

<i>Spaghetti and Meatballs</i>	
Nutrition Facts Serving Size: Servings Serving per Container: 1	
Amount Per Serving Calories: 323 <div>Calories from Fat 155</div>	
	% Daily Value ²
Total Fat 17.2g	27%
Saturated Fat 7.0g	35%
Trans Fat ¹ *N/A*	
Cholesterol 40mg	13%
Sodium 906mg	38%
Total Carbohydrate 27.4g	9%
Dietary Fiber 4.0g	16%
Protein 18.3g	36%
Vitamin A 12%	Vitamin C 427%
Calcium 9%	Iron 19%
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes. ² - 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.	

<i>Carrot Coins</i>	
Nutrition Facts Serving Size: 1/2 Cup Serving per Container: 1	
Amount Per Serving Calories: 33 <div>Calories from Fat 5</div>	
	% Daily Value ²
Total Fat 0.6g	1%
Saturated Fat 0.1g	1%
Trans Fat ¹ *N/A*	
Cholesterol 0mg	0%
Sodium 66mg	3%
Total Carbohydrate 6.9g	2%
Dietary Fiber 2.8g	12%
Protein 0.5g	0%
Vitamin A 279%	Vitamin C 3%
Calcium 3%	Iron 2%
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes. ² - 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.	

<i>Garden Salad</i>	
Nutrition Facts Serving Size: 1/2 cup Serving per Container: 1	
Amount Per Serving Calories: 7 <div>Calories from Fat 1</div>	
	% Daily Value ²
Total Fat 0.1g	0%
Saturated Fat 0.0g	0%
Trans Fat ¹ *N/A*	
Cholesterol 0mg	0%
Sodium 14mg	1%
Total Carbohydrate 1.3g	0%
Dietary Fiber 0.8g	4%
Protein 0.7g	2%
Vitamin A 69%	Vitamin C 9%
Calcium 2%	Iron 4%
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes. ² - 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.	

<i>Peaches Sliced</i>	
Nutrition Facts Serving Size: 1/2 Cup Serving per Container: 1	
Amount Per Serving Calories: 70 <div>Calories from Fat 0</div>	
	% Daily Value ²
Total Fat *N/A*	*N/A**%
Saturated Fat *N/A*	*N/A**%
Trans Fat ¹ *N/A*	
Cholesterol *N/A*	*N/A**%
Sodium 10mg	0%
Total Carbohydrate 17.0g	6%
Dietary Fiber *N/A*	*N/A**%
Protein *N/A*	*N/A**%
Vitamin A 6%	Vitamin C *N/A**%
Calcium *N/A**%	Iron *N/A**%
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes. ² - 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.	

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.

Breadstick Whole Grain	
Nutrition Facts	
Serving Size: each	
Serving per Container: 1	
Amount Per Serving	
Calories: 80	Calories from Fat 14
	% Daily Value ²
Total Fat 1.5g	2%
Saturated Fat 1.0g	5%
Trans Fat ¹ *N/A*	
Cholesterol 0mg	0%
Sodium 12mg	0%
Total Carbohydrate 15.0g	5%
Dietary Fiber 1.0g	4%
Protein 3.0g	6%
Vitamin A *N/A*%	Vitamin C *N/A*%
Calcium *N/A*%	Iron 4%
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.	
² - 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.	

Vanilla Pudding	
Nutrition Facts	
Serving Size: 1/2 Cup	
Serving per Container: 1	
Amount Per Serving	
Calories: 110	Calories from Fat 0
	% Daily Value ²
Total Fat 0.0g	0%
Saturated Fat 0.0g	0%
Trans Fat ¹ 0.0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 25.0g	8%
Dietary Fiber 0.0g	0%
Protein 2.0g	4%
Vitamin A 0%	Vitamin C 2%
Calcium 6%	Iron 0%
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.	
² - 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.	

Chocolate Pudding	
Nutrition Facts	
Serving Size: 1/2 Cup	
Serving per Container: 1	
Amount Per Serving	
Calories: 100	Calories from Fat 0
	% Daily Value ²
Total Fat 0.0g	0%
Saturated Fat 0.0g	0%
Trans Fat ¹ 0.0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 23.0g	8%
Dietary Fiber 0.0g	0%
Protein 2.0g	4%
Vitamin A 0%	Vitamin C 0%
Calcium 6%	Iron 4%
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.	
² - 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.	

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.