

Fuel4U Nutritional Analysis				Totals
MENU 5				
SUPC #6042610				
Description	Cocoa Munchie	Pretzel Goldfish	Apple Juice	
Individual SUPC#'s	5635768	8026122	5039856	
Serving Size	1 Package	1 Package	1 Box	
Weight per Serving	1 oz	.75 oz	4.23 fl. Oz.	
Contribution to Meal Pattern	1 B	1 B	1 Fruit	
Calories	110	90	60	260
Calories from Fat	0	15	0	15
% Calories from Fat	0.00%	2%	0	2.00%
% Calories from Sat Fat	0%	0%	0	0%
Total Fat (g)	0	1.5	0	1.5
Sat. Fat (g)	0	0	0	0
Trans Fat (g)	0	0	0	0
Monounsaturated Fat (g)	0	1	0	1
Polyunsaturated Fat (g)	0	0.5	0	0.5
Cholesterol (mg)	0	0	0	0
Sodium (mg)	150	300	5	455
Potassium (mg)	70	0	130	200
Total Carbohydrates (g)	25	17	15	57
Dietary Fiber (g)	0	<1	0	<1
Sugars (g)	13	<1	14	27
Protein (g)	1	2	<1	3
Vitamin A (%DV)	15%	0%	0	15%
Iron (%DV)	25%	4%	0	29%
Riboflavin (%DV)	25%	0%	0	25%
Folate (%DV)	50%	0%	0%	50%
Magnesium (%DV)	0%	0%	0	0%
Vitamin C (%DV)	10%	0%	100%	110%
Vitamin D (%DV)	10%	0%	0	10%
Niacin (%DV)	25%	0%	0	25%
Vitamin B12 (%DV)	25%	0%	0%	25%
Zinc (%DV)	25%	0%	0	25%
Calcium (%DV)	10%	0%	10%	20%
Thiamin (%DV)	25%	0%	0	25%
Vitamin B6 (%DV)	25%	0%	0	25%
Phosphorus (%DV)	0%	0%	0	0%
Cocoa Munchie Ingredients:				
SUGAR, DEGERMED YELLOW CORN MEAL, YELLOW CORN FLOUR, COCOA (PROCESSED WITH ALKALI), CORN SYRUP, CORN STARCH, FOOD STARCH-MODIFIED, SALT, ARTIFICIAL FLAVOR, CALCIUM CARBONATE, PARTIALLY HYDROGENATED CORN OIL WITH PRESERVATIVE (BHT), COLOR (CARMEL), HIGH FRUCTOSE CORN SYRUP, DICALCIUM PHOSPHATE, BAKING SODA, TRISODIUM PHOSPHATE. 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.				
Pretzel Goldfish Ingredients:				
UNBLEACHED ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, VITAMIN B1, VITAMIN B2, FOLIC ACID, SALT, VEGETABLE OILS (CANOLA, SUNFLOWER AND/OR SOYBEAN), CONTAINS 2 PERCENT OR LESS OF: BAKING POWDER, MALTED BARLEY, BICARBONATES AND CARBONATES OF SODIUM AND NONFAT MILK.				
Apple Juice Ingredients:				
APPLE JUICE FROM CONCENTRATE (PURE FILTERED WATER AND CONCENTRATED APPLE JUICE), CALCIUM CITRATE, ASCORBIC ACID (VITAMIN C). PASTEURIZED. NO SUGAR ADDED.				