

Fuel4U Nutritional Analysis				Totals
MENU 2				
SUPC #5891017				
Description	Cornflakes	Strawberry Waffl.	Grape Juice	
Individual SUPC#'s	5593967	1772631	5713696	
Serving Size	1 Package	1 Packet	1 Box	
Weight per Serving	.75 oz	.9 oz	4.23 fl. Oz.	
Contribution to Meal Pattern	1 B	1 B	1 Fruit	
Calories	80	103.9	60	243.9
Calories from Fat	0	27.32	0	27.32
% Calories from Fat	0.00%	5%	0	5.00%
% Calories from Sat Fat	0%	2%	0	2%
Total Fat (g)	0	3.04	0	3.04
Sat. Fat (g)	0	0.46	0	0.46
Trans Fat (g)	0	0.05	0	0.05
Monounsaturated Fat (g)	0	0.7	0	0.7
Polyunsaturated Fat (g)	0	1.58	0	1.58
Cholesterol (mg)	0	0	0	0
Sodium (mg)	180	84.4	5	269.4
Potassium (mg)	35	32.71	0	67.71
Total Carbohydrates (g)	19	18.08	14	51.08
Dietary Fiber (g)	<1	0.86	0	0.86
Sugars (g)	2	5.14	13	20.14
Protein (g)	2	1.38	0	3.38
Water (g)		1.52		1.52
Total Grain (g)		16.1		16.1
Vitamin A (%DV)	15%	5%		20%
Iron (%DV)	30%	8%		38%
Riboflavin (%DV)	15%	7%		22%
Folate (%DV)	15%	0%		15%
Magnesium (%DV)	0%	0%		0%
Vitamin C (%DV)	15%	5%	100%	120%
Vitamin D (%DV)	6%	6%		12%
Niacin (%DV)	15%	8%		23%
Vitamin B12 (%DV)	0%	5%		5%
Zinc (%DV)	0%	4%		4%
Calcium (%DV)	0%	11%	10%	21%
Thaimin (%DV)	15%	10%		25%
Vitamin B6 (%DV)	15%	5%		20%
Phosphorus (%DV)	0%	9%		9%
Cornflakes Ingredients:				
DEGERMED YELLOW CORN MEAL, SUGAR, SALT, MALT EXTRACT. VITAMINS AND MINERALS: VITAMIN C, IRON, VITAMIN A, NIACINAMIDE, VITAMIN B2, VITAMIN B1, VITAMIN B6, VITAMIN D, FOLIC ACID. BHT ADDED TO PACKAGING TO HELP PRESERVE FRESHNESS.				
Strawberry Waffle Ingredients:				
Whole Wheat Flour, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN, MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SOYBEAN OIL, HIGH FRUCTOSE CORN SYRUP, Strawberry flavor bits (sugar, corn syrup, corn cereal, modified food starch, partially hydrogenated cottonseed and/or soybean oil, natural flavor, elderberry color, malic acid), Tricalcium phosphate, salt, sodium bicarbonate, citric acid, monocalcium phosphate, natural flavor, added vitamins and iron (ascorbic acid, vitamin A, palmitate, niacinamide, iron/electrolytic, riboflavin, thiamin mononitrate, maltodextrin as carrier).				
Grape Juice Ingredients:				
APPLE AND GRAPE JUICES FROM CONCENTRATE (PURE FILTERED WATER AND JUICE CONCENTRATES). CALCIUM CITRATE, NATURAL AND ARTIFICIAL FLAVOR. ASCORBIC ACID (VITAMIN C). CITRIC ACID. PASTEURIZED.				