

Fuel4U Nutritional Analysis				Totals
MENU 7				
SUPC #6042497				
Description	Toasted Oats	Orange Treats	Fruit Punch	
Individual SUPC#'s	5594049	5848243	5039902	
Serving Size	1 Package	1 Package	1 Box	
Weight per Serving	.75 oz	1 oz	4.23 fl. Oz.	
Contribution to Meal Pattern	1 B	1 B	1 Fruit	
Calories	90	111.77	60	261.77
Calories from Fat	15	29.62	0	44.62
% Calories from Fat	2.00%	5%	0	7.00%
% Calories from Sat Fat	0%	0%	0	0%
Total Fat (g)	1.5	3.29	0	4.79
Sat. Fat (g)	0	0.49	0	0.49
Trans Fat (g)	0	0.05	0	0.05
Monounsaturated Fat (g)	0	0.77	0	0.77
Polyunsaturated Fat (g)	0	1.73	0	1.73
Cholesterol (mg)	0	0	0	0
Sodium (mg)	190	93.56	5	288.56
Potassium (mg)	45	35.89	0	80.89
Total Carbohydrates (g)	16	19.19	14	49.19
Dietary Fiber (g)	1	0.91	0	1.91
Sugars (g)	1	6.51	14	21.51
Protein (g)	2	1.5	0	3.5
Water (g)		1.01		1.01
Total Grain (g)		15.4		15.4
Vitamin A (%DV)	10%	5%	0	15%
Iron (%DV)	35%	9%	0	44%
Riboflavin (%DV)	15%	7%	0	22%
Folate (%DV)	35%	0%	0	35%
Magnesium (%DV)	6%	0%	0	6%
Vitamin C (%DV)	6%	5%	100%	111%
Vitamin D (%DV)	6%	6%	0	12%
Niacin (%DV)	15%	8%	0	23%
Vitamin B12 (%DV)	15%	5%	0	20%
Zinc (%DV)	15%	0%	0	15%
Calcium (%DV)	6%	12%	10%	28%
Thiamin (%DV)	15%	11%	0	26%
Vitamin B6 (%DV)	15%	5%	0	20%
Phosphorus (%DV)	6%	10%	0	16%
<u>Toasted Oats Ingredients:</u>				
WHOLE OAT FLOUR, WHEAT STARCH, FOOD STARCH-MODIFIED, BROWN SUGAR, SALT, TRICALCIUM PHOSPHATE, CALCIUM CARBONATE, TRISODIUM PHOSPHATE, COLOR (CARAMEL) PRESERVATIVE (TOCOPHEROLS). 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. CONTAINS: WHEAT				
<u>Orange Treats Ingredients:</u>				
WHOLE WHEAT FLOUR, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SOYBEAN OIL, HIGH FRUCTOSE CORN SYRUP, TRICALCIUM PHOSPHATE, NATURAL AND ARTIFICIAL FLAVORS, SALT, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE, SOY LECITHIN, ADDED VITAMINS AND IRON (ASCORBIC ACID, VITAMIN A, PALMITATE, NIACINAMIDE, IRON/ELECTROLYTIC, THIAMINE MONONITRATE, RIBOFLAVIN, MALTODEXTRIN AS A CARRIER).				
<u>Fruit Punch Ingredients:</u>				
APPLE, GRAPE AND PEAR JUICES FROM CONCENTRATE (PURE FILTERED WATER AND JUICE CONCENTRATES). CALCIUM CITRATE, NATURAL FLAVOR. ASCORBIC ACID (VITAMIN C). CITRIC ACID. PASTEURIZED. NO SUGAR ADDED.				