

Philly Cheesesteak Sandwich	
Nutrition Facts	
Serving Size: 1 Each	
Serving per Container: 1	
Amount Per Serving	
Calories: 334	Calories from Fat 116
	% Daily Value ²
Total Fat 12.9g	20%
Saturated Fat *N/A*	33%
Trans Fat ¹ *N/A*	
Cholesterol *N/A*	16%
Sodium 837mg	35%
Total Carbohydrate 35.1g	12%
Dietary Fiber 3.1g	12%
Protein 19.6g	40%
Vitamin A 8%	Vitamin C 19%
Calcium 17%	Iron 36%
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.	

Fresh Veggie Cup	
Nutrition Facts	
Serving Size: 1/2 Cup	
Serving per Container: 1	
Amount Per Serving	
Calories: 13	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 2.8g	1%
Dietary Fiber 0.9g	4%
Protein 0.8g	2%
Vitamin A 8%	Vitamin C 18%
Calcium 1%	Iron 1%
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Sweet Potato Puffs	
Nutrition Facts	
Serving Size: 1/2 Cup	
Serving per Container: 1	
Amount Per Serving	
Calories: 130	Calories from Fat 32
	% Daily Value ²
Total Fat 3.5g	5%
Saturated Fat 0.0g	0%
Trans Fat ¹ 0.0g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 23.0g	8%
Dietary Fiber 2.0g	8%
Protein 1.0g	2%
Vitamin A 60%	Vitamin C 6%
Calcium 2%	Iron 2%
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Fresh Seasonal Fruit Apple	
Nutrition Facts	
Serving Size: 1/2 Cup	
Serving per Container: 1	
Amount Per Serving	
Calories: 58	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 1mg	0%
Total Carbohydrate 15.4g	5%
Dietary Fiber 2.7g	12%
Protein 0.3g	0%
Vitamin A 1%	Vitamin C 9%
Calcium 1%	Iron 1%
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.	
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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.

Fresh Seasonal Fruit Orange

Nutrition Facts

Serving Size: 1/2 Cup

Serving per Container: 1

Amount Per Serving

Calories: 31

Calories from Fat 1

% Daily Value²

Total Fat 0.1g 0%

Saturated Fat 0.0g 0%

Trans Fat¹ 0.0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 7.7g 3%

Dietary Fiber 1.6g 8%

Protein 0.6g 2%

Vitamin A 3% Vitamin C 58%

Calcium 3% Iron 0%

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