

Texas Combo Basket

Nutrition Facts

Serving Size: Each
Serving per Container: 1

Amount Per Serving
Calories: 455 Calories from Fat 158

	% Daily Value ²
Total Fat 17.5g	27%
Saturated Fat 4.0g	20%
Trans Fat ¹ 0.0g	
Cholesterol 30mg	10%
Sodium 650mg	27%
Total Carbohydrate 54.0g	18%
Dietary Fiber 5.0g	20%
Protein 22.0g	44%

Vitamin A 2% Vitamin C 6%
Calcium 6% Iron 21%

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.

Garden Salad

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%

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Charro Beans

Nutrition Facts

Serving Size: 1/2 Cup
Serving per Container: 1

Amount Per Serving
Calories: 124 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 514mg	21%
Total Carbohydrate 20.2g	7%
Dietary Fiber 7.8g	32%
Protein 6.7g	14%

Vitamin A 0% Vitamin C *N/A*%
Calcium 5% Iron 9%

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N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

Hot Cinnamon Apples

Nutrition Facts

Serving Size: Servings
Serving per Container: 1

Amount Per Serving
Calories: 69 Calories from Fat 0

	% Daily Value ²
Total Fat 0.0g	0%
Saturated Fat 0.0g	0%
Trans Fat ¹ *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.

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.