

### ***Tiger Chicken Bowl***

#### **Nutrition Facts**

Serving Size: 1 Serving  
Serving per Container: 1

Amount Per Serving

Calories: 337 Calories from Fat 91

	% Daily Value <sup>2</sup>
<b>Total Fat 10.1g</b>	16%
Saturated Fat 2.7g	14%
Trans Fat <sup>1</sup> 0.0g	
<b>Cholesterol 56mg</b>	19%
<b>Sodium 951mg</b>	40%
<b>Total Carbohydrate 41.8g</b>	14%
Dietary Fiber 3.6g	16%
<b>Protein 21.3g</b>	42%

Vitamin A 4% Vitamin C 48%  
Calcium 24% Iron 6%

<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.

### ***Roll***

#### **Nutrition Facts**

Serving Size: Each  
Serving per Container: 1

Amount Per Serving

Calories: 100 Calories from Fat 14

	% Daily Value <sup>2</sup>
<b>Total Fat 1.5g</b>	2%
Saturated Fat 0.0g	0%
Trans Fat <sup>1</sup> 0.0g	
<b>Cholesterol 0mg</b>	0%
<b>Sodium 170mg</b>	7%
<b>Total Carbohydrate 18.0g</b>	6%
Dietary Fiber 1.0g	4%
<b>Protein 4.0g</b>	8%

Vitamin A 0% Vitamin C \*N/A\*%  
Calcium 0% Iron 6%

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

### ***Apple-Pineapple D'Lite***

#### **Nutrition Facts**

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

Amount Per Serving

Calories: 71 Calories from Fat 2

	% Daily Value <sup>2</sup>
<b>Total Fat 0.2g</b>	0%
Saturated Fat 0.0g	0%
Trans Fat <sup>1</sup> 0.0g	
<b>Cholesterol 0mg</b>	0%
<b>Sodium 4mg</b>	0%
<b>Total Carbohydrate 18.2g</b>	6%
Dietary Fiber 2.5g	12%
<b>Protein 0.6g</b>	2%

Vitamin A 2% Vitamin C 12%  
Calcium 1% Iron 2%

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<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.

**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.