

Fuel 4U Nutritional Analysis				Totals
MENU 12				
SUPC #6481150				
Description	Apple Whirls	Cinn.Apple Waffl.	Apple Juice	
Individual SUPC#	5635784	6031407	5039856	
Serving Size	1 Package	1 Package	1 Box	
Weight per Serving	1 oz.	.9 oz	4.23 fl. Oz.	
Contribution to Meal Pattern	1 Bread	1 Bread	1/2 Cup Fruit	
Calories	110	103.29	60	273.29
Calories from Fat	0	27.29	0	27.29
% Calories from Fat	0.00%	5%	0	5.00%
% Calories from Sat Fat	0%	2%	0	2%
Total Fat (g)	0	3.03	0	3.03
Sat. Fat (g)	0	0.45	0	0.45
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)	130	84.96	5	219.96
Potassium (mg)	35	34.93	130	199.93
Total Carbohydrates (g)	25	17.8	15	57.8
Dietary Fiber (g)	0	1.01	0	1.01
Sugars (g)	14	5.72	14	33.72
Protein (g)	2	1.42	<1	3.42
Total Grain (g)		17.1		17.1
Vitamin A (%DV)	15%	17.1	0	1725%
Iron (%DV)	20%	5%	0	25%
Riboflavin (%DV)	20%	9%	0%	29%
Folate (%DV)	45%	7%	0	52%
Magnesium (%DV)	2%	0%	100%	102%
Vitamin C (%DV)	20%	0%	0	20%
Vitamin D (%DV)	8%	5%	0	13%
Niacin (%DV)	20%	6%	0%	26%
Vitamin B12 (%DV)	20%	8%	0	28%
Zinc (%DV)	20%	5%	10%	35%
Calcium (%DV)	8%	0%	0	8%
Thaimin (%DV)	20%	11%	0	31%
Vitamin B6 (%DV)	20%	10%	0	30%
Phosphorus (%DV)	2%	5%	0	7%
Apple Whirl Ingredients: SUGAR, YELLOW CORN FLOUR, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHOLE WHEAT FLOUR, SALT, CALCIUM CARBONATE, APPLE JUICE CONCENTRATE, CORN CEREAL, COLOW (YELLOW 6, BLUE 1, TURMERIC EXTRACT, RED 40, ANNATTO EXTRACT), CORN SYRUP, CINNAMON, DEHYDRATED APPLES, FOOD STARCH-MODIFIED, PARTIALLY HYDROGENATED VEGETABLE SHORTENING (CONTAINS SOYBEAN AND COTTONSEED OIL)				
Cinn. Apple Waffle Grahams Ingredients: WHOLE WHEAT FLOUR, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SOYBEAN OIL, HIGH FRUCTOSE CORN SYRUP, CINNAMON, TRICALCIUM PHOSPHATE, SALT, SODIUM BICARBONATE, NATURAL FLAVORS, MONOCALCIUM PHOSPHATE, ANNATTO EXTRACT, ADDED VITAMINS AND IRON (ASCORBIC ACID, VITAMIN A, PALMITATE, NIACINAMIDE, IRON/ELECTROLYTIC, RIBOFLAVIN, THIAMINE MONONITRATE, MALTODEXTRIN AS A CARRIER).				
Apple Juice Ingredients: APPLE JUICE FROM CONCENTRATE (PURE FILTERED WATER AND CONCENTRATED APPLE JUICE), CALCIUM CITRATE, ASCORBIC ACID (VITAMIN C). PASTEURIZED. NO SUGAR ADDED.				