

Fuel4U Nutritional Analysis				Totals
MENU 3				
SUPC #5891381				
Description	Corn Puffs	Grah Honey Crx	Strawberry-Kiwi Juice	
Individual SUPC#'s	5635834	778886	5713460	
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	98.27	70	248.27
Calories from Fat	0	27.84	0	27.84
% Calories from Fat	0.00%	5%	0	5.00%
% Calories from Sat Fat	0%	2%	0	2%
Total Fat (g)	0	3.09	0	3.09
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	1.63	0	1.63
Cholesterol (mg)	0	0	0	0
Sodium (mg)	190	132.23	5	327.23
Potassium (mg)	40	36.17	0	76.17
Total Carbohydrates (g)	18	18.28	18	54.28
Dietary Fiber (g)	0	2.63	0	2.63
Sugars (g)	2	6.01	17	25.01
Protein (g)	1	1.29	0	2.29
Vitamin A (%DV)	10%	5%	0	15%
Iron (%DV)	35%	10%	0	45%
Riboflavin (%DV)	15%	9%	0	24%
Folate (%DV)	35%	0%	0%	35%
Magnesium (%DV)	0%	0%	0	0%
Vitamin C (%DV)	6%	5%	100%	111%
Vitamin D (%DV)	6%	6%	0	12%
Niacin (%DV)	15%	10%	0	25%
Vitamin B12 (%DV)	15%	5%	0%	20%
Zinc (%DV)	15%	4%	0	19%
Calcium (%DV)	10%	1%	10%	21%
Thaimin (%DV)	15%	14%	0	29%
Vitamin B6 (%DV)	15%	4%	0	19%
Phosphorus (%DV)	0%	4%	0	4%
Corn Puffs Ingredients:				
DEGERMED YELLOW CORN MEAL, WHOLE OAT FLOUR, SUGAR, FOOD STARCH-MODIFIED, SALT, CORN SYRUP, CALCIUM CARBONATE, TRISODIUM PHOSPHATE. VITAMINS AND MINERALS: VITAMIN C, IRON, VITAMIN A, NIACINAMIDE, ZINC, VITAMIN B1, VITAMIN B6, VITAMIN B2, VITAMIN B12, VITAMIN D, FOLIC ACID. BHT ADDED TO PACKAGING TO HELP PRESERVE FRESHNESS.				
Graham Honey Cracker Ingredients:				
WHOLE WHEAT FLOUR, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN, MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SOYBEAN OIL, OAT FIBER, HIGH FRUCTOSE CORN SYRUP, HONEY, SALT, SODIUM BICARBONATE, MOLASSES, ADDED VITAMINS AND IRON (ASCORBIC ACID, VITAMIN A PALMITATE, NIACINAMIDE, IRON/ELECTROLYTIC, RIBOFLAVIN, THIAMIN MONONITRATE, MALTODEXTRIN AS CARRIER), EXTRACT OF ANNATTO.				
Strawberry-Kiwi Juice Ingredients:				
PEAR, GRAPE AND STRAWBERRY JUICES FROM CONCENTRATE (PURE FILTERED WATER AND JUICE CONCENTRATES), CALCIUM CITRATE, NATURAL FLAVOR, KIWI JUICE CONCENTRATE, CITRIC ACID, ASCORBIC ACID (VITAMIN C). PASTEURIZED.				