

<b>Baked Potato w/ Ham &amp; Cheese</b>	
<b>Nutrition Facts</b>	
Serving Size: 1 Each	
Serving per Container: 1	
Amount Per Serving	
Calories: 454	Calories from Fat 164
% Daily Value <sup>2</sup>	
<b>Total Fat 18.2g</b>	28%
Saturated Fat 10.7g	54%
Trans Fat <sup>1</sup> *N/A*	
<b>Cholesterol 80mg</b>	27%
<b>Sodium 917mg</b>	38%
<b>Total Carbohydrate 38.8g</b>	13%
Dietary Fiber 3.8g	16%
<b>Protein 35.4g</b>	70%
Vitamin A 11%	Vitamin C 29%
Calcium 80%	Iron 14%
<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.	
<sup>2</sup> - 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.	

<b>Garden Salad</b>	
<b>Nutrition Facts</b>	
Serving Size: 1/2 cup	
Serving per Container: 1	
Amount Per Serving	
Calories: 7	Calories from Fat 1
% Daily Value <sup>2</sup>	
<b>Total Fat 0.1g</b>	0%
Saturated Fat 0.0g	0%
Trans Fat <sup>1</sup> *N/A*	
<b>Cholesterol 0mg</b>	0%
<b>Sodium 14mg</b>	1%
<b>Total Carbohydrate 1.3g</b>	0%
Dietary Fiber 0.8g	4%
<b>Protein 0.7g</b>	2%
Vitamin A 69%	Vitamin C 9%
Calcium 2%	Iron 4%
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<b>Roll</b>	
<b>Nutrition Facts</b>	
Serving Size: Each	
Serving per Container: 1	
Amount Per Serving	
Calories: 100	Calories from Fat 14
% Daily Value <sup>2</sup>	
<b>Total Fat 1.5g</b>	2%
Saturated Fat 0.0g	0%
Trans Fat <sup>1</sup> 0.0g	
<b>Cholesterol 0mg</b>	0%
<b>Sodium 170mg</b>	7%
<b>Total Carbohydrate 18.0g</b>	6%
Dietary Fiber 1.0g	4%
<b>Protein 4.0g</b>	8%
Vitamin A 0%	Vitamin C *N/A*
Calcium 0%	Iron 6%
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<b>Seasoned Corn</b>	
<b>Nutrition Facts</b>	
Serving Size: 1/2 Cup	
Serving per Container: 1	
Amount Per Serving	
Calories: 65	Calories from Fat 4
% Daily Value <sup>2</sup>	
<b>Total Fat 0.4g</b>	1%
Saturated Fat 0.0g	0%
Trans Fat <sup>1</sup> *N/A*	
<b>Cholesterol 0mg</b>	0%
<b>Sodium 58mg</b>	2%
<b>Total Carbohydrate 18.3g</b>	6%
Dietary Fiber 2.7g	12%
<b>Protein 2.7g</b>	6%
Vitamin A 0%	Vitamin C 7%
Calcium 0%	Iron 7%
<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.	
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*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.

## ***Snowball Salad***

### **Nutrition Facts**

Serving Size: 2/3 Cup

Serving per Container: 1

Amount Per Serving

Calories: 142

Calories from Fat 38

% Daily Value<sup>2</sup>

**Total Fat 4.2g** 6%

Saturated Fat 4.1g 21%

Trans Fat<sup>1</sup> \*N/A\*

**Cholesterol 0mg** 0%

**Sodium 18mg** 1%

**Total Carbohydrate 26.7g** 9%

Dietary Fiber 0.7g 4%

**Protein 0.6g** 2%

Vitamin A 10%

Vitamin C 16%

Calcium 2%

Iron 1%

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