

Applesauce Cup	
Nutrition Facts	
Serving Size: pkg Serving per Container: 1	
Amount Per Serving	
Calories: 51	Calories from Fat 0
	% Daily Value ²
Total Fat 0.0g	0%
Saturated Fat 0.0g	0%
Trans Fat ¹ 0.0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 14.0g	5%
Dietary Fiber 1.0g	4%
Sugars 11.0g	
Protein 0.0g	0%
Vitamin A 0%	Vitamin C 100%
Calcium 0%	
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.	
² - Percent Daily Values are based on a 2,000 calorie diet.	
N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.	

Strawberry Apple Crisps	
Nutrition Facts	
Serving Size: Package Serving per Container: 1	
Amount Per Serving	
Calories: 40	Calories from Fat 0
	% Daily Value ²
Total Fat 0.0g	0%
Saturated Fat 0.0g	0%
Trans Fat ¹ 0.0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 10.0g	3%
Dietary Fiber 2.0g	8%
Sugars 7.0g	
Protein 0.0g	0%
Vitamin A 0%	Vitamin C 0%
Calcium 0%	
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Fresh Apple	
Nutrition Facts	
Serving Size: Apple Serving per Container: 1	
Amount Per Serving	
Calories: 60	Calories from Fat 0
	% Daily Value ²
Total Fat 0.0g	0%
Saturated Fat 0.0g	0%
Trans Fat ¹ 0.0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 16.1g	5%
Dietary Fiber 2.8g	12%
Sugars 12.1g	
Protein 0.3g	0%
Vitamin A 1%	Vitamin C 9%
Calcium 1%	
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Apple Crisps	
Nutrition Facts	
Serving Size: Package Serving per Container: 1	
Amount Per Serving	
Calories: 40	Calories from Fat 0
	% Daily Value ²
Total Fat 0.0g	0%
Saturated Fat 0.0g	0%
Trans Fat ¹ 0.0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 10.0g	3%
Dietary Fiber 2.0g	8%
Sugars 7.0g	
Protein 0.0g	0%
Vitamin A 0%	Vitamin C 0%
Calcium 0%	
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Fresh Orange	
Nutrition Facts	
Serving Size: Orange	
Serving per Container: 1	
Amount Per Serving	
Calories: 62	Calories from Fat 2
	% Daily Value ²
Total Fat 0.2g	0%
Saturated Fat 0.0g	0%
Trans Fat ¹ 0.0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 15.4g	5%
Dietary Fiber 3.1g	12%
Sugars 12.2g	
Protein 1.2g	2%
Vitamin A 6%	Vitamin C 116%
Calcium 5%	
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Turkey & Cheese on a hamburger bun	
Nutrition Facts	
Serving Size: EACH	
Serving per Container: 1	
Amount Per Serving	
Calories: 272	Calories from Fat 86
	% Daily Value ²
Total Fat 9.5g	15%
Saturated Fat 3.5g	18%
Trans Fat ¹ 0.0g	
Cholesterol 41mg	14%
Sodium 797mg	33%
Total Carbohydrate 27.4g	9%
Dietary Fiber 2.0g	8%
Sugars 4.0g	
Protein 23.4g	46%
Vitamin A 6%	Vitamin C 0%
Calcium 27%	
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Ham & Cheese on a bun (w/Turkey-Ham)	
Nutrition Facts	
Serving Size: EACH	
Serving per Container: 1	
Amount Per Serving	
Calories: 271	Calories from Fat 96
	% Daily Value ²
Total Fat 10.7g	16%
Saturated Fat 4.8g	24%
Trans Fat ¹ 0.0g	
Cholesterol 50mg	17%
Sodium 823mg	34%
Total Carbohydrate 27.3g	9%
Dietary Fiber 2.0g	8%
Sugars 5.3g	
Protein 21.2g	42%
Vitamin A 6%	Vitamin C 0%
Calcium 27%	
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Chocolate Milk Nonfat	
Nutrition Facts	
Serving Size: carton	
Serving per Container: 1	
Amount Per Serving	
Calories: 130	Calories from Fat 0
	% Daily Value ²
Total Fat 0.0g	0%
Saturated Fat 0.0g	0%
Trans Fat ¹ 0.0g	
Cholesterol 5mg	2%
Sodium 230mg	10%
Total Carbohydrate 23.0g	8%
Dietary Fiber 0.0g	0%
Sugars 22.0g	
Protein 8.0g	16%
Vitamin A 10%	Vitamin C 4%
Calcium 30%	
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Milk 1% Lowfat**Nutrition Facts**Serving Size: carton
Serving per Container: 1Amount Per Serving
Calories: 110 Calories from Fat 23

	% Daily Value ²
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Trans Fat ¹ 0.0g	
Cholesterol 10mg	3%
Sodium 125mg	5%
Total Carbohydrate 13.0g	4%
Dietary Fiber 0.0g	0%
Sugars 12.0g	
Protein 8.0g	16%

Vitamin A 10% Vitamin C 2%
Calcium 30%¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.² - Percent Daily Values are based on a 2,000 calorie diet.

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Baby Carrots Pack**Nutrition Facts**Serving Size: Package
Serving per Container: 1Amount Per Serving
Calories: 12 Calories from Fat 0

	% Daily Value ²
Total Fat 0.0g	0%
Saturated Fat 0.0g	0%
Trans Fat ¹ 0.0g	
Cholesterol 0mg	0%
Sodium 27mg	1%
Total Carbohydrate 2.9g	1%
Dietary Fiber 1.0g	4%
Sugars 1.7g	
Protein 0.2g	0%

Vitamin A 97% Vitamin C 2%
Calcium 1%¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.² - Percent Daily Values are based on a 2,000 calorie diet.

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Schoolbox Raisins**Nutrition Facts**Serving Size: Box
Serving per Container: 1Amount Per Serving
Calories: 113 Calories from Fat 2

	% Daily Value ²
Total Fat 0.2g	0%
Saturated Fat 0.0g	0%
Trans Fat ¹ 0.0g	
Cholesterol 0mg	0%
Sodium 4mg	0%
Total Carbohydrate 30.0g	10%
Dietary Fiber 1.4g	4%
Sugars *N/A*	
Protein 1.2g	2%

Vitamin A 0% Vitamin C 1%
Calcium 2%¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.² - Percent Daily Values are based on a 2,000 calorie diet.

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