

BBQ on a Bun	
Nutrition Facts	
Serving Size: 1 Each	
Serving per Container: 1	
Amount Per Serving	
Calories: 344	Calories from Fat 94
	% Daily Value ²
Total Fat 10.4g	16%
Saturated Fat 4.3g	21%
Trans Fat ¹ 0.0g	
Cholesterol 29mg	10%
Sodium 944mg	39%
Total Carbohydrate 45.7g	15%
Dietary Fiber 5.7g	24%
Protein 20.6g	42%
Vitamin A 3%	Vitamin C 2%
Calcium 3%	Iron 23%
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.	

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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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.	

PINTO BEANS	
Nutrition Facts	
Serving Size: .50 CUP	
Serving per Container: 1	
Amount Per Serving	
Calories: 122	Calories from Fat 5
	% Daily Value ²
Total Fat 0.6g	1%
Saturated Fat 0.1g	1%
Trans Fat ¹ *N/A*	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 22.4g	7%
Dietary Fiber 7.7g	32%
Protein 7.7g	16%
Vitamin A 0%	Vitamin C 1%
Calcium 4%	Iron 10%
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N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.	

Orange Smiles	
Nutrition Facts	
Serving Size: 1/2 Cup	
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%
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.