

Hummus Meal

Nutrition Facts

Serving Size: Each

ALLERGENS

Milk, Soy, Wheat

Amount Per Serving

Calories: 488

Calories from Fat: 231

Total Fat:	25.7g
Saturated Fat:	6.2g
Trans Fat:	0.00
Cholesterol:	30mg
Sodium:	954mg
Total Carbohydrate:	51.0g
Dietary Fiber:	14.0g
Sugars:	6.2g
Protein:	17.1g

Vitamin A: 9,002RE Vitamin C: 30.8mg Calcium: 316.6mg Iron: 4.1mg

The accuracy of the information shown above is based on data obtained from food manufacturers, food distributors, product packaging, and the USDA Child Nutrition database. Ingredients and menu items are subject to change or substitution. Please consult your own physician or medical professional for assistance with your specific medical or dietary situation.

Ingredients

CARROTS,BABY,RAW (mfg label): CARROTS [011960]

CELERY,FRESH,RAW-USE (mfg label): CELERY, RAW [903216]

Cheese Cubes, Milk Cheddar Schreiber 2/ (mfg label): PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, ANNATTO COLOR. CONTAINS: MILK [903603]

Goldfish Crackers, WG Cheddar Bulk 6/31 (mfg label): MADE WITH SMILES AND WHOLE WHEAT FLOUR, UNBLEACHED ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), CHEDDAR CHEESE (CULTURED MILK, SALT, ENZYMES, ANNATTO), VEGETABLE OILS (CANOLA, SUNFLOWER AND/OR SOYBEAN), CONTAINS 2 PERCENT OR LESS OF: SALT, AUTOLYZED YEAST, YEAST, LEAVENING (BAKING SODA, MONOCALCIUM PHOSPHATE), PAPRIKA, SPICES, DEHYDRATED ONIONS. CONTAINS: MILK, WHEAT [903602]

Hummus, Rstd Red Pepper, Grecian Delig (mfg label): GARBANZO BEANS, ROASTED RED BELL PEPPERS (RED PEPPERS, WATER, SALT, CITRIC ACID), SESAME TAHINI, LEMON JUICE, ROASTED RED BELL PEPPER CONCENTRATE [ROASTED RED BELL PEPPERS, DEXTROSE, SALT, ROASTED VEGETABLES (CARROTS, ONIONS, CELERY AND GARLIC), NATURAL FLAVORING, MALTODEXTRIN, CARROT JUICE, CARAMEL COLOR AND VINEGAR SOLIDS], SOYBEAN OIL, CONTAINS 2% OR LESS OF: SALT, MODIFIED FOOD STARCH, CELLULOSE, GARLIC PUREE WITH CITRIC ACID, SUGAR, SOY LECITHIN, OLIVE OIL FLAVORING (CANOLA OIL, OLIVE OIL, NATURAL FLAVORS), NATURAL GARLIC FLAVOR (NATURAL FLAVORS), SPICES. CONTAINS: SOY [903311]

Tomato, Grape Red Fresh (mfg label): TOMATO, GRAPE RED FRESH [900059]