMOKE FLAVOUR), DOUGH CONDITIONERS (YEAST, WHEAT GLUTEN, SUGAR, GUAR GUM, MODIFIED POTATO STARCH, SODIUM METABISULPHITE).  
**CONTAINS: WHEAT, MILK, SOY.**

## Habanero Cream Cheese Tornados

Nutrition Facts	
24 serving per container	
Serving size 1 TORNADO (85g)	
Amount per serving	
<b>Calories 190</b>	
% Daily Value*	
<b>Total Fat 9g</b>	<b>14%</b>
Saturated Fat 3g	15%
Trans Fat 0g	
<b>Cholesterol 10mg</b>	<b>3%</b>
<b>Sodium 320mg</b>	<b>13%</b>
<b>Total Carbohydrate 23g</b>	<b>8%</b>
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes Added Sugars	
<b>Protein 5g</b>	
Vitamin A 8% • Vitamin C 15%	
Calcium 8% • Iron 8%	

\*Percent Daily Values are based on a 2,000 calorie diet.

**INGREDIENTS:** WATER, ENRICHED WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), NEUFCHATEL CREAM CHEESE BLEND (MILK, NEUFCHATEL CHEESE [PASTEURIZED MILK AND CREAM, CHEESE CULTURE], SKIM MILK, PALM OIL, MILK PROTEIN CONCENTRATE, CHEESE CULTURE, SALT, CAROB BEAN, LACTIC ACID, MONO-AND-DIGLYCERIDES, CITRIC ACID (PRESERVATIVE), APOCAROTENAL (COLOR)), PROCESSED JACK AND AMERICAN CHEESE WITH PEPPERS BLEND (JACK AND AMERICAN CHEESE [MILK, CHEESE CULTURE, SALT, ENZYMES], WATER, SKIM MILK, PALM OIL, SODIUM PHOSPHATES, MODIFIED FOOD STARCH, PEPPERS (RED & GREEN JALAPENO PEPPERS), SALT, LACTIC ACID), VEGETABLE OIL (SOYBEAN, CANOLA AND/OR CORN OIL), ROASTED RED PEPPER PUREE (RED BELL PEPPER, SALT, CITRIC ACID), RED PEPPER, BATTER MIX (YELLOW CORN FLOUR, ENRICHED BLEACHED WHEAT FLOUR [ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], SPICES, SALT, PAPRIKA, JALAPENO PEPPER, LEAVENING [SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE], NATURAL FLAVOR, GUAR GUM, OLEORESIN PAPRIKA AND TURMERIC), CONTAINS 2% OR LESS MODIFIED CORN STARCH, MALTODEXTRIN, DEXTROSE, HABANERO PUREE (HABANERO PEPPERS, SALT, CITRIC ACID, SODIUM BENZOATE), LACTIC ACID, SALT, XANTHAN GUM, DOUGH CONDITIONERS (YEAST, WHEAT GLUTEN, SUGAR, GUAR GUM, MODIFIED FOOD STARCH).

**CONTAINS: WHEAT, MILK.**