

Fuel4U Nutritional Analysis				Totals
<b>MENU 10</b>				
SUPC #6477610				
Description	Mini Wheats	Cheese Crackers	Orange Juice	
Individual SUPC#'s	6423166	2254399	5039751	
Serving Size	1 Bowl	1 Package	1 Box	
Weight per Serving	1.5 oz	1.38 oz	4.23 fl. Oz.	
Contribution to Meal Pattern	1 B	1 B	1 Fruit	
Calories	160	210	60	<b>430</b>
Calories from Fat	10	90	0	<b>100</b>
% Calories from Fat	6.25%	43%	0	<b>49.25%</b>
% Calories from Sat Fat	0%	0%	0	<b>0%</b>
Total Fat (g)	1	10	0	<b>11</b>
Sat. Fat (g)	0	2	0	<b>2</b>
Trans Fat (g)	0	4	0	<b>4</b>
Monounsaturated Fat (g)	0	0	0	<b>0</b>
Polyunsaturated Fat (g)	0	0	0	<b>0</b>
Cholesterol (mg)	0	0	0	<b>0</b>
Sodium (mg)	0	370	5	<b>375</b>
Potassium (mg)	0	0	240	<b>240</b>
Total Carbohydrates (g)	34	26	15	<b>75</b>
Dietary Fiber (g)	4	Less than 1	0	<b>4</b>
Sugars (g)	9	5	14	<b>28</b>
Protein (g)	4	3	Less than 1	<b>7</b>
Vitamin A (%DV)	0%	0%	0	<b>0%</b>
Iron (%DV)	70%	6%	0	<b>76%</b>
Riboflavin (%DV)	20%	0%	0	<b>20%</b>
Folate (%DV)	20%	0%	8%	<b>28%</b>
Magnesium (%DV)	8%	0%	0	<b>8%</b>
Vitamin C (%DV)	0%	0%	100%	<b>100%</b>
Vitamin D (%DV)	0%	0%	0	<b>0%</b>
Niacin (%DV)	20%	0%	0	<b>20%</b>
Vitamin B12 (%DV)	20%	0%	0%	<b>20%</b>
Zinc (%DV)	8%	0%	0	<b>8%</b>
Calcium (%DV)	0%	4%	10%	<b>14%</b>
Thaimin (%DV)	20%	0%	0	<b>20%</b>
Vitamin B6 (%DV)	20%	0%	0	<b>20%</b>
Copper (%DV)	6%	0%	0	<b>6%</b>
Phosphorus (%DV)	10%	0%	0	<b>10%</b>
<u>Mini Wheats Ingredients:</u>				
WHOLE WHEAT, SUGAR, GELATIN, REDUCED IRON, NIACINAMIDE, ZINC (ZINC OXIDE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN), VITAMIN B1 (THIAMINE MONONITRATE), TRICALCIUM PHOSPHATE, FOLIC ACID, VITAMIN B12 (CYANOCOBALAMIN), CONTAINS: WHEAT				
<u>Cheese Crackers Ingredients:</u>				
ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), PARTIALLY HYDROGENIZED SOYBEAN AND/OR COTTONSEED OIL, WHEY, SUGAR, CHEDDAR CHEESE, CONTAINS TWO PERCENT OR LESS OF SALT, CORNSTARCH, LEAVENING. BUTTERMILK, DISODIUM PHOSPHATE, YELLOW #6, RED PEPPER, ANNATTO EXTRACT FOR COLOR, SODIUM SULFITE, SOY LECITHIN.				
<u>ORANGE Juice Ingredients:</u>				
ORANGE JUICE FROM CONCENTRATE (PURE FILTERED WATER AND CONCENTRATED ORANGE JUICE), CALCIUM CITRATE, ASCORBIC ACID (VITAMIN C).				