

Fuel4U Nutritional Analysis				Totals
<b>MENU 8</b>				
SUPC #6042602				
Description	Honey Nut O's	Cinn.Apple Waffl.	Apple Juice	
Individual SUPC#'s	5757729	6031407	5039856	
Serving Size	1 Package	1 Package	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	103.29	60	<b>243.29</b>
Calories from Fat	10	27.29	0	<b>37.29</b>
% Calories from Fat	2.00%	5%	0	<b>7.00%</b>
% Calories from Sat Fat	0%	2%	0	<b>2%</b>
Total Fat (g)	1	3.03	0	<b>4.03</b>
Sat. Fat (g)	0	0.45	0	<b>0.45</b>
Trans Fat (g)	0	0.05	0	<b>0.05</b>
Monounsaturated Fat (g)	0	0.71	0	<b>0.71</b>
Polyunsaturated Fat (g)	0	1.59	0	<b>1.59</b>
Cholesterol (mg)	0	0	0	<b>0</b>
Sodium (mg)	110	84.96	5	<b>199.96</b>
Potassium (mg)	40	34.93	130	<b>204.93</b>
Total Carbohydrates (g)	18	17.8	15	<b>50.8</b>
Dietary Fiber (g)	<1	1.01	0	<b>&lt;1</b>
Sugars (g)	8	5.72	14	<b>27.72</b>
Protein (g)	1	1.42	<1	<b>2.42</b>
Water (g)		0.99		<b>0.99</b>
Total Grain (g)		17.1		<b>17.1</b>
Vitamin A (%DV)	10%	5%	0	<b>15%</b>
Iron (%DV)	15%	9%	0	<b>24%</b>
Riboflavin (%DV)	15%	7%	0	<b>22%</b>
Folate (%DV)	35%	0%	0%	<b>35%</b>
Magnesium (%DV)	0%	0%	0	<b>0%</b>
Vitamin C (%DV)	6%	5%	100%	<b>111%</b>
Vitamin D (%DV)	6%	6%	0	<b>12%</b>
Niacin (%DV)	15%	8%	0	<b>23%</b>
Vitamin B12 (%DV)	15%	5%	0%	<b>20%</b>
Zinc (%DV)	15%	0%	0	<b>15%</b>
Calcium (%DV)	6%	11%	10%	<b>27%</b>
Thaimin (%DV)	15%	10%	0	<b>25%</b>
Vitamin B6 (%DV)	15%	5%	0	<b>20%</b>
<b>Honey Nut Toasted Oats Ingredients:</b>				
WHOLE OAT FLOUR, SUGAR, CORN STARCH, MODIFIED CORN STARCH, HONEY, BROWN SUGAR, SALT, WHEAT GERM, TRICALCIUM PHOSPHATE, VITAMIN C, CALCIUM CARBONATE, TRISODIUM PHOSPHATE, MOLASSES, IRON, VITAMIN A, COLOR (CARAMEL), ALMONDS, NIACINAMIDE, ZINC, PRESERVATIVE, CANOLA OIL, VITAMIN B1, VITAMIN B6, VITAMIN D, VITAMIN B2, FOLIC ACID, VITAMIN B12. BHT ADDED TO PACKAGING TO HELP PRESERVE FRESHNESS. CONTAINS: ALMONDS, WHEAT.				
<b>Cinn. Apple Waffle Grahams Ingredients:</b>				
WHOLE WHEAT FLOUR, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SOYBEAN OIL, HIGH FRUCTOSE CORN SYRUP, CINNAMON, TRICALCIUM PHOSPHATE, SALT, SODIUM BICARBONATE, NATURAL FLAVORS, MONOCALCIUM PHOSPHATE, ANNATTO EXTRACT, ADDED VITAMINS AND IRON (ASCORBIC ACID, VITAMIN A, PALMITATE, NIACINAMIDE, IRON/ELECTROLYTIC, RIBOFLAVIN, THIAMINE MONONITRATE, MALTODEXTRIN AS A CARRIER).				
<b>Apple Juice Ingredients:</b>				
APPLE JUICE FROM CONCENTRATE (PURE FILTERED WATER AND CONCENTRATED APPLE JUICE), CALCIUM CITRATE, ASCORBIC ACID (VITAMIN C). PASTEURIZED. NO SUGAR ADDED.				