Bread

Nutrition Facts

16 servings per container

Serving size **1 slice (1 oz) 28g**

Amount per serving

Calories **60**

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 170mg	**8%**
Total Carbohydrate 13g	**5%**
Dietary Fiber 3g	**11%**
Total Sugars 1g	
Includes 1g Added Sugars	**2%**
Protein 4g	

Vit. D 0mcg 0% • Calcium 0mg 0%

Iron 0.6mg 4% • Potas. 0mg 0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Granola Bar

Nutrition Facts

1 servings per container

Serving size **(40g)**

Amount Per Serving

Calories **180**

	% Daily Value*
Total Fat 9g	**12%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 20mg	**1%**
Total Carbohydrate 22g	**8%**
Dietary Fiber 3g	**11%**
Total Sugars 12g	
Includes 0g Added Sugars	**0%**
Protein 3g	**6%**
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 1.08mg	6%
Potassium 0mg	0%
Vitamin A	0%
Vitamin C	0%

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Mac and Cheese

Nutrition Facts

Serving size 1 package (57g)

Amount per serving

Calories 220

	% Daily Value*
Total Fat 4.5g	**6%**
Saturated Fat 3g	**14%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 390mg	**17%**
Total Carbohydrate 37g	**13%**
Dietary Fiber 3g	**11%**
Total Sugars 3g	
Includes 0g Added Sugars	**0%**
Protein 7g	

Vitamin D 0mcg 0% • Calcium 70mg 4%

Iron 0.8mg 4% • Potassium 350mg 6%

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Oats & Honey Clusters

Nutrition Facts

About 5 servings per container

Serving size 2/3 cup (65g)

	Snack Per 1/3 cup (30g)		Bowl Per 2/3 cup (65g)	
Calories	**120**		**250**	
	Amount	**% DV***	**Amount**	**% DV***
Total Fat	3g	**4%**	6g	**8%**
Saturated Fat	1g	**5%**	2.5g	**13%**
Trans Fat	0g		0g	
Polyunsat Fat	0.5g		1g	
Monounsat Fat	1g		2g	
Cholesterol	0mg	**0%**	0mg	**0%**
Sodium	25mg	**1%**	50mg	**2%**
Total Carb.	21g	**8%**	44g	**16%**
Dietary Fiber	2g	**7%**	4g	**14%**
Total Sugars	5g		11g	
Incl. Added Sugars	5g	**10%**	11g	**22%**
Protein	2g		5g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	13mg	2%	29mg	2%
Iron	1mg	6%	2mg	10%
Potassium	75mg	2%	163mg	4%

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Cheese Pizza

Nutrition Facts

Servings Per Container 3

Serving Size **1/3 pizza (151g)**

Amount Per Serving

Calories **390**

	% Daily Value*
Total Fat 23g	**30%**
Saturated Fat 9g	**45%**
Trans Fat 0g	
Cholesterol 55mg	**18%**
Sodium 820mg	**36%**
Total Carbohydrate 33g	**12%**
Dietary Fiber 6g	**22%**
Sugars 3g	
Protein 14g	
Vitamin D	0%
Potasium	4%
Calcium	20%
Iron	6%

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Chocolate Chip Muffin

Nutrition Facts

4 servings per container

Serving size **1 Muffin (44g)**

Amount Per Serving

Calories **100**

	% Daily Value*
Total Fat 1g	**1%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol < 5mg	**1%**
Sodium 90mg	**4%**
Total Carbohydrate 13g	**5%**
Dietary Fiber 1g	**4%**
Total Sugars 4g	
Includes 3g Added Sugars	**6%**
Sugar Alcohol 1g	
Protein 9g	**18%**
Vitamin D 0mcg	0%
Calcium 104mg	8%
Iron 0.36mg	2%
Potassium 47mg	0%

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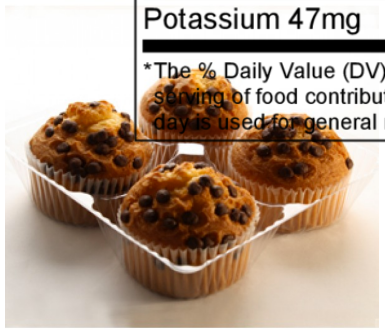

Apple Juice

Ritz Crackers

Nutrition Facts

30 servings per container

Serving size **1 pack (27g)**

Amount per serving	
Calories	**100**
	% Daily Value*
Total Fat 5g	**6%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol less than 5mg	**1%**
Sodium 330mg	**14%**
Total Carbohydrate 11g	**4%**
Dietary Fiber 0g	**0%**
Total Sugars 2g	
Includes less than 1g Added Sugars	**2%**
Protein 2g	
Vitamin D 0mcg	0%
Calcium 53mg	4%
Iron 0.52mg	2%
Potassium 55mg	0%

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Strawberries

Nutrition Facts

Serving size about 8 medium pieces/1 cup (140g)

Amount per serving
Calories 50

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 10g	**3%**
Dietary Fiber 2g	**8%**
Total Sugars 8g	
Includes 0g Added Sugars	**0%**
Protein <1g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 160mg	5%

ue (DV) tells you how much a nutrient od contributes to a daily diet. 2,000 used for general nutrition advice.

Cottage Cheese

Nutrition Facts

6 servings per container

Serving size 1/2 Cup (114g)

Amount Per Serving
Calories 80

	% Daily Value*
Total Fat 1.5g	**2%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 480mg	**21%**
Total Carbohydrate 6g	**2%**
Dietary Fiber 0g	**0%**
Total Sugars 5g	
Includes 0g Added Sugars	**0%**
Protein 12g	**24%**
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 0mg	0%
Potassium 0mg	0%
Vitamin A	4%
Vitamin C	4%

ly Value (DV) tells you how much a nutrient in a food contributes to a daily diet. 2,000 calories a d for general nutrition advice.