

Hamburger	
Nutrition Facts	
Serving Size: 1 Each	
Serving per Container: 1	
Amount Per Serving	
Calories: 279	Calories from Fat 104
	% Daily Value ²
Total Fat 11.5g	18%
Saturated Fat 3.6g	18%
Trans Fat ¹ 0.6g	
Cholesterol 39mg	13%
Sodium 482mg	20%
Total Carbohydrate 27.0g	9%
Dietary Fiber 4.0g	16%
Protein 18.0g	36%
Vitamin A 0%	Vitamin C 6%
Calcium 12%	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.	

Cheeseburger	
Nutrition Facts	
Serving Size: 1 Each	
Serving per Container: 1	
Amount Per Serving	
Calories: 359	Calories from Fat 140
	% Daily Value ²
Total Fat 15.5g	24%
Saturated Fat 6.1g	30%
Trans Fat ¹ 0.6g	
Cholesterol 54mg	18%
Sodium 792mg	33%
Total Carbohydrate 29.0g	10%
Dietary Fiber 4.0g	16%
Protein 25.0g	50%
Vitamin A 6%	Vitamin C 6%
Calcium 32%	Iron 19%
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Hamburger Garnish	
Nutrition Facts	
Serving Size: Servings	
Serving per Container: 1	
Amount Per Serving	
Calories: 6	Calories from Fat 1
	% Daily Value ²
Total Fat 0.1g	0%
Saturated Fat 0.0g	0%
Trans Fat ¹ *N/A*	
Cholesterol 0mg	0%
Sodium 3mg	0%
Total Carbohydrate 1.1g	0%
Dietary Fiber 0.5g	4%
Protein 0.4g	0%
Vitamin A 37%	Vitamin C 6%
Calcium 1%	Iron 2%
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Seasoned Corn	
Nutrition Facts	
Serving Size: 1/2 Cup	
Serving per Container: 1	
Amount Per Serving	
Calories: 65	Calories from Fat 4
	% Daily Value ²
Total Fat 0.4g	1%
Saturated Fat 0.0g	0%
Trans Fat ¹ *N/A*	
Cholesterol 0mg	0%
Sodium 58mg	2%
Total Carbohydrate 18.3g	6%
Dietary Fiber 2.7g	12%
Protein 2.7g	6%
Vitamin A 0%	Vitamin C 7%
Calcium 0%	Iron 7%
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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.

Baby Carrots w/ Ranch

Nutrition Facts

Serving Size: 1/2 Cup

Serving per Container: 1

Amount Per Serving

Calories: 61

Calories from Fat 0

	% Daily Value ²
Total Fat *N/A*	0%
Saturated Fat *N/A*	0%
Trans Fat ¹ *N/A*	
Cholesterol *N/A*	0%
Sodium 526mg	22%
Total Carbohydrate 15.4g	5%
Dietary Fiber *N/A*	8%
Protein *N/A*	0%

Vitamin A 194%

Vitamin C 3%

Calcium 2%

Iron 4%

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Peaches Sliced

Nutrition Facts

Serving Size: 1/2 Cup

Serving per Container: 1

Amount Per Serving

Calories: 70

Calories from Fat 0

	% 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*%

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