Recipe and Meal Nutrient Analysis

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1. Rice Chex

Rice Chex Meal
Meal grams: 284.6g/10.0oz

Protein: 16%
Carbohydrates: 73%
Fat: 11%

MEAL ITEMS

RICE CHEX, RTE, 1 NLEA serving	1/2 cup
MILK, COW'S, 1% BUTTERFAT, VIT-A, fluid	6 oz
APPLE W/SKIN, RAW, 2 1/2" diameter	1 extra-small

Nutrition Facts
Serving Size 1 serving (284.6g)
Servings 1

Amount Per Serving
Calories 180 Calories from Fat 20

	% Daily Value*
Total Fat 2g	3%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 200mg	8%
Total Carbohydrate 34g	11%
Dietary Fiber 3g	10%
Sugars 20g	
Protein 7g	

Vitamin A 15% • Vitamin C 15%
Calcium 25% • Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

NUTRIENT ANALYSIS

MEAL ITEM	GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FIBER(g)	FAT(g)	SAT FAT(g)
RICE CHEX, RTE	14	52	1	12	0	0	0
MILK, COW'S, 1% BUTTERFAT, VIT-A	170	71	6	8	0	2	1
APPLE W/SKIN, RAW	101	53	0	14	2	0	0
TOTALS	**285**	**176**	**7**	**34**	**3**	**2**	**1**

	CHOL(mg)	SODIUM(mg)
RICE CHEX, RTE	0	123
MILK, COW'S, 1% BUTTERFAT, VIT-A	9	75
APPLE W/SKIN, RAW	0	1
TOTALS	**9**	**199**

Due to FDA rounding rules, discrepancies may occur between actual nutrient values and the values used on the Nutrition Facts Labels.

2. Cinnamon Bagel w/butter

Cinnamon Bagel Meal
Meal grams: 296.8g/10.5oz

Protein: 17%
Carbohydrates: 58%
Fat: 25%

MEAL ITEMS

CINNAMON BAGEL, 2.5" diameter	1 mini-bagel
BUTTER	1 tsp
MILK, COW'S, 1% BUTTERFAT, VIT-A, fluid	6 oz
ORANGE,, RAW	1 small

Nutrition Facts
Serving Size 1 serving (296.8g)
Servings 1

Amount Per Serving
Calories 220 Calories from Fat 50

	% Daily Value*
Total Fat 6g	9%
Saturated Fat 3.5g	17%
Trans Fat 0g	
Cholesterol 20mg	6%
Sodium 160mg	7%
Total Carbohydrate 34g	11%
Dietary Fiber 3g	12%
Sugars 19g	
Protein 9g	

Vitamin A 15% • Vitamin C 90%
Calcium 25% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

NUTRIENT ANALYSIS

MEAL ITEM	GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FIBER(g)	FAT(g)	SAT FAT(g)
CINNAMON BAGEL	26	71	3	14	1	0	0
BUTTER	5	33	0	0	0	4	2
MILK, COW'S, 1% BUTTERFAT, VIT-A	170	71	6	8	0	2	1
ORANGE,, RAW	96	45	1	11	2	0	0
TOTALS	**297**	**221**	**9**	**34**	**3**	**6**	**3**

	CHOL(mg)	SODIUM(mg)
CINNAMON BAGEL	0	89
BUTTER	10	0
MILK, COW'S, 1% BUTTERFAT, VIT-A	9	75
ORANGE,, RAW	0	0
TOTALS	**19**	**164**

3. Oatmeal-Apple Crisp

Apple Oatmeal Crisp Meal
Meal grams: 347.1g/12.2oz

Protein: 12%
Carbohydrates: 56%
Fat: 32%

MEAL ITEMS

Apple Oatmeal Crisp	1.00 servings
MILK, COW'S, 1% BUTTERFAT, VIT-A, fluid, protein fortified	6 oz

Nutrition Facts
Serving Size 1 serving (347.1g)
Servings 1

Amount Per Serving
Calories 320 Calories from Fat 100

	% Daily Value*
Total Fat 11g	18%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 220mg	9%
Total Carbohydrate 49g	16%
Dietary Fiber 4g	16%
Sugars 24g	
Protein 9g	

Vitamin A 8% • Vitamin C 10%
Calcium 25% • Iron 6%

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	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

NUTRIENT ANALYSIS

MEAL ITEM	GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FIBER(g)	FAT(g)	SAT FAT(g)
Apple Oatmeal Crisp	177	239	3	39	4	9	1
MILK, COW'S, 1% BUTTERFAT, VIT-A	170	82	7	9	0	2	1
TOTALS	**347**	**321**	**9**	**49**	**4**	**11**	**3**

	CHOL(mg)	SODIUM(mg)
Apple Oatmeal Crisp	0	124
MILK, COW'S, 1% BUTTERFAT, VIT-A	7	99
TOTALS	**7**	**223**

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Oatmeal-apple Crisp Recipe

Apple Oatmeal Crisp

Recipe grams: 155776.15g/5494.8oz
Serves 880 177.02g/6.2oz per serving

Protein: 5%
Carbohydrates: 60%
Fat: 36%

INGREDIENTS

160 lb	APPLE
15 gallon	OATMEAL
30 lb	BROWN SUGAR, DARK, old fashioned
3 gallon	WHOLE WHEAT FLOUR
15 tbsp	SALT, TABLE
3 cup	CINNAMON, GROUND
2 gallon	OLIVE OIL

Nutrition Facts

Serving Size 1 serving (177.0g)
Servings 1

Amount Per Serving
Calories 240 Calories from Fat 80

% Daily Value*

Total Fat 9g	14%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 125mg	5%
Total Carbohydrate 39g	13%
Dietary Fiber 4g	16%
Sugars 24g	
Protein 3g	

Vitamin A 0% • Vitamin C 6%
Calcium 2% • Iron 6%

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	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

NUTRIENT ANALYSIS

INGREDIENT	GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FIBER(g)	FAT(g)	SAT FAT(g)
APPLE	72576	37740	189	10023	1742	124	20
OATMEAL	56160	39874	1427	6739	955	854	174
BROWN SUGAR, DARK	13608	51030	0	13608	0	0	0
WHOLE WHEAT FLOUR	5760	19584	761	4145	616	144	25
SALT, TABLE	274	0	0	0	0	0	0
CINNAMON, GROUND	230	829	0	184	138	0	0
OLIVE OIL	7168	61440	0	0	0	7168	1024
TOTALS	**155776**	**210497**	**2376**	**34700**	**3451**	**8289**	**1243**
PER SERVING	**177**	**239**	**3**	**39**	**4**	**9**	**1**

4. Bran Muffin

Bran Muffin Meal
Meal grams: 321.1g/11.3oz

Protein: 15%
Carbohydrates: 63%
Fat: 21%

MEAL ITEMS

MUFFIN, BRAN	1 small
MILK, COW'S, 1% BUTTERFAT, VIT-A, fluid	6 oz
HONEYDEW MELON, RAW	1/2 cup

Nutrition Facts
Serving Size 1 serving (321.1g)
Servings 1

Amount Per Serving
Calories 280 Calories from Fat 60

% Daily Value*

Total Fat 7g	10%
Saturated Fat 2g	9%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 350mg	15%
Total Carbohydrate 48g	16%
Dietary Fiber 4g	15%
Sugars 21g	
Protein 11g	

Vitamin A 8% • Vitamin C 25%
Calcium 25% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

NUTRIENT ANALYSIS

MEAL ITEM	GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FIBER(g)	FAT(g)	SAT FAT(g)
MUFFIN, BRAN	66	178	5	32	3	5	1
MILK, COW'S, 1% BUTTERFAT, VIT-A	170	71	6	8	0	2	1
HONEYDEW MELON, RAW	85	31	0	8	1	0	0
TOTALS	**321**	**280**	**11**	**48**	**4**	**7**	**2**

	CHOL(mg)	SODIUM(mg)
MUFFIN, BRAN	0	259
MILK, COW'S, 1% BUTTERFAT, VIT-A	9	75
HONEYDEW MELON, RAW	0	15
TOTALS	**9**	**350**

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5. Kix

Kix Meal

Meal grams: 283.1g/10.0oz

Protein: 15%
Carbohydrates: 74%
Fat: 11%

MEAL ITEMS

KIX, RTE, 1 NLEA serving	1/2 cup
MILK, COW'S, 1% BUTTERFAT, VIT-A, fluid	6 oz
BANANA, , 6 - 6 7/8" long	1 small

Nutrition Facts

Serving Size 1 serving (283.1g)
Servings 1

Amount Per Serving

Calories 200	Calories from Fat 20
	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 1.5g	6%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 150mg	6%
Total Carbohydrate 41g	14%
Dietary Fiber 4g	15%
Sugars 22g	
Protein 8g	

Vitamin A 15% • Vitamin C 20%
Calcium 30% • Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

NUTRIENT ANALYSIS

MEAL ITEM	GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FIBER(g)	FAT(g)	SAT FAT(g)
KIX, RTE	12	43	1	10	1	0	0
MILK, COW'S, 1% BUTTERFAT, VIT-A	170	71	6	8	0	2	1
BANANA,	101	90	1	23	3	0	0
TOTALS	**283**	**204**	**8**	**41**	**4**	**2**	**1**

	CHOL(mg)	SODIUM(mg)
KIX, RTE	0	72
MILK, COW'S, 1% BUTTERFAT, VIT-A	9	75
BANANA,	0	1
TOTALS	**9**	**147**

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6. Graham Cracker

Graham Crackers Meal
Meal grams: 127.2g/4.5oz

Protein: 4%
Carbohydrates: 85%
Fat: 12%

MEAL ITEMS

GRAHAM CRACKER	1/2 oz
DICED PEACHES	4 oz

Nutrition Facts
Serving Size 1 serving (127.2g)
Servings 1

Amount Per Serving
Calories 120 Calories from Fat 15

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	4%
Total Carbohydrate 24g	8%
Dietary Fiber less than 1g	4%
Sugars 15g	
Protein less than 1g	

Vitamin A 4% • Vitamin C 20%
Calcium 2% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

NUTRIENT ANALYSIS

MEAL ITEM	GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FIBER(g)	FAT(g)	SAT FAT(g)
GRAHAM CRACKER	14	60	1	11	0	1	0
DICED PEACHES	113	60	0	13	1	0	0
TOTALS	**127**	**120**	**1**	**24**	**1**	**1**	**0**

	CHOL(mg)	SODIUM(mg)
GRAHAM CRACKER	0	93
DICED PEACHES	0	10
TOTALS	**0**	**103**

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7. Saltines

Saltines Meal
Meal grams: 134.7g/4.8oz

Protein: 11%
Carbohydrates: 74%
Fat: 15%

MEAL ITEMS

CRACKERS, SALTINE	3/4 oz
YOGURT, STRAWBERRY-BANANA, LOWFAT	4 oz

Nutrition Facts
Serving Size 1 serving (134.7g)
Servings 1

Amount Per Serving
Calories 190 Calories from Fat 25

	% Daily Value*
Total Fat 3g	5%
Saturated Fat 0.5g	4%
Trans Fat 0g	
Cholesterol less than 5mg	1%
Sodium 360mg	15%
Total Carbohydrate 34g	11%
Dietary Fiber 0g	0%
Sugars 17g	
Protein 5g	

Vitamin A 0% • Vitamin C 0%
Calcium 10% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

NUTRIENT ANALYSIS

MEAL ITEM	GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FIBER(g)	FAT(g)	SAT FAT(g)
CRACKERS, SALTINE	21	90	1	14	0	2	0
YOGURT, STRAWBERRY-BANANA, LOWFAT	113	105	4	19	0	1	1
TOTALS	**135**	**195**	**5**	**34**	**0**	**3**	**1**

	CHOL(mg)	SODIUM(mg)
CRACKERS, SALTINE	0	270
YOGURT, STRAWBERRY-BANANA, LOWFAT	2	85
TOTALS	**2**	**355**

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8. Whole Wheat Pita Bread

Whole Wheat Pita Meal
Meal grams: 91.9g/3.2oz

Protein: 15%
Carbohydrates: 62%
Fat: 23%

MEAL ITEMS

PITA BREAD, WHOLE WHEAT, 4" diameter	1.9 oz
HUMMUS MIX,	1/4 cup

Nutrition Facts
Serving Size 1 serving (91.9g)
Servings 1

Amount Per Serving
Calories 300 Calories from Fat 70

	% Daily Value*
Total Fat 7g	11%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 800mg	33%
Total Carbohydrate 52g	17%
Dietary Fiber 6g	24%
Sugars 0g	
Protein 11g	

Vitamin A 0% • Vitamin C 0%
Calcium 4% • Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

NUTRIENT ANALYSIS

MEAL ITEM	GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FIBER(g)	FAT(g)	SAT FAT(g)
PITA BREAD, WHOLE WHEAT	54	143	5	30	4	1	0
HUMMUS MIX,	38	160	6	22	2	6	1
TOTALS	**92**	**303**	**11**	**52**	**6**	**7**	**1**

	CHOL(mg)	SODIUM(mg)
PITA BREAD, WHOLE WHEAT	0	239
HUMMUS MIX,	0	560
TOTALS	**0**	**799**

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9. Cereal Snack Mix

Cereal Snack Mix Meal
Meal grams: 135.5g/4.8oz

Protein: 6%
Carbohydrates: 77%
Fat: 18%

MEAL ITEMS

Cereal Snack Mix	1.00 servings
DICED PEARS	4 oz

Nutrition Facts
Serving Size 1 serving (135.5g)
Servings 1

Amount Per Serving
Calories 150 Calories from Fat 25

% Daily Value*

Total Fat 3g	4%
Saturated Fat 0g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 29g	10%
Dietary Fiber 2g	6%
Sugars 15g	
Protein 2g	

Vitamin A 4% • Vitamin C 20%
Calcium 4% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

NUTRIENT ANALYSIS

MEAL ITEM	GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FIBER(g)	FAT(g)	SAT FAT(g)
Cereal Snack Mix	22	97	2	16	1	3	0
DICED PEARS	113	50	0	13	1	0	0
TOTALS	**135**	**147**	**2**	**29**	**2**	**3**	**0**

	CHOL(mg)	SODIUM(mg)
Cereal Snack Mix	1	164
DICED PEARS	0	10
TOTALS	**1**	**174**

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Cereal Snack Recipe

Cereal Snack Mix

Recipe grams: 134.71g/4.8oz
Serves 6 22.45g/0.8oz per serving

Protein: 9%
Carbohydrates: 64%
Fat: 27%

INGREDIENTS

1 cup	CORN CHEX, RTE, 1 NLEA serving
110 crackers	GOLDFISH CRACKER, CHEDDAR WHEAT
1 cup	TOASTED OAT CEREAL, APPLE CINNAMON, RTE

Nutrition Facts

Serving Size 1 serving (22.5g)
Servings 1

Amount Per Serving

Calories 100	Calories from Fat 25
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 16g	5%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 2g	

Vitamin A 4%	Vitamin C 2%
Calcium 4%	Iron 10%

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	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

NUTRIENT ANALYSIS

INGREDIENT	GRAMS	CALORIES	PROTEIN(g)	%CAL/PROT	CARBS(g)	%CAL/CARB
CORN CHEX, RTE	30	111	2	7	25	87
GOLDFISH CRACKER, CHEDDAR WHEAT	65	324	6	8	41	49
TOASTED OAT CEREAL, APPLE CINNAMON, RTE	40	147	4	11	32	81
TOTALS	**135**	**581**	**12**	**9**	**98**	**64**
PER SERVING	**22**	**97**	**2**	**9**	**16**	**64**

	FAT(g)	POLY FAT(g)	VIT-A(mcg RAE)	VIT-B1(mg)	VIT-B2(mg)	VIT-B3(mg)
CORN CHEX, RTE	1	0	277	1	0	5
GOLDFISH CRACKER, CHEDDAR WHEAT	15	.	.	.	.	.
TOASTED OAT CEREAL, APPLE CINNAMON, RTE	1	.	.	.	.	.
TOTALS	**17**	**0***	**277***	**1***	**0***	**5***
PER SERVING	**3**	**0***	**46***	**0***	**0***	**1***

10. Flatbread

Flat Bread Meal
Meal grams: 42.5g/1.5oz

Protein: 19%
Carbohydrates: 31%
Fat: 49%

MEAL ITEMS

FLATBREAD, PLAIN,	1 oz
CHEDDAR CHEESE, SLICE, pre-sliced, medium or sharp	1/2 oz

Nutrition Facts
Serving Size 1 serving (42.5g)
Servings 1

Amount Per Serving
Calories 130 Calories from Fat 60

	% Daily Value*
Total Fat 7g	10%
Saturated Fat 3.5g	16%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 260mg	11%
Total Carbohydrate 10g	3%
Dietary Fiber less than 1g	2%
Sugars 0g	
Protein 6g	

Vitamin A 4% • Vitamin C 0%
Calcium 10% • Iron 6%

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	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

NUTRIENT ANALYSIS

MEAL ITEM	GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FIBER(g)	FAT(g)	SAT FAT(g)
FLATBREAD, PLAIN	28	71	2	10	1	2	0
CHEDDAR CHEESE, SLICE	14	56	4	0	0	5	3
TOTALS	**43**	**126**	**6**	**10**	**1**	**7**	**3**

	CHOL(mg)	SODIUM(mg)
FLATBREAD, PLAIN	0	159
CHEDDAR CHEESE, SLICE	15	96
TOTALS	**15**	**255**

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11. Half-Frosted Shredded Wheat

Half Frosted Shredded Wheat Meal
Meal grams: 297.1g/10.5oz

Protein: 17%
Carbohydrates: 73%
Fat: 10%

MEAL ITEMS

Half Frosted Shredded Wheat	1.00 servings
APPLE W/SKIN, RAW, 2 1/2" diameter	1 extra-small
MILK, COW'S, 1% BUTTERFAT, VIT-A, fluid	6 oz

Nutrition Facts
Serving Size 1 serving (297.1g)
Servings 1

Amount Per Serving
Calories 220 Calories from Fat 20

	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 60mg	3%
Total Carbohydrate 44g	15%
Dietary Fiber 5g	22%
Sugars 22g	
Protein 9g	

Vitamin A 6% • Vitamin C 6%
Calcium 25% • Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

NUTRIENT ANALYSIS

MEAL ITEM	GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FIBER(g)	FAT(g)	SAT FAT(g)
Half Frosted Shredded Wheat	26	96	3	21	3	1	0
APPLE W/SKIN, RAW	101	53	0	14	2	0	0
MILK, COW'S, 1% BUTTERFAT, VIT-A	170	71	6	8	0	2	1
TOTALS	**297**	**220**	**9**	**44**	**5**	**2**	**1**

	CHOL(mg)	SODIUM(mg)
Half Frosted Shredded Wheat	0	3
APPLE W/SKIN, RAW	0	1
MILK, COW'S, 1% BUTTERFAT, VIT-A	9	75
TOTALS	**9**	**79**

Due to FDA rounding rules, discrepancies may occur between actual nutrient values and the values used on the Nutrition Facts Labels.

Half-frosted shredded wheat Recipe

Half Frosted Shredded Wheat

Recipe grams: 104.00g/3.7oz
Serves 4 26.00g/0.9oz per serving

Protein: 12%
Carbohydrates: 82%
Fat: 5%

INGREDIENTS
1 cup SHREDDED WHEAT,
1 cup FROSTED SHREDDED WHOLE WHEAT, RTE

Nutrition Facts

Serving Size 1 serving (26.0g)
Servings 1

Amount Per Serving
Calories 100 Calories from Fat 0

	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 21g	7%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 3g	

Vitamin A 0% • Vitamin C 0%
Calcium 2% • Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

NUTRIENT ANALYSIS

INGREDIENT	GRAMS	CALORIES	PROTEIN(g)	%CAL/PROT	CARBS(g)	%CAL/CARB
SHREDDED WHEAT,	49	172	6	14	40	81
FROSTED SHREDDED WHOLE WHEAT, RTE	55	213	5	11	46	84
TOTALS	**104**	**385**	**11**	**12**	**85**	**82**
PER SERVING	**26**	**96**	**3**	**12**	**21**	**82**

	FAT(g)	POLY FAT(g)	VIT-A(mcg RAE)	VIT-B1(mg)	VIT-B2(mg)	VIT-B3(mg)
SHREDDED WHEAT,	1	1	0	0	0	3
FROSTED SHREDDED WHOLE WHEAT, RTE	1	0	0	0	1	9
TOTALS	**2**	**1**	**0**	**1**	**1**	**12**
PER SERVING	**1**	**0**	**0**	**0**	**0**	**3**

12. Wheat Bagel w/cream cheese

Whole Wheat Bagel Meal
Meal grams: 361.1g/12.7oz

Protein: 18%
Carbohydrates: 69%
Fat: 13%

MEAL ITEMS

100% WHOLE WHEAT BAGEL,	3 oz
CREAM CHEESE	1 tsp
MILK, COW'S, 1% BUTTERFAT, VIT-A, fluid	6 oz
APPLE W/SKIN, RAW, 2 1/2" diameter	1 extra-small

Nutrition Facts
Serving Size 1 serving (361.1g)
Servings 1

Amount Per Serving
Calories 350 — Calories from Fat 40

	% Daily Value*
Total Fat 4.5g	7%
Saturated Fat 2.5g	11%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 480mg	20%
Total Carbohydrate 65g	22%
Dietary Fiber 9g	35%
Sugars 26g	
Protein 15g	

Vitamin A 8% • Vitamin C 8%
Calcium 45% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

NUTRIENT ANALYSIS

MEAL ITEM	GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FIBER(g)	FAT(g)	SAT FAT(g)
100% WHOLE WHEAT BAGEL,	85	213	9	43	6	1	0
CREAM CHEESE	5	17	0	0	0	2	1
MILK, COW'S, 1% BUTTERFAT, VIT-A	170	71	6	8	0	2	1
APPLE W/SKIN, RAW	101	53	0	14	2	0	0
TOTALS	**361**	**353**	**15**	**65**	**9**	**5**	**2**

	CHOL(mg)	SODIUM(mg)
100% WHOLE WHEAT BAGEL,	0	383
CREAM CHEESE	5	17
MILK, COW'S, 1% BUTTERFAT, VIT-A	9	75
APPLE W/SKIN, RAW	0	1
TOTALS	**14**	**475**

13. Oatmeal-Peach

Peach Oatmeal Crisp Meal

Meal grams: 263.3g/9.3oz

Protein: 13%
Carbohydrates: 49%
Fat: 38%

MEAL ITEMS

Peach Oatmeal Crisp	1.00 servings
MILK, COW'S, 1% BUTTERFAT, VIT-A, fluid, protein fortified	6 oz

Nutrition Facts

Serving Size 1 serving (263.3g)
Servings 1

Amount Per Serving
Calories 260 Calories from Fat 100

	% Daily Value*
Total Fat 11g	17%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 220mg	9%
Total Carbohydrate 34g	11%
Dietary Fiber 1g	5%
Sugars 16g	
Protein 8g	

Vitamin A 8% • Vitamin C 4%
Calcium 25% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

NUTRIENT ANALYSIS

MEAL ITEM	GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FIBER(g)	FAT(g)	SAT FAT(g)
Peach Oatmeal Crisp	93	177	2	24	1	9	1*
MILK, COW'S, 1% BUTTERFAT, VIT-A	170	82	7	9	0	2	1
TOTALS	**263**	**259**	**8**	**34**	**1**	**11**	**3***

	CHOL(mg)	SODIUM(mg)
Peach Oatmeal Crisp	0*	123
MILK, COW'S, 1% BUTTERFAT, VIT-A	7	99
TOTALS	**7***	**222**

Values marked with a single asterisk (*) indicate totals with some values not available. This may result in an under reporting of values.
Due to FDA rounding rules, discrepancies may occur between actual nutrient values and the values used on the Nutrition Facts Labels.

Oatmeal-Peach Crisp Recipe

Oatmeal Peach Crisp

Recipe grams: 153705.65g/5421.8oz
Serves 880 174.67g/6.2oz per serving

Protein: 5%
Carbohydrates: 64%
Fat: 31%

INGREDIENTS

160 lb	PEACH DICED
30 lb	BROWN SUGAR, DARK
1920 oz	OATMEAL, MULTIGRAIN, prepared, cooked w/water, no salt
3 gallon	BREAD FLOUR, WHEAT BLEND
15 tsp	SALT, TABLE
3 cup	CINNAMON, GROUND
2 gallon	OLIVE OIL, salad or cooking

Nutrition Facts

Serving Size 1 serving (174.7g)
Servings 1

Amount Per Serving
Calories 240 Calories from Fat 70

	% Daily Value*
Total Fat 8g	13%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 41g	14%
Dietary Fiber 2g	10%
Sugars 27g	
Protein 3g	

Vitamin A 6% • Vitamin C 2%
Calcium 0% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

NUTRIENT ANALYSIS

INGREDIENT	GRAMS	CALORIES	PROTEIN(g)	%CAL/PROT	CARBS(g)	%CAL/CARB
PEACH DICED	72576	46080	576	5	10944	95
BROWN SUGAR, DARK	13608	51030	0	0	13608	100
OATMEAL, MULTIGRAIN	54432	33204	1133	14	7342	78
BREAD FLOUR, WHEAT BLEND	5760	19200	768	16	4032	80
SALT, TABLE	91	0	0	0	0	0
CINNAMON, GROUND	326	806	13	12	263	80
OLIVE OIL	6912	61102	0	0	0	0
TOTALS	**153706**	**211423**	**2490**	**5**	**36189**	**64**
PER SERVING	**175**	**240**	**3**	**5**	**41**	**64**

14. Rice Krispies

Rice Krispies Meal
Meal grams: 279.6g/9.9oz

Protein: 19%
Carbohydrates: 71%
Fat: 10%

MEAL ITEMS

CEREAL, RTE, RICE KRISPIES	1/2 cup
MILK, COW'S, 1% BUTTERFAT, VIT-A, fluid	6 oz
ORANGE, ALL VARIETIES, RAW, all commercial varieties (2 3/8" diameter)	1 small

Nutrition Facts
Serving Size 1 serving (279.6g)
Servings 1

Amount Per Serving
Calories 170 Calories from Fat 15

	% Daily Value*
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 220mg	9%
Total Carbohydrate 31g	10%
Dietary Fiber 2g	10%
Sugars 19g	
Protein 8g	

Vitamin A 10% • Vitamin C 90%
Calcium 25% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

NUTRIENT ANALYSIS

MEAL ITEM	GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FIBER(g)	FAT(g)	SAT FAT(g)
CEREAL, RTE, RICE KRISPIES	13	52	1	11	0	0	.
MILK, COW'S, 1% BUTTERFAT, VIT-A	170	71	6	8	0	2	1
ORANGE, ALL VARIETIES, RAW	96	45	1	11	2	0	0
TOTALS	**280**	**168**	**8**	**31**	**2**	**2**	**1***

	CHOL(mg)	SODIUM(mg)
CEREAL, RTE, RICE KRISPIES	0	149
MILK, COW'S, 1% BUTTERFAT, VIT-A	9	75
ORANGE, ALL VARIETIES, RAW	0	0
TOTALS	**9**	**224**

Values marked with a single asterisk (*) indicate totals with some values not available. This may result in an under reporting of values.

15. Cheerios

Cheerios Meal
Meal grams: 270.1g/9.5oz

Protein: 20%
Carbohydrates: 64%
Fat: 16%

MEAL ITEMS

CHEERIOS, RTE, 1 NLEA serving	1/2 cup
MILK, COW'S, 1% BUTTERFAT, VIT-A, fluid	6 oz
HONEYDEW MELON, RAW,	1/2 cup

Nutrition Facts
Serving Size 1 serving (270.1g)
Servings 1

Amount Per Serving
Calories 160 Calories from Fat 25

	% Daily Value*
Total Fat 3g	4%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 160mg	7%
Total Carbohydrate 27g	9%
Dietary Fiber 2g	8%
Sugars 16g	
Protein 8g	

Vitamin A 15% • Vitamin C 30%
Calcium 30% • Iron 30%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

NUTRIENT ANALYSIS

MEAL ITEM	GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FIBER(g)	FAT(g)	SAT FAT(g)
CHEERIOS, RTE	15	57	2	11	1	1	0
MILK, COW'S, 1% BUTTERFAT, VIT-A	170	71	6	8	0	2	1
HONEYDEW MELON, RAW,	85	31	0	8	1	0	0
TOTALS	**270**	**159**	**8**	**27**	**2**	**3**	**1**

	CHOL(mg)	SODIUM(mg)
CHEERIOS, RTE	0	75
MILK, COW'S, 1% BUTTERFAT, VIT-A	9	75
HONEYDEW MELON, RAW,	0	15
TOTALS	**9**	**165**

Due to FDA rounding rules, discrepancies may occur between actual nutrient values and the values used on the Nutrition Facts Labels.

16. Wheat thins

wheat thins meal
Meal grams: 29.7g/1.0oz

Protein: 19%
Carbohydrates: 34%
Fat: 47%

MEAL ITEMS

CHEESE SNACK, STRING CHEESE	1/2 oz
WHEAT THINS CRACKER, ORIGINAL	8 crackers

Nutrition Facts
Serving Size 1 serving (29.7g)
Servings 1

Amount Per Serving
Calories 120 Calories from Fat 50

	% Daily Value*
Total Fat 6g	9%
Saturated Fat 2.5g	11%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 260mg	11%
Total Carbohydrate 11g	4%
Dietary Fiber less than 1g	2%
Sugars 2g	
Protein 6g	

Vitamin A 2% • Vitamin C 0%
Calcium 10% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

NUTRIENT ANALYSIS

MEAL ITEM	GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FIBER(g)	FAT(g)	SAT FAT(g)
CHEESE SNACK, STRING CHEESE	14	40	4	0	0	3	2
WHEAT THINS CRACKER, ORIGINAL	16	75	2	11	1	3	1
TOTALS	**30**	**115**	**6**	**11**	**1**	**6**	**2**

	CHOL(mg)	SODIUM(mg)
CHEESE SNACK, STRING CHEESE	8	121
WHEAT THINS CRACKER, ORIGINAL	0	140
TOTALS	**8**	**261**

Due to FDA rounding rules, discrepancies may occur between actual nutrient values and the values used on the Nutrition Facts Labels.

17. Vanilla Yogurt

Vanilla Yogurt Meal
Meal grams: 95.3g/3.4oz

Protein: 17%
Carbohydrates: 70%
Fat: 13%

MEAL ITEMS

YOGURT, VANILLA, LOWFAT, 11g protein/8 oz	1/4 cup
GRANOLA CEREAL, CLASSIC, RTE	1/3 cup

Nutrition Facts
Serving Size 1 serving (95.3g)
Servings 1

Amount Per Serving
Calories 170 Calories from Fat 20

% Daily Value*
Total Fat 2.5g 4%
Saturated Fat 0g 2%
Trans Fat 0g
Cholesterol less than 5mg 1%
Sodium 45mg 2%
Total Carbohydrate 32g 11%
Dietary Fiber 3g 11%
Sugars 12g
Protein 7g

Vitamin A 0% • Vitamin C 0%
Calcium 10% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

NUTRIENT ANALYSIS

MEAL ITEM	GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FIBER(g)	FAT(g)	SAT FAT(g)
YOGURT, VANILLA, LOWFAT	61	52	3	8	0	1	0
GRANOLA CEREAL, CLASSIC, RTE	34	120	4	24	3	2	0
TOTALS	**95**	**172**	**7**	**32**	**3**	**2**	**0**

	CHOL(mg)	SODIUM(mg)
YOGURT, VANILLA, LOWFAT	3	40
GRANOLA CEREAL, CLASSIC, RTE	0	3
TOTALS	**3**	**44**

Due to FDA rounding rules, discrepancies may occur between actual nutrient values and the values used on the Nutrition Facts Labels.

18. Soft Breadsticks

Breadstick Meal
Meal grams: 56.7g/2.0oz

Protein: 15%
Carbohydrates: 48%
Fat: 37%

MEAL ITEMS

BREADSTICK, SOFT, frozen 'Original'	1.5 oz
CHEESE, CUBES, natural 2% cubes	1/2 oz

Nutrition Facts
Serving Size 1 serving (56.7g)
Servings 1

Amount Per Serving
Calories 170 Calories from Fat 60

% Daily Value*
Total Fat 7g 11%
Saturated Fat 4.5g 22%
Trans Fat 0g
Cholesterol 15mg 4%
Sodium 400mg 16%
Total Carbohydrate 20g 7%
Dietary Fiber 0g 2%
Sugars 2g
Protein 6g

Vitamin A 4% • Vitamin C 0%
Calcium 8% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

NUTRIENT ANALYSIS

MEAL ITEM	GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FIBER(g)	FAT(g)	SAT FAT(g)
BREADSTICK, SOFT	43	114	3	20	0	2	1
CHEESE, CUBES	14	58	3	0	0	5	3
TOTALS	**57**	**172**	**6**	**20**	**0**	**7**	**4**

	CHOL(mg)	SODIUM(mg)
BREADSTICK, SOFT	0	303
CHEESE, CUBES	13	93
TOTALS	**13**	**396**

Due to FDA rounding rules, discrepancies may occur between actual nutrient values and the values used on the Nutrition Facts Labels.

19. Whole wheat pita pizza

Whole Wheat Pita Pizza Meal
Meal grams: 57.6g/2.0oz

Protein: 22%
Carbohydrates: 50%
Fat: 28%

MEAL ITEMS

PITA BREAD, WHOLE WHEAT, 4" diameter	1 oz
MOZZARELLA CHEESE, natural, low moisture part-skim	1/2 oz
TOMATO SAUCE	1 tbsp

Nutrition Facts
Serving Size 1 serving (57.6g)
Servings 1

Amount Per Serving
Calories 120 Calories from Fat 35

	% Daily Value*
Total Fat 3.5g	6%
Saturated Fat 2g	9%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 320mg	13%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	9%
Sugars 1g	
Protein 7g	

Vitamin A 4% • Vitamin C 2%
Calcium 10% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

NUTRIENT ANALYSIS

MEAL ITEM	GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FIBER(g)	FAT(g)	SAT FAT(g)
PITA BREAD, WHOLE WHEAT	28	75	3	16	2	1	0
MOZZARELLA CHEESE	14	40	4	1	0	3	2
TOMATO SAUCE	15	5	0	1	0	0	0
TOTALS	**58**	**120**	**7**	**17**	**2**	**4**	**2**

	CHOL(mg)	SODIUM(mg)
PITA BREAD, WHOLE WHEAT	0	126
MOZZARELLA CHEESE	10	110
TOMATO SAUCE	0	85
TOTALS	**10**	**321**

Due to FDA rounding rules, discrepancies may occur between actual nutrient values and the values used on the Nutrition Facts Labels.

20. Soft pretzel

Soft Pretzel Meal
Meal grams: 156.3g/5.5oz

Protein: 5%
Carbohydrates: 91%
Fat: 4%

MEAL ITEMS

PRETZEL, SOFT	1 oz
APPLESAUCE, 'Original'	1/2 cup

Nutrition Facts
Serving Size 1 serving (156.3g)
Servings 1

Amount Per Serving
Calories 210 Calories from Fat 10

	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 47g	16%
Dietary Fiber 1g	6%
Sugars 25g	
Protein 2g	

Vitamin A 0% • Vitamin C 20%
Calcium 0% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

NUTRIENT ANALYSIS

MEAL ITEM	GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FIBER(g)	FAT(g)	SAT FAT(g)
PRETZEL, SOFT	28	96	2	20	0	1	0
APPLESAUCE	128	110	0	27	1	0	0
TOTALS	**156**	**206**	**2**	**47**	**1**	**1**	**0**

	CHOL(mg)	SODIUM(mg)
PRETZEL, SOFT	1	228
APPLESAUCE	0	0
TOTALS	**1**	**228**

Due to FDA rounding rules, discrepancies may occur between actual nutrient values and the values used on the Nutrition Facts Labels.