

### Grilled Cheese Sandwich

#### Nutrition Facts

Serving Size: 1 Each  
Serving per Container: 1

Amount Per Serving	
Calories: 260	Calories from Fat 90
% Daily Value <sup>2</sup>	
<b>Total Fat 10.0g</b>	15%
Saturated Fat 5.0g	25%
Trans Fat <sup>1</sup> 0.0g	
<b>Cholesterol 30mg</b>	10%
<b>Sodium 920mg</b>	38%
<b>Total Carbohydrate 30.0g</b>	10%
Dietary Fiber 4.0g	16%
<b>Protein 18.0g</b>	36%
Vitamin A 12%	Vitamin C 4%
Calcium 44%	Iron 8%

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

<sup>2</sup> - Percent Daily Values are based on a 2,000 calorie diet.

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient.

### Garden Salad

#### Nutrition Facts

Serving Size: 1/2 cup  
Serving per Container: 1

Amount Per Serving	
Calories: 7	Calories from Fat 1
% Daily Value <sup>2</sup>	
<b>Total Fat 0.1g</b>	0%
Saturated Fat 0.0g	0%
Trans Fat <sup>1</sup> *N/A*	
<b>Cholesterol 0mg</b>	0%
<b>Sodium 14mg</b>	1%
<b>Total Carbohydrate 1.3g</b>	0%
Dietary Fiber 0.8g	4%
<b>Protein 0.7g</b>	2%
Vitamin A 69%	Vitamin C 9%
Calcium 2%	Iron 4%

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### Tomato Soup

#### Nutrition Facts

Serving Size: Cup  
Serving per Container: 1

Amount Per Serving	
Calories: 260	Calories from Fat 54
% Daily Value <sup>2</sup>	
<b>Total Fat 6.0g</b>	9%
Saturated Fat 3.0g	15%
Trans Fat <sup>1</sup> 0.0g	
<b>Cholesterol 10mg</b>	3%
<b>Sodium 100mg</b>	4%
<b>Total Carbohydrate 46.0g</b>	15%
Dietary Fiber 6.0g	24%
<b>Protein 4.0g</b>	8%
Vitamin A 20%	Vitamin C 4%
Calcium 4%	Iron 4%

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### PEARS

#### Nutrition Facts

Serving Size: CUP  
Serving per Container: 1

Amount Per Serving	
Calories: 143	Calories from Fat 1
% Daily Value <sup>2</sup>	
<b>Total Fat 0.1g</b>	0%
Saturated Fat 0.0g	0%
Trans Fat <sup>1</sup> *N/A*	
<b>Cholesterol 0mg</b>	0%
<b>Sodium 13mg</b>	1%
<b>Total Carbohydrate 38.1g</b>	13%
Dietary Fiber 4.0g	16%
<b>Protein 0.5g</b>	0%
Vitamin A 0%	Vitamin C 3%
Calcium 1%	Iron 4%

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**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

## ***Lime Sorbet***

### **Nutrition Facts**

Serving Size: 1/2 Cup

Serving per Container: 1

Amount Per Serving

Calories: 70

Calories from Fat 0

% Daily Value<sup>2</sup>

**Total Fat 0.0g** 0%

Saturated Fat 0.0g 0%

Trans Fat<sup>1</sup> 0.0g

**Cholesterol 0mg** 0%

**Sodium 5mg** 0%

**Total Carbohydrate 19.0g** 6%

Dietary Fiber 3.0g 12%

**Protein 0.0g** 0%

Vitamin A 0%

Vitamin C 100%

Calcium 6%

Iron 2%

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