



Whole Wheat  
**MACARONI  
& CHEESE  
DINNER**

**DISCOVER THE WHOLE GRAIN DIFFERENCE**

Hodgson Mill® Whole Wheat Macaroni & Cheese Dinner features macaroni made from the whole grain, including the wheat germ and bran fiber. This provides you with a nutritious and delicious way to meet the 6 to 11 servings of grain products suggested by U.S. Government Dietary Guidelines, and provides a significant source of dietary fiber.

**Nutrition Facts**

Serving Size 2.5 oz.

(70g/about 1/3 Box)  
(Makes about 1 cup)

Servings Per Container about 3

Amount Per Serving	In Box	Prep.
<b>Calories</b>	255	400
Calories from Fat	20	155
<b>% Daily Value*</b>		
<b>Total Fat</b> 1.5g	2%	26%
Saturated Fat 0g	0%	50%
Trans Fat 0g		
<b>Cholesterol</b> 0mg	0%	15%
<b>Sodium</b> 490mg	20%	27%
<b>Total Carbohydrate</b> 50g	17%	17%
Dietary Fiber 6g	24%	24%
Sugars 8g		
<b>Protein</b> 11g		
<b>Vitamin A</b>	0%	15%
<b>Vitamin C</b>	0%	0%
<b>Calcium</b>	10%	15%
<b>Iron</b>	15%	15%

Amount in box when prepared: one serving contains an additional 15.5g total fat, (10g sat. fat), 45mg cholesterol, 160mg sodium, (1g Sugar), 1g Protein

\*\*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 Carbohydrate		300g	375g
Dietary Fiber		25g	30g

**INGREDIENTS:** Whole Wheat Macaroni Elbows (100% Durum Whole Wheat Flour); White Cheese (Whey, Enriched & Bleached Wheat Flour, (Containing Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt, Cheddar Cheese (Pasteurized Milk, Cheese Cultures, salt enzymes), Modified Food Starch, Malt Dextrin, Autolyzed Yeast Extract, Guar Gum, and Disodium Phosphate.

Mfg. for Hodgson Mill, Inc.  
Gainesville, MO 65655  
"Heart of the Ozarks"



I-238E



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**COOKING DIRECTIONS**  
**TOP OF STOVE**

BOIL 6 cups water (with 1 tsp. salt, if desired).  
STIR IN whole wheat macaroni; bring to boil again.  
COOK 7 or more minutes until desired tenderness; drain. Return to pan.  
ADD ¼ cup butter or margarine, ¼ cup milk and contents of cheese sauce packet; mix well.  
YIELD; about 3 cups.

**WHOLE WHEAT MAC & CHEESE CASSEROLE**

Preheat oven to 350°F.  
Cook Hodgson Mill® Macaroni & Cheese Dinner as directed. Place in 2-quart casserole dish. Add 1 can (8 oz.) drained peas, 1 can (6.5 oz.) flaked tuna, ¼ cup chopped green peppers and ¼ cup chopped onions. Mix well. Sprinkle top lightly with bread crumbs. Bake 20 minutes.

TO REHEAT: Add 1 Tbsp. milk or water to each 1-cup serving. Microwave on HIGH 2 minutes, stirring after 1 minute OR reheat in saucepan on top of stove.

**USE BY:**



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NATURAL  
CHEDDAR CHEESE  
"MILD"



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**OUR GUARANTEE  
TO YOU:**

Hodgson Mill, Inc. is dedicated to satisfying consumer demand for fine quality, healthy food products. If for any reason you are not satisfied with this product, we'll make it right. Simply send the complete bottom of this box, along with the "Best Used By" date stamped on the side of the box and your purchase price to: Hodgson Mill, Inc., 1100 Stevens Ave., Effingham, IL 62401 (800)525.0177

This package sold by weight, not by volume. Contents may have settled during shipping.

Look for the entire line of Hodgson Mill® naturally wholesome and healthful food products in the Flour, Corn Meal, Cereal, Pasta, and Baking Mix sections of your supermarket.

"High In Fiber. Tastes Great Too."

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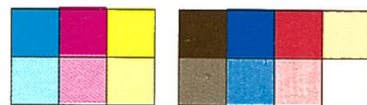


SERVING SUGGESTION

Net Wt. 7.25 OZ. 206 GRAMS



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