

Fuel4U Nutritional Analysis				Totals
MENU 6				
SUPC #6042669				
Description	Frosted Flakes	Parmesan Goldfish	Grape Juice	
Individual SUPC#'s	5593975	146068	5713696	
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	25	0	25
% Calories from Fat	0.00%	28%	0	28.00%
% Calories from Sat Fat	0%	10%	0	10%
Total Fat (g)	0	3	0	3
Sat. Fat (g)	0	1	0	1
Trans Fat (g)	0	0	0	0
Monounsaturated Fat (g)	0	0	0	0
Polyunsaturated Fat (g)	0	0	0	0
Cholesterol (mg)	0	0	0	0
Sodium (mg)	180	200	5	385
Potassium (mg)	30	0	0	30
Total Carbohydrates (g)	26	14	14	54
Dietary Fiber (g)	0	<1	0	<1
Sugars (g)	12	0	13	25
Protein (g)	1	3	0	4
Vitamin A (%DV)	15%	0%		15%
Iron (%DV)	25%	4%		29%
Riboflavin (%DV)	45%	0%		45%
Folate (%DV)	25%	0%		25%
Magnesium (%DV)	0%	0%		0%
Vitamin C (%DV)	25%	0%	100%	125%
Vitamin D (%DV)	10%	0%		10%
Niacin (%DV)	45%	0%		45%
Vitamin B12 (%DV)	25%	0%		25%
Zinc (%DV)	0%	0%		0%
Calcium (%DV)	0%	4%	10%	14%
Thaimin (%DV)	45%	0%		45%
Vitamin B6 (%DV)	45%	0%		45%
Phosphorus (%DV)	0%	0%		0%
Frosted Flakes Ingredients:				
DEGERMED YELLOW CORN MEAL, SUGAR, SALT, MALT EXTRACT. VITAMIN C, IRON, VITAMIN A, NIACINAMIDE, VITAMIN B1, VITAMIN B6, VITAMIN B2, VITAMIN B12, VITAMIN D, FOLIC ACID. BHT ADDED TO PACKAGING TO HELP PRESERVE FRESHNESS.				
Parmesan Goldfish Ingredients:				
UNBLEACHED ENRICHED WHEAT FLOUR, VEGETABLE OILS (CANOLA, SUNFLOWER AND/OR SOYBEAN), PARMESAN CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), CONTAINS 2% OR LESS OF: SALT, LEAVENING (AMMONIUM BICARBONATE, BAKING SODA, MONOCALCIUM PHOSPHATE), YEAST, ONION POWDER, SUGAR AND YEAST EXTRACT.				
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.				