



**Epicenter Supplies LLC**  
**384 Wallis St #2**  
**Eugene, OR 97402**

(541) 684-0717 Tel  
 (541) 338-9050 Fax

<b>BBQ Chicken</b> MREStar
<b>Serv. Size</b> 8oz <b>Servings</b> 1
<b>Percentage of U.S. recommended daily allowances per serving</b>
<b>Calories</b> 290 <b>Fat Cal.</b> 35 <b>Total Fat</b> 4g <b>Cholesterol</b> 35mg <b>Sodium</b> 1430mg <b>Total Carbs</b> 45g <b>Protein</b> 16g <b>Vitamin A</b> 8 <b>Vitamin C</b> 6 <b>Calcium</b> 4 <b>Iron</b> 10 Contains:

<b>Bean Salad</b> AmeriQual
<b>Serv. Size</b> 9oz <b>Servings</b> 1
<b>Percentage of U.S. recommended daily allowances per serving</b>
<b>Calories</b> 440 <b>Fat Cal.</b> 150 <b>Total Fat</b> 17g <b>Cholesterol</b> 0mg <b>Sodium</b> 660mg <b>Total Carbs</b> 74mg <b>Protein</b> 14g <b>Vitamin A</b> 15 <b>Vitamin C</b> 2 <b>Calcium</b> 8 <b>Iron</b> 20 Contains: SOY

<b>Beans w/ Potatoes</b> AmeriQual
<b>Serv. Size</b> 8oz <b>Servings</b> 1
<b>Percentage of U.S. recommended daily allowances per serving</b>
<b>Calories</b> 550 <b>Fat Cal.</b> 150 <b>Total Fat</b> 16g <b>Cholesterol</b> 0mg <b>Sodium</b> 730mg <b>Total Carbs</b> 87g <b>Protein</b> 15g <b>Vitamin A</b> 8 <b>Vitamin C</b> 15 <b>Calcium</b> 10 <b>Iron</b> 30 Contains: SOY

<b>Beef Brisket</b> AmeriQual
<b>Serv. Size</b> 8oz <b>Servings</b> 1
<b>Percentage of U.S. recommended daily allowances per serving</b>
<b>Calories</b> 260 <b>Fat Cal.</b> 60 <b>Total Fat</b> 7g <b>Cholesterol</b> 65mg <b>Sodium</b> 1040mg <b>Total Carbs</b> 14g <b>Protein</b> 32g <b>Vitamin A</b> 2 <b>Vitamin C</b> 2 <b>Calcium</b> 10 <b>Iron</b> 20 Contains: MILK EGG SOY

\*\* These values are subject to change and are provided only as general information and may not be exactly representative of product as our inventory may change.



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<b>Beef Enchilada</b> AmeriQual
<b>Serv. Size</b> 8oz <b>Servings</b> 1
<b>Percentage of U.S. recommended daily allowances per serving</b>
<b>Calories</b> 300 <b>Fat Cal.</b> 150 <b>Total Fat</b> 16g <b>Cholesterol</b> 15mg <b>Sodium</b> 690mg <b>Total Carbs</b> 27g <b>Protein</b> 14g <b>Vitamin A</b> 25 <b>Vitamin C</b> 20 <b>Calcium</b> 8 <b>Iron</b> 30 Contains: MILK SOY

<b>Beef Patty</b> AmeriQual
<b>Serv. Size</b> 3.5oz <b>Servings</b> 1
<b>Percentage of U.S. recommended daily allowances per serving</b>
<b>Calories</b> 200 <b>Fat Cal.</b> 100 <b>Total Fat</b> 11g <b>Cholesterol</b> 70mg <b>Sodium</b> 330mg <b>Total Carbs</b> 0g <b>Protein</b> 25g <b>Vitamin A</b> 0 <b>Vitamin C</b> 0 <b>Calcium</b> 0 <b>Iron</b> 15 Contains: SOY

<b>Beef Ravioli</b> AmeriQual
<b>Serv. Size</b> 8oz <b>Servings</b> 1
<b>Percentage of U.S. recommended daily allowances per serving</b>
<b>Calories</b> 320 <b>Fat Cal.</b> 100 <b>Total Fat</b> 11g <b>Cholesterol</b> 30mg <b>Sodium</b> 790mg <b>Total Carbs</b> 37g <b>Protein</b> 14g <b>Vitamin A</b> 10 <b>Vitamin C</b> 15 <b>Calcium</b> 4 <b>Iron</b> 15 Contains: MILK EGG WHEAT SOY

<b>Beef Stew</b> AmeriQual
<b>Serv. Size</b> 8oz <b>Servings</b> 1
<b>Percentage of U.S. recommended daily allowances per serving</b>
<b>Calories</b> 280 <b>Fat Cal.</b> 70 <b>Total Fat</b> 7g <b>Cholesterol</b> 55mg <b>Sodium</b> 670mg <b>Total Carbs</b> 17g <b>Protein</b> 31g <b>Vitamin A</b> 35 <b>Vitamin C</b> 8 <b>Calcium</b> 4 <b>Iron</b> 25 Contains: MILK SOY

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<b>Cheese Tortellini</b>
AmeriQual
<b>Serv. Size</b> 8oz
<b>Servings</b> 1
Percentage of U.S. recommended daily allowances per serving
<b>Calories</b> 280
<b>Fat Cal.</b> 90
<b>Total Fat</b> 10g
<b>Cholesterol</b> 25mg
<b>Sodium</b> 760mg
<b>Total Carbs</b> 37g
<b>Protein</b> 12g
<b>Vitamin A</b> 25
<b>Vitamin C</b> 25
<b>Calcium</b> 20
<b>Iron</b> 10
Contains: MILK EGG WHEAT SOY

<b>Chicken &amp; Dumplings</b>
AmeriQual
<b>Serv. Size</b> 8oz
<b>Servings</b> 1
Percentage of U.S. recommended daily allowances per serving
<b>Calories</b> 280
<b>Fat Cal.</b> 90
<b>Total Fat</b> 10g
<b>Cholesterol</b> 80mg
<b>Sodium</b> 650mg
<b>Total Carbs</b> 23g
<b>Protein</b> 23g
<b>Vitamin A</b> 20
<b>Vitamin C</b> 2
<b>Calcium</b> 4
<b>Iron</b> 10
Contains: EGG WHEAT

<b>Chicken &amp; Rice w/ Vegetables</b>
MREStar
<b>Serv. Size</b> 8oz
<b>Servings</b> 1
Percentage of U.S. recommended daily allowances per serving
<b>Calories</b> 250
<b>Fat Cal.</b> 20
<b>Total Fat</b> 2g
<b>Cholesterol</b> 20mg
<b>Sodium</b> 690mg
<b>Total Carbs</b> 40g
<b>Protein</b> 16g
<b>Vitamin A</b> 35
<b>Vitamin C</b> 30
<b>Calcium</b> 4
<b>Iron</b> 10
Contains:

<b>Chicken Fajita</b>
AmeriQual
<b>Serv. Size</b> 8oz
<b>Servings</b> 1
Percentage of U.S. recommended daily allowances per serving
<b>Calories</b> 180
<b>Fat Cal.</b> 25
<b>Total Fat</b> 2.5g
<b>Cholesterol</b> 55mg
<b>Sodium</b> 700mg
<b>Total Carbs</b> 19g
<b>Protein</b> 27g
<b>Vitamin A</b> 6
<b>Vitamin C</b> 4
<b>Calcium</b> 2
<b>Iron</b> 6
Contains: MILK SOY

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<b>Chicken Pesto Pasta</b> AmeriQual
<b>Serv. Size</b> 8oz <b>Servings</b> 1
<b>Percentage of U.S. recommended daily allowances per serving</b>
<b>Calories</b> 360 <b>Fat Cal.</b> 180 <b>Total Fat</b> 20g <b>Cholesterol</b> 85mg <b>Sodium</b> 810mg <b>Total Carbs</b> 16g <b>Protein</b> 30g <b>Vitamin A</b> 4 <b>Vitamin C</b> 4 <b>Calcium</b> 20 <b>Iron</b> 10 Contains: MILK EGG WHEAT

<b>Chicken Strips w/ Chunky Salsa</b> AmeriQual
<b>Serv. Size</b> 8oz <b>Servings</b> 1
<b>Percentage of U.S. recommended daily allowances per serving</b>
<b>Calories</b> 170 <b>Fat Cal.</b> 20 <b>Total Fat</b> 2.5g <b>Cholesterol</b> 45mg <b>Sodium</b> 440mg <b>Total Carbs</b> 16g <b>Protein</b> 22g <b>Vitamin A</b> 20 <b>Vitamin C</b> 20 <b>Calcium</b> 4 <b>Iron</b> 10 Contains: MILK SOY

<b>Chicken w/ Tomato and Feta</b> AmeriQual
<b>Serv. Size</b> 8oz <b>Servings</b> 1
<b>Percentage of U.S. recommended daily allowances per serving</b>
<b>Calories</b> 210 <b>Fat Cal.</b> 60 <b>Total Fat</b> 7g <b>Cholesterol</b> 65mg <b>Sodium</b> 1110mg <b>Total Carbs</b> 4g <b>Protein</b> 30g <b>Vitamin A</b> 2 <b>Vitamin C</b> 10 <b>Calcium</b> 15 <b>Iron</b> 10 Contains: MILK SOY

<b>Chili Mac</b> AmeriQual
<b>Serv. Size</b> 8oz <b>Servings</b> 1
<b>Percentage of U.S. recommended daily allowances per serving</b>
<b>Calories</b> 340 <b>Fat Cal.</b> 160 <b>Total Fat</b> 18g <b>Cholesterol</b> 55mg <b>Sodium</b> 910mg <b>Total Carbs</b> 25g <b>Protein</b> 20g <b>Vitamin A</b> 6 <b>Vitamin C</b> 6 <b>Calcium</b> 4 <b>Iron</b> 20 Contains: EGG WHEAT

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Garlic & Herb Chicken Breast
Sopakco
Serv. Size 4oz Servings 1
Percentage of U.S. recommended daily allowances per serving
Calories 110 Fat Cal. 15 Total Fat 1.5g Cholesterol 75mg Sodium 490mg Total Carbs 1g Protein 24g Vitamin A 0 Vitamin C 0 Calcium 2 Iron 6 Contains:

Grilled Chicken Breast
AmeriQual
Serv. Size 3.5oz Servings 1
Percentage of U.S. recommended daily allowances per serving
Calories 150 Fat Cal. 30 Total Fat 3g Cholesterol 70mg Sodium 490mg Total Carbs 1g Protein 27g Vitamin A 0 Vitamin C 0 Calcium 2 Iron 8 Contains: SOY

Lentil Stew w/ Ham
MREStar
Serv. Size 8oz Servings 1
Percentage of U.S. recommended daily allowances per serving
Calories 320 Fat Cal. 40 Total Fat 4.5g Cholesterol 15mg Sodium 1110mg Total Carbs 57g Protein 15g Vitamin A 70 Vitamin C 60 Calcium 8 Iron 15 Contains:

Lentils & Vegetables
AmeriQual
Serv. Size 9oz Servings 1
Percentage of U.S. recommended daily allowances per serving
Calories 560 Fat Cal. 140 Total Fat 15g Cholesterol 0mg Sodium 730mg Total Carbs 91g Protein 14g Vitamin A 15 Vitamin C 6 Calcium 4 Iron 20 Contains: SOY

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<b>Meatloaf w/ Brown Gravy</b>
AmeriQual
<b>Serv. Size</b> 8oz
<b>Servings</b> 1
<b>Percentage of U.S. recommended daily allowances per serving</b>
<b>Calories</b> 350
<b>Fat Cal.</b> 200
<b>Total Fat</b> 22g
<b>Cholesterol</b> 60mg
<b>Sodium</b> 510mg
<b>Total Carbs</b> 19g
<b>Protein</b> 20g
<b>Vitamin A</b> 6
<b>Vitamin C</b> 10
<b>Calcium</b> 15
<b>Iron</b> 20
Contains: MILK WHEAT SOY

<b>Omelet w/ Cheese &amp; Vegetables</b>
AmeriQual
<b>Serv. Size</b> 8oz
<b>Servings</b> 1
<b>Percentage of U.S. recommended daily allowances per serving</b>
<b>Calories</b> 300
<b>Fat Cal.</b> 190
<b>Total Fat</b> 21g
<b>Cholesterol</b> 550mg
<b>Sodium</b> 1280mg
<b>Total Carbs</b> 9g
<b>Protein</b> 19g
<b>Vitamin A</b> 20
<b>Vitamin C</b> 20
<b>Calcium</b> 20
<b>Iron</b> 15
Contains: MILK EGG SOY

<b>Pasta Marinara</b>
MREStar
<b>Serv. Size</b> 8oz
<b>Servings</b> 1
<b>Percentage of U.S. recommended daily allowances per serving</b>
<b>Calories</b> 300
<b>Fat Cal.</b> 60
<b>Total Fat</b> 6g
<b>Cholesterol</b> 0mg
<b>Sodium</b> 900mg
<b>Total Carbs</b> 43g
<b>Protein</b> 16g
<b>Vitamin A</b> 25
<b>Vitamin C</b> 20
<b>Calcium</b> 15
<b>Iron</b> 35
Contains: EGG

<b>Peas &amp; Pasta</b>
AmeriQual
<b>Serv. Size</b> 9oz
<b>Servings</b> 1
<b>Percentage of U.S. recommended daily allowances per serving</b>
<b>Calories</b> 470
<b>Fat Cal.</b> 120
<b>Total Fat</b> 13g
<b>Cholesterol</b> 0mg
<b>Sodium</b> 860mg
<b>Total Carbs</b> 75g
<b>Protein</b> 13g
<b>Vitamin A</b> 2
<b>Vitamin C</b> 4
<b>Calcium</b> 6
<b>Iron</b> 20
Contains: EGG WHEAT SOY

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<b>Pinto Beans w/ Ham</b> MREStar
<b>Serv. Size</b> 8oz <b>Servings</b> 1
<b>Percentage of U.S. recommended daily allowances per serving</b>
<b>Calories</b> 240 <b>Fat Cal.</b> 40 <b>Total Fat</b> 4.5g <b>Cholesterol</b> 20mg <b>Sodium</b> 1120mg <b>Total Carbs</b> 36g <b>Protein</b> 15g <b>Vitamin A</b> 4 <b>Vitamin C</b> 30 <b>Calcium</b> 8 <b>Iron</b> 15 Contains:

<b>Pork Rib</b> AmeriQual
<b>Serv. Size</b> 3.6oz <b>Servings</b> 1
<b>Percentage of U.S. recommended daily allowances per serving</b>
<b>Calories</b> 320 <b>Fat Cal.</b> 250 <b>Total Fat</b> 28g <b>Cholesterol</b> 85mg <b>Sodium</b> 950mg <b>Total Carbs</b> 2g <b>Protein</b> 15g <b>Vitamin A</b> 0 <b>Vitamin C</b> 0 <b>Calcium</b> 0 <b>Iron</b> 8 Contains: SOY

<b>Pot Roast w/ Vegetables</b> AmeriQual
<b>Serv. Size</b> 8oz <b>Servings</b> 1
<b>Percentage of U.S. recommended daily allowances per serving</b>
<b>Calories</b> 180 <b>Fat Cal.</b> 15 <b>Total Fat</b> 2g <b>Cholesterol</b> 35mg <b>Sodium</b> 1160mg <b>Total Carbs</b> 20g <b>Protein</b> 22g <b>Vitamin A</b> 25 <b>Vitamin C</b> 15 <b>Calcium</b> 4 <b>Iron</b> 15 Contains: MILK SOY

<b>Potato Cheddar Soup w/ Bacon</b> AmeriQual
<b>Serv. Size</b> 5oz <b>Servings</b> 1
<b>Percentage of U.S. recommended daily allowances per serving</b>
<b>Calories</b> 140 <b>Fat Cal.</b> 80 <b>Total Fat</b> 9g <b>Cholesterol</b> 20mg <b>Sodium</b> 720mg <b>Total Carbs</b> 10g <b>Protein</b> 5g <b>Vitamin A</b> 6 <b>Vitamin C</b> 4 <b>Calcium</b> 10 <b>Iron</b> 2 Contains: MILK SOY

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<b>Spaghetti w/ Meat Sauce</b> AmeriQual
<b>Serv. Size</b> 8oz <b>Servings</b> 1
<b>Percentage of U.S. recommended daily allowances per serving</b>
<b>Calories</b> 320 <b>Fat Cal.</b> 140 <b>Total Fat</b> 16g <b>Cholesterol</b> 50mg <b>Sodium</b> 800mg <b>Total Carbs</b> 26g <b>Protein</b> 19g <b>Vitamin A</b> 20 <b>Vitamin C</b> 25 <b>Calcium</b> 20 <b>Iron</b> 25
Contains: MILK EGG WHEAT

<b>Vegetable Lasagna</b> AmeriQual
<b>Serv. Size</b> 8oz <b>Servings</b> 1
<b>Percentage of U.S. recommended daily allowances per serving</b>
<b>Calories</b> 260 <b>Fat Cal.</b> 50 <b>Total Fat</b> 6g <b>Cholesterol</b> 5mg <b>Sodium</b> 850mg <b>Total Carbs</b> 40g <b>Protein</b> 12g <b>Vitamin A</b> 15 <b>Vitamin C</b> 15 <b>Calcium</b> 15 <b>Iron</b> 15
Contains: MILK EGG WHEAT SOY

<b>Vegetable Stew w/ Beef</b> Military Ration Co.
<b>Serv. Size</b> 8oz <b>Servings</b> 1
<b>Percentage of U.S. recommended daily allowances per serving</b>
<b>Calories</b> 160 <b>Fat Cal.</b> 25 <b>Total Fat</b> 3g <b>Cholesterol</b> 20mg <b>Sodium</b> 530mg <b>Total Carbs</b> 18g <b>Protein</b> 13g <b>Vitamin A</b> 8 <b>Vitamin C</b> 0 <b>Calcium</b> 2 <b>Iron</b> 4
Contains: WHEAT SOY FISH

<b>Vegetarian Chili</b> MREStar
<b>Serv. Size</b> 8oz <b>Servings</b> 1
<b>Percentage of U.S. recommended daily allowances per serving</b>
<b>Calories</b> 190 <b>Fat Cal.</b> 5 <b>Total Fat</b> 1g <b>Cholesterol</b> 0mg <b>Sodium</b> 840mg <b>Total Carbs</b> 32g <b>Protein</b> 18g <b>Vitamin A</b> 15 <b>Vitamin C</b> 10 <b>Calcium</b> 10 <b>Iron</b> 25
Contains: SOY

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