

Fuel 4U Nutritional Analysis				Totals
MENU 11				
SUPC #6477637				
Description	Cin.Squares	Vanilla Bear Grah.	Orange Juice	
Individual SUPC#'s	6422822	4461810	5039751	
Serving Size	1 Package	1 Package	1 Box	
Weight per Serving	1 oz	.9 oz	4.23 fl. Oz.	
Contribution to Meal Pattern	1 B	1 B	1 Fruit	
Calories	120	106.29	60	286.29
Calories from Fat	30	26.97	0	56.97
% Calories from Fat	25%	5%	0	30.00%
% Calories from Sat Fat	0%	2%	0	2%
Total Fat (g)	3.5	3	0	6.5
Sat. Fat (g)	0	0.47	0	0.47
Trans Fat (g)	0	0.05	0	0.05
Monounsaturated Fat (g)	0	0.76	0	0.76
Polyunsaturated Fat (g)	0	1.6	0	1.6
Cholesterol (mg)	0	0	0	0
Sodium (mg)	210	85.35	5	300.35
Potassium (mg)	0	19.03	240	259.03
Total Carbohydrates (g)	22	18.31	15	55.31
Dietary Fiber (g)	1	0.17	0	1.17
Sugars (g)	9	4.74	14	27.74
Protein (g)	1	1.39	< 1	2.39
Water (g)		2.41		2.41
Total Grain (g)		16.10		16.1
Vitamin A (%DV)	25%	5%	0	30%
Iron (%DV)	25%	9%	0	34%
Riboflavin (%DV)	25%	9%	0	34%
Folate (%DV)	20%	0%	8%	28%
Magnesium (%DV)	0%	0%	0	0%
Vitamin C (%DV)	10%	5%	100%	115%
Vitamin D (%DV)	10%	6%	0	16%
Niacin (%DV)	25%	10%	0	35%
Vitamin B12 (%DV)	0%	5%	0%	5%
Zinc (%DV)	0%	4%	0	4%
Calcium (%DV)	10%	1%	10%	21%
Thaimin (%DV)	25%	13%	0	38%
Vitamin B6 (%DV)	25%	4%	0	29%
Phosphorus (%DV)	0%	3%	0	3%
Cinnamon Squares Ingredients:				
WHOLE WHEAT WHITE FLOUR, SUGAR, RICE FLOUR, CANOLA OIL, FRUCTOSE, MALTODEXTRIN, DEXTROSE, SALT, CALCIUM CARBONATE, CINNAMON, TRISODIUM PHOSPHATE, VITAMIN C, SOY LECITHIN, NATURAL FLAVOR, VITAMIN A, IRON, COLOR (CARAMEL ANNATO EXTRACT), NIACINAMIDE, VITAMIN B1, VITAMIN B6, VITAMIN D, VITAMIN B2, FOLIC ACID, BHT ADDED TO PACKAGING TO HELP PRESERVE FRESHNESS. CONTAINS: WHEAT, SOY				
Vanilla Bear Grahams Ingredients:				
Enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, soybean oil, high fructose corn syrup, whole wheat flour, natural vanilla flavor, salt, sodium bicarbonate, monocalcium phosphate, soy lecithin, added vitamins and iron (ascorbic acid, vitamin A palmitate, niacinamide, iron/electrolytic, riboflavin, thiamin mononitrate, maltodextrin as carrier).				
Orange Juice Ingredients:				
ORANGE JUICE FROM CONCENTRATE (PURE FILTERED WATER AND CONCENTRATED ORANGE JUICE), CALCIUM CITRATE, ASCORBIC ACID (VITAMIN C).				