



Effective: July 1, 2016

REDUCED FAT MACARONI & CHEESE (860)

Ingredient Statement: 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); 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); Reduced Fat Cheddar Cheese (pasteurized part-skim, cheese cultures, salt, enzymes and annatto color).
Contains: Wheat and Milk.

Nutrition Facts	
Serving Size 8 ounces (227g)	
Servings Per Container 10	
Amount Per Serving	
Calories 430	Calories from Fat 150
% Daily Value*	
Total Fat 17g	26%
Saturated Fat 9g	46%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 600mg	25%
Total Carbohydrate 52g	17%
Dietary Fiber 6g	25%
Sugars 7g	
Protein 18g	
Vitamin A 40%	• Vitamin C 25%
Calcium 35%	• 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
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	191.78	434.95
Calories from Fat	66.16	150.04
Calories from Saturated Fat	36.17	82.03
Protein	8.02 g	18.18 g
Carbohydrates	22.72 g	51.54 g
Dietary Fiber	2.71 g	6.14 g
Sugar - Total	2.96 g	6.71 g
Fat - Total	7.35 g	16.67 g
Saturated Fat	4.02 g	9.11 g
Trans Fatty Acids	0.03 g	0.07 g
Cholesterol	22.58 mg	51.22 mg
Vitamin A	864.19 IU	1,959.94 IU
Thiamin - B1	0.16 mg	0.37 mg
Riboflavin - B2	0.10 mg	0.23 mg
Niacin - B3	1.00 mg	2.26 mg
Vitamin C	6.50 mg	14.73 mg
Vitamin E Alpha-Tocopherol	0.07 mg	0.15 mg
Calcium	151.26 mg	343.06 mg
Iron	1.81 mg	1.83 mg
Magnesium	17.71 mg	40.16 mg
Phosphorus	90.60 mg	205.49 mg
Potassium	62.71 mg	142.22 mg
Sodium	263.93 mg	598.59 mg
Zinc	0.89 mg	2.02 mg