

Fuel4U Nutritional Analysis				Totals
MENU 9				
SUPC #5891310				
Description	Raisin Bran	Lemon Dino Crx.	Apple Juice	
Individual SUPC#'s	5594015	3067055	5039856	
Serving Size	1 Package	1 Package	1 Box	
Weight per Serving	1.25 oz	.9 oz	4.23 fl. Oz.	
Contribution to Meal Pattern	1 B	1 B	1 Fruit	
Calories	130	104.89	60	294.89
Calories from Fat	5	27	0	32
% Calories from Fat	1.00%	5%	0	6.00%
% Calories from Sat Fat	0%	2%	0	2%
Total Fat (g)	0.5	3	0	3.5
Sat. Fat (g)	0	0.47	0	0.47
Trans Fat (g)	0	0.05	0	0.05
Monounsaturated Fat (g)	0	0.77	0	0.77
Polyunsaturated Fat (g)	0	1.6	0	1.6
Cholesterol (mg)	0	0	0	0
Sodium (mg)	220	85.45	5	310.45
Potassium (mg)	190	19.73	130	339.73
Total Carbohydrates (g)	27	17.93	15	59.93
Dietary Fiber (g)	4	0.17	0	4.17
Sugars (g)	11	4.58	14	29.58
Protein (g)	3	1.39	<1	4.39
Water (g)		2.9		
Total Grain (g)		16.1		
Vitamin A (%DV)	10%	5%	0	15%
Iron (%DV)	15%	9%	0	24%
Riboflavin (%DV)	15%	9%	0	24%
Folate (%DV)	15%	0%	0%	15%
Magnesium (%DV)	0%	0%	0	0%
Vitamin C (%DV)	6%	6%	100%	112%
Vitamin D (%DV)	6%	6%	0	12%
Niacin (%DV)	15%	10%	0	25%
Vitamin B12 (%DV)	0%	5%	0%	5%
Zinc (%DV)	0%	4%	0	4%
Calcium (%DV)	4%	1%	10%	15%
Thaimin (%DV)	15%	13%	0	28%
Vitamin B6 (%DV)	15%	4%	0	19%
Phosphorus (%DV)	0%	3%	0	3%
Raisin Bran Ingredients:				
WHEAT BRAN, RAISINS, SUGAR, HIGH FRUCTOSE CORN SYRUP, SALT, MALT EXTRACT. IRON, VITAMIN C, VITAMIN A, NIACINAMIDE, VITAMIN B1, VITAMIN B6, VITAMIN D, VITAMIN B2, FOLIC ACID. BHT ADDED TO PACKAGING TO HELP PRESERVE FRESHNESS. CONTAINS: WHEAT.				
Lemon Dinosaur Grahams Ingredients:				
ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SOYBEAN OIL, HIGH FRUCTOSE CORN SYRUP, WHOLE WHEAT FLOUR, LEMON JUICE, NATURAL FLAVOR, SALT, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE, CITRIC ACID, SOY LECITHIN, ADDED VITAMINS AND IRON (ASCORBIC ACID, VITAMIN A, PALMITATE, NIACINAMIDE, IRON/ELECTROLYTIC, RIBOFLAVIN, THIAMINE MONONITRATE, MALTODEXTRIN AS A CARRIER).				
Apple Juice Ingredients:				
APPLE JUICE FROM CONCENTRATE (PURE FILTERED WATER AND CONCENTRATED APPLE JUICE), CALCIUM CITRATE, ASCORBIC ACID (VITAMIN C). PASTEURIZED. NO SUGAR ADDED.				