



Effective: July 1, 2016

REDUCED FAT MACARONI & CHEESE (850-TRAY)

Ingredient Statement: Cheese Sauce (pasteurized process reduced fat American cheese [American cheese {milk, cheese cultures, salt, enzymes}, water, sodium citrate, whey, modified food starch, salt, apocarotenol], water, modified food starch); Whole Grain Stick Macaroni (water, whole wheat durum flour, durum wheat semolina and durum wheat flour [enriched with ferrous sulfate, niacin, thiamine mononitrate, riboflavin, folic acid], oat fiber, nutrients from whole food concentrates [spinach, broccoli, carrot, tomato, beet, shitake mushrooms]); Reduced Fat Cheddar Cheese (pasteurized part-skim milk, cheese culture, salt, enzymes and annatto color).

Contains: Wheat and Milk.

Nutrition Facts	
Serving Size 7 ounces (198g)	
Servings Per Container One	
Amount Per Serving	
Calories 380	Calories from Fat 130
% Daily Value*	
Total Fat 15g	23%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 590mg	24%
Total Carbohydrate 43g	14%
Dietary Fiber 5g	20%
Sugars 6g	
Protein 17g	
Vitamin A 35%	• Vitamin C 20%
Calcium 35%	• Iron 8%
*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
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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	<u>Amount Per 100g</u>	<u>Amount Per Serving</u>
Calories	189.93	376.92
Calories from Fat	66.54	132.06
Calories from Saturated Fat	36.72	72.47
Protein	8.78 g	17.43 g
Carbohydrates	21.47 g	42.61 g
Dietary Fiber	2.50 g	4.96 g
Sugar - Total	3.06 g	6.07 g
Fat - Total	7.39 g	14.67 g
Saturated Fat	4.06 g	8.05 g
Trans Fatty Acids	0.03 g	0.06 g
Cholesterol	22.73 mg	45.12 mg
Vitamin A	834.29 IU	1,655.61 IU
Thiamin - B1	0.15 mg	0.30 mg
Riboflavin - B2	0.10 mg	0.20 mg
Niacin - B3	0.92 mg	1.83 mg
Vitamin C	6.00 mg	11.91 mg
Vitamin E Alpha-Tocopherol	0.07 mg	0.14 mg
Calcium	188.28 mg	373.63 mg
Iron	0.73 mg	1.45 mg
Magnesium	17.82 mg	35.37 mg
Phosphorus	110.19 mg	218.67 mg
Potassium	64.53 mg	128.06 mg
Sodium	295.87 mg	587.14 mg
Zinc	1.06 mg	2.11 mg