

Asian Chicken	
Nutrition Facts	
Serving Size: Serving	
Serving per Container: 1	
Amount Per Serving	
Calories: 190	Calories from Fat 36
	% Daily Value ²
Total Fat 4.0g	6%
Saturated Fat 1.0g	5%
Trans Fat ¹ 0.0g	
Cholesterol 45mg	15%
Sodium 380mg	16%
Total Carbohydrate 25.0g	8%
Dietary Fiber 2.0g	8%
Protein 14.0g	28%
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 8%
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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Brown Rice	
Nutrition Facts	
Serving Size: 1/2 Cup	
Serving per Container: 1	
Amount Per Serving	
Calories: 180	Calories from Fat 14
	% Daily Value ²
Total Fat 1.5g	2%
Saturated Fat 0.0g	0%
Trans Fat ¹ 0.0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 36.0g	12%
Dietary Fiber 2.0g	8%
Protein 4.0g	8%
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%
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Steamed Broccoli	
Nutrition Facts	
Serving Size: 1/2 Cup	
Serving per Container: 1	
Amount Per Serving	
Calories: 26	Calories from Fat 1
	% Daily Value ²
Total Fat 0.1g	0%
Saturated Fat 0.0g	0%
Trans Fat ¹ 0.0g	
Cholesterol 0mg	0%
Sodium 22mg	1%
Total Carbohydrate 4.9g	2%
Dietary Fiber 2.8g	12%
Protein 2.9g	6%
Vitamin A 19%	Vitamin C 62%
Calcium 5%	Iron 3%
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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.

Chilled Pineapple

Nutrition Facts

Serving Size: 1/2 Cup

Serving per Container: 1

Amount Per Serving

Calories: 66

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 16.9g	6%
Dietary Fiber 1.0g	4%
Protein 0.4g	0%

Vitamin A 1%

Vitamin C 16%

Calcium 2%

Iron 3%

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Sugar Cookie

Nutrition Facts

Serving Size: 1 Each

Serving per Container: 1

Amount Per Serving

Calories: 120

Calories from Fat 45

	% Daily Value ²
Total Fat 5.0g	8%
Saturated Fat 2.5g	13%
Trans Fat ¹ 0.0g	
Cholesterol 5mg	2%
Sodium 15mg	1%
Total Carbohydrate 18.0g	6%
Dietary Fiber 0.0g	0%
Protein 1.0g	2%

Vitamin A 6%

Vitamin C 0%

Calcium 0%

Iron 2%

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