

Nutritional Information for ENTREE MACAR & CHS 6-5# LOL

Product Number:	150270
Description:	AP Macaroni & Cheese, Comm / LOL

Nutritional Information		
Serving Size 6 oz (170 g)		
Amount Per Serving		
Calories 351		Calories from Fat 200
% Daily Value		
Total Fat	22 g	34%
Saturated Fat	13 g	64%
Trans Fat	1 g	
PolyUnSat	n/a	n/a
MonoUnSat	n/a	n/a
Cholesterol	64 mg	21%
Sodium	904 mg	38%
Potassium	n/a	n/a
Total Carbs	22 g	7%
Dietary Fiber	1 g	3%
Sugars	3 g	n/a
Protein	16 g	32%
Vitamin A -	13%	Vitamin C - 0%
Calcium -	40%	Iron - 7%
Percent Daily Values are based on a 2,000 calorie diet		
Calories Per Gram:		
	Fat 9	Carbohydrates 4 Protein 4

School Equivalents		Fat Soluble Vitamins	
6 oz		Vitamin D	n/a
Meat/Meat Alternative	2.00 oz	Vitamin D	n/a
Fruit/Vegetables	0.00 cup	Vitamin E	n/a
Grain/Bread	1.00 srv	Vitamin K	n/a
Child Nutrition Label	No	Vitamin A	675 IU
		Vitamin A	n/a

Water Soluble Vitamins		Minerals	
Thiamin B1	n/a	Phosphorus	n/a
Riboflavin B2	n/a	Zinc	n/a
Niacin B3	n/a	Magnesium	n/a
Pyridoxine B6	n/a	Copper	n/a
Cobalamin B12	n/a	Selenium	n/a
Pantothenic Acid	n/a	Calcium	405 mg
Vitamin C	0 mg	Iron	1 mg
Folic Acid	n/a	Manganese	n/a
		Iodine	n/a