

Steak Fingers	
Nutrition Facts	
Serving Size: Serving	
Serving per Container: 1	
Amount Per Serving	
Calories: 300	Calories from Fat 162
	% Daily Value ²
Total Fat 18.0g	28%
Saturated Fat 7.0g	35%
Trans Fat ¹ 0.0g	
Cholesterol 45mg	15%
Sodium 450mg	19%
Total Carbohydrate 18.0g	6%
Dietary Fiber 1.0g	4%
Protein 15.0g	30%
Vitamin A *N/A*%	Vitamin C *N/A*%
Calcium 2%	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.	

Gravy	
Nutrition Facts	
Serving Size: 1/4 Cup	
Serving per Container: 1	
Amount Per Serving	
Calories: 25	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 300mg	13%
Total Carbohydrate 5.0g	2%
Dietary Fiber 0.0g	0%
Protein 1.0g	2%
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 0%
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Roll	
Nutrition Facts	
Serving Size: Each	
Serving per Container: 1	
Amount Per Serving	
Calories: 100	Calories from Fat 14
	% Daily Value ²
Total Fat 1.5g	2%
Saturated Fat 0.0g	0%
Trans Fat ¹ 0.0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 18.0g	6%
Dietary Fiber 1.0g	4%
Protein 4.0g	8%
Vitamin A 0%	Vitamin C *N/A*%
Calcium 0%	Iron 6%
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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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Fresh Fruit Orange	
Nutrition Facts	
Serving Size: Each	
Serving per Container: 1	
Amount Per Serving	
Calories: 62	Calories from Fat 2
	% Daily Value ²
Total Fat 0.2g	0%
Saturated Fat 0.0g	0%
Trans Fat ¹ 0.0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 15.4g	5%
Dietary Fiber 3.1g	12%
Protein 1.2g	2%
Vitamin A 6%	Vitamin C 116%
Calcium 5%	Iron 1%
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Fresh Fruit Apple	
Nutrition Facts	
Serving Size: Each	
Serving per Container: 1	
Amount Per Serving	
Calories: 95	Calories from Fat 3
	% Daily Value ²
Total Fat 0.3g	0%
Saturated Fat 0.1g	0%
Trans Fat ¹ *N/A*	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 25.1g	8%
Dietary Fiber 4.4g	16%
Protein 0.5g	0%
Vitamin A 2%	Vitamin C 14%
Calcium 1%	Iron 1%
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