

Fuel4U Nutritional Analysis				Totals
MENU 4				
SUPC# 5891407				
Description	Fruit Whirls	Cheddar Goldfish	Strawberry-Kiwi Juice	
Individual SUPC#'s	5594056	5464276	5713460	
Serving Size	1 Package	1 Packet	1 Box	
Weight per Serving	.75 oz	.75 oz	4.23 fl. Oz	
Contribution to Meal Pattern	1 B	1 B	1 Fruit	
Calories	80	100	70	250
Calories from Fat	5	32	0	37
% Calories from Fat	6.25%	30%	0	36.25%
% Calories from Sat Fat	0%	9%	0	9%
Total Fat (g)	0.5	3.5	0	4
Sat. Fat (g)	0	1	0	1
Trans Fat (g)	0	0	0	0
Cholesterol (mg)	0	<5	0	<5
Sodium (mg)	100	180	5	285
Potassium (mg)	35	0	0	35
Total Carbohydrates (g)	18	14	18	50
Dietary Fiber (g)	<1	<1	0	<1
Sugars (g)	10	0	17	27
Protein (g)	1	2	0	3
Vitamin A (%DV)	10%	0	0	10%
Iron (%DV)	15%	2%	0	17%
Riboflavin (%DV)	15%	0	0	15%
Folate (%DV)	30%	0	0	30%
Magnesium (%DV)		0	0	0%
Vitamin C (%DV)	15%	0	100%	115%
Vitamin D (%DV)	5%	0	0	5%
Niacin (%DV)	15%	0	0	15%
Vitamin B12 (%DV)	15%	0	0	15%
Zinc (%DV)	15%	0	0	15%
Calcium (%DV)	5%	2%	10%	17%
Thaimin (%DV)	15%	0	0	15%
Vitamin B6 (%DV)	15%	0	0	15%
Phosphorus (%DV)		0	0	0%
Fruit Whirls Ingredients:				
FLOUR (CORN, WHEAT, AND OAT), SUGAR, CALCIUM CARBONATE, SALT, NATURAL FLAVOR, VITAMIN C (SODIUM ASCORBATE), COLOR (RED 40, YELLOW 6, TURMERIC EXTRACT, BLUE 1, ANNATTO EXTRACT), VITAMIN A (PALMITATE), REDUCED IRON, NIACINAMIDE, ZINC OXIDE, VITAMIN B12, FOLIC ACID, VITAMIN D, VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN), AND VITAMIN B1 (THIAMIN HYDROCHLORIDE). BHT ADDED TO PACKAGING TO HELP PRESERVE FRESHNESS. CONTAINS: WHEAT				
Cheddar Goldfish Ingredients:				
UNBLEACHED ENRICHED WHEAT FLOUR, CHEDDAR CHEESE [(PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), WATER, SALT], VEGETABLE OILS (CANOLA, SUNFLOWER AND/OR SOYBEAN), CONTAINS 2% OR LESS OF: SALT, YEAST, SUGAR, YEAST EXTRACT, LEAVENING (BAKING SODA, MONOCALCIUM PHOSPHATE, AMMONIUM BICARBONATE), SPICES, ANNATTO (COLOR) AND ONION POWDER.				
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.				