

Fuel4U Nutritional Analysis				Totals
MENU 1				
SUPC #5891375				
Description	Crisp Rice	Blueberry Waff	Fruit Punch Juice	
Individual SUPC#'s	5594023	2763779	5039902	
Serving Size	1 Package	1 Packet	1 Box	
Weight per Serving	0.75 oz	0.9 oz	4.23 fl. Oz.	
Contribution to Meal Pattern	1 B	1 B	1 Fruit	
Calories	80	103.84	60	243.84
Calories from Fat	0	27.54	0	27.54
% Calories from Fat	0.00%	5%	0	5.00%
% Calories from Sat Fat	0%	2%	0	2%
Total Fat (g)	0	3.06	0	3.06
Sat. Fat (g)	0	0.47	0	0.47
Trans Fat (g)	0	0.05	0	0.05
Monounsaturated Fat (g)	0	0.71	0	0.71
Polyunsaturated Fat (g)	0	1.59	0	1.59
Cholesterol (mg)	0	0	0	0
Sodium (mg)	200	85.84	5	290.84
Potassium (mg)	45	32.09	0	77.09
Total Carbohydrates (g)	18	18.03	14	50.03
Dietary Fiber (g)	0	0.84	0	0.84
Sugars (g)	2	5.22	14	21.22
Protein (g)	1	1.36	0	2.36
Water (g)		1.53		1.53
Total Grain (g)		15.8		15.8
Vitamin A (%DV)	10%	5%		15%
Iron (%DV)	30%	8%		38%
Riboflavin (%DV)	20%	7%		27%
Folate (%DV)	30%	0%		30%
Magnesium (%DV)	0%	0%		0%
Vitamin C (%DV)	15%	5%	100%	120%
Vitamin D (%DV)	6%	6%		12%
Niacin (%DV)	20%	8%		28%
Vitamin B12 (%DV)	15%	5%		20%
Zinc (%DV)	15%	4%		19%
Calcium (%DV)	0%	11%	10%	21%
Thiamin (%DV)	20%	10%		30%
Vitamin B6 (%DV)	15%	5%		20%
Phosphorus (%DV)	2%	9%		11%
Crisp Rice Ingredients:				
RICE, SUGAR, SALT, MALT EXTRACT, PRESERVATIVE (TOCOPHEROLS). VITAMINS AND MINERALS: IRON, VITAMIN C, VITAMIN A, NIACINAMIDE, ZINC, VITAMIN B1, VITAMIN B6, VITAMIN D, VITAMIN B2, FOLIC ACID, VITAMIN B12. BHT ADDED TO PACKAGING TO HELP PRESERVE FRESHNESS.				
Blueberry Waffle Ingredients:				
Whole Wheat Flour, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN, MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SOYBEAN OIL, HIGH FRUCTOSE CORN SYRUP, BLUEBERRY FLAVOR BITS (SUGAR, CORN SYRUP, CORN CEREAL, MODIFIED FOOD STARCH, PARTIALLY HYDROGENATED COTTONSEED AND/OR SOYBEAN OIL, NATURAL FLAVOR, VEGETABLE EXTRACT, CARAMEL COLOR), TRICALCIUM PHOSPHATE, SALT, SODIUM BICARBONATE, NATURAL FLAVOR, CITRIC ACID, MONOCALCIUM PHOSPHATE, SOY LECITHIN, ADDED VITAMINS AND IRON (ASCORBIC ACID, VITAMIN A PALMITATE, NIACINAMIDE, IRON/ELECTROLYTIC, RIBOFLAVIN, THIAMIN MONONITRATE, MALTODEXTRIN AS CARRIER).				
Fruit Punch Ingredients:				
APPLE, GRAPE AND PEAR JUICES FROM CONCENTRATE (PURE FILTERED WATER AND JUICE CONCENTRATES). CALCIUM CITRATE, NATURAL FLAVOR. ASCORBIC ACID (VITAMIN C). CITRIC ACID. PASTEURIZED. NO SUGAR ADDED.				