

<i>Turkey & Cheese Wrap</i>	
Nutrition Facts Serving Size: Servings Serving per Container: 1	
Amount Per Serving	
Calories: 239	Calories from Fat 84
% Daily Value ²	
Total Fat 9.3g	14%
Saturated Fat 4.3g	21%
Trans Fat ¹ 0.0g	
Cholesterol 45mg	15%
Sodium 956mg	40%
Total Carbohydrate 22.7g	8%
Dietary Fiber 2.0g	8%
Protein 18.1g	36%
Vitamin A 6%	Vitamin C 0%
Calcium 29%	Iron 10%
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.	

<i>Petite Tomato Cup</i>	
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 4mg	0%
Total Carbohydrate 2.9g	1%
Dietary Fiber 0.9g	4%
Protein 0.7g	2%
Vitamin A 12%	Vitamin C 16%
Calcium 1%	Iron 1%
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<i>Multigrain Chips</i>	
Nutrition Facts Serving Size: Each Serving per Container: 1	
Amount Per Serving	
Calories: 140	Calories from Fat 54
% Daily Value ²	
Total Fat 6.0g	9%
Saturated Fat 1.0g	5%
Trans Fat ¹ 0.0g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 18.0g	6%
Dietary Fiber 3.0g	12%
Protein 2.0g	4%
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%
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<i>Garden Salad</i>	
Nutrition Facts Serving Size: 1/2 cup Serving per Container: 1	
Amount Per Serving	
Calories: 7	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 14mg	1%
Total Carbohydrate 1.3g	0%
Dietary Fiber 0.8g	4%
Protein 0.7g	2%
Vitamin A 69%	Vitamin C 9%
Calcium 2%	Iron 4%
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.

Hot Cinnamon Apples

Nutrition Facts

Serving Size: Servings

Serving per Container: 1

Amount Per Serving

Calories: 69

Calories from Fat 0

% Daily Value²

Total Fat 0.0g 0%

Saturated Fat 0.0g 0%

Trans Fat¹ *N/A*

Cholesterol 0mg 0%

Sodium 7mg 0%

Total Carbohydrate 17.7g 6%

Dietary Fiber 1.4g 4%

Protein 0.0g 0%

Vitamin A 0%

Vitamin C 2%

Calcium 2%

Iron 8%

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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.

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