



Great Schools
Successful Kids

Nutrition Services Newsletter

Volume 3, Issue 4

Fullerton School District

June 2011

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Student Meal Information Packets Are Being Mailed to Your Home

Information packets about student meal prices and accounts for the coming school year will be mailed to students' homes in early July.

This packet is a "*must read*" for all parents whether or not they choose to apply for free or reduced-price meals. The packet will contain:

1. Meal Prices for the new school year;
2. MySchoolBucks Accounts - Updated information re-

garding free and fee-based accounts;

3. Refund Requests - If your child is graduating from the 8th grade, please either request a refund of your student's meal account balance or request that it be transferred to a sibling who will be attending a school within the Fullerton School District next year. We cannot transfer balances to the high school district;

4. Application for Free and Reduced-Price Meals for 2011-2012 and instructions for submitting the application.

5. Information about Nutrition Services/District policies.

6. The Junior High menu.

To receive the information packet, please make sure that your student's school has your current address on file. Packets are mailed to the homes of Kindergarten

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Reauthorization of Child Hunger Act

In January of this year Congress passed the Reauthorization of the Child Hunger Act.

In this Act, many of the procedural and nutritional regulations for the National School Lunch (NSLP), and School Breakfast Programs (SBP) were modified.

While the Act passed in January, the modifications were reviewed during a 90-day comment period. This allowed industry representatives in all areas (vendors, Food Service Directors and staff, parents, teachers, etc.) to communicate their concerns, requests, justifications, etc. regarding the Act prior to the finalization of it.

The Act also includes language acknowledging the fact that these changes will result in \$0.14 increase in the cost to produce a lunch and a \$0.50 increase in the cost to produce a breakfast. Legislation includes a \$0.06 increase in the reimbursement for an approved lunch. There is no increase in the breakfast reimbursement.

The Act, as it was proposed in January, included these changes:

- Increase in Fruits and Vegetables served. See more regarding fruits and vegetables in "Double the Fruits and Vegetables" article on page 3.
- Nutrient analysis will only be required for calories, trans fat, saturated fat, and sodium.
- Calories will now have minimum and maximum limits.
- Sodium will have a maximum target and be reduced over a 10 year period. Final target for K-5 students 10 years after implementation will be 640 mg per meal.
- For K-8 grade students, all other categories that have been previously analyzed (carbohydrates, minerals, vitamins, fiber, protein) will no longer be analyzed. Instead, minimums and weekly targets for grains, meat/meat alternatives, fruits, and

vegetables will exist.

- Nine to ten ounces of grains will need to be provided over the course of the week along with 8-10 ounces of meat/meat alternatives.
- Fluid milk will be restricted to only non-fat flavored or unflavored and 1% low fat unflavored milk. There must also be at least 2 different types of milk available at a meal for students to choose from.
- Upon implementation of the regulations, at least 50% of all grains must be whole grain-rich. Two years post implementation, all grains must be whole grain-rich.
- While limits for trans-fat (0) and saturated fats (less than 10% of total calories) were also included, these standards are not new to California.

The federal register for this act was over 200 pages, so while there are many more changes included, these are the most poignant.

Summer Resources

Are you looking for something for your children to do, but it has to be free or nearly free? Check out the following opportunities:

Summer Playgrounds Program sponsored by the City of Fullerton
 Dates: 6/20/11 - 8/12/11
 Time: 12:00pm - 6:00 p.m.
 Ages: 5 - 12 years old
 Cost: Free

The Summer Playgrounds Program offers activities such as arts and crafts, cooperative games, educational enrichment, excursions, special events, and team sports. Children must bring a sack lunch each day. Registration begins Monday, June 6th at the Maple Community Center, 701 S. Lemon Street, Fullerton for all locations. On-site registration begins Monday, June 20th at each of the parks listed below. For more information, call (714) 738-6575.

Fullerton Park Locations:

CHAPMAN PARK RECREATION CENTER

2515 San Carlos Street

GARNET COMMUNITY CENTER

3012 Garnet Lane #A

GILBERT PARK

2120 W. Orangethorpe Avenue

MAPLE COMMUNITY CENTER

701 S. Lemon Street

ORANGETHORPE PARK RECREATION CENTER

1414 S. Brookhurst St.

RICHMAN COMMUNITY CENTER

711 S. Highland Avenue

Summer Concerts In the Park, Wednesdays, July 13 - August 17, Fullerton Sports Complex, 560 E. Silver Pine, Fullerton. Free.

4th of July Celebration, Monday, July 4, Fullerton Joint Union High School Stadium. Begins at 5:00 p.m. Free admission. Food is available for purchase.

Cool down at the Maple Spray Pool located at Lemon Park, 701 S. Lemon, Fullerton. Open daily beginning June 15 through September Noon to 5:00. *Must wear a swimming suit to play in the Spray Pool.*

The Club at Richman Teen Center.

Ages 13-18 only. 10 a.m. to 7 p.m., June 20 - August 19, Richman Center, 410 S. Richman Avenue, Fullerton. Free. Snacks are provided. Lunch is available for purchase. Transportation is available for a fee.

New Lunch Menu Items for 2011-2012

There will be some new items hitting our lunch menus next school year.

One item the students are sure to like will be our new sun butter and grape jelly sandwich. Since Nutrition Services strives to be "peanut-free", peanut butter and jelly sandwiches are a staple (and student favorite across the nation) that we have missed out on. Not any more!

We will be rolling out the sun butter sandwich for field trip lunches and sporadically on the lunch menu.

Sun butter is a great alternative to peanut butter. When compared to peanut butter, sun butter contains less saturated fat, more fiber, less sodium, less sugar, and approximately double the Vitamin E and Iron.

The sandwiches will also include whole wheat bread.

We will also be switching many of the students' favorite pork and beef items to a reduced-sodium version of the same products. These products have been tasted by students across the nation and have been found as appealing as the original versions. Items will include: hamburgers, mini cheeseburgers, pork dippers, and pork rib sandwiches.

A couple of other new items are still being researched. A chicken chorizo tamale pocket and a salsa verde tamale pocket are new items that just became available for child nutrition operators.

Ingredients include whole pinto beans, corn, and cheddar cheese fillings. They are low in fat and sodium.

Nutrition Services will also continue the healthy changes we began this year such as brown rice and whole wheat buns.

We also introduced whole grain dinner rolls and breadsticks that are served with our house-made spaghetti and reduced-fat macaroni and cheese.

Also new this year, and has been well accepted, were our all natural white meat chicken nuggets. Chicken nuggets are a student favorite across the nation, so being able to switch to a healthier product is wonderful.

We also introduced a new Chicken Sausage and Whole Grain Biscuit Sandwich for breakfast. This sausage was also substituted for our standard pork sausage link with our popular

"Breakfast for Lunch" offering.

Many of these products are tested privately by the vendors but also through the Nutrition Advisory Committees (NAC) that operate throughout California with the California School Nutrition Association (CSNA).

NAC is a school club that brings students together to spread the word about how good nutrition and school meal programs can contribute to a healthy lifestyle.

These committees are invited to many of the industry and association conferences for taste testing. In January 2011, over 200 students reviewed food items during the CSNA annual meeting in Pasadena, CA.



Double the Fruits and Vegetables

The Reauthorization of the Child Hunger Act includes many changes to the nutritional requirements served in the National School Lunch Program and School Breakfast Program. Much of the focus is on fruits and vegetables.

For breakfast, students will be required to take a full 1-cup serving of fruit or vegetables to qualify for a federally reimbursable meal. There is also a new allotment for vegetables at breakfast, as long as they are non-starchy vegetables. This is double the current requirement of one-half cup of vegetables.

For lunch, students must be offered fruits and vegetables daily. The requirements for portion sizes have also changed. Students will need to be served 2.5 cups of fruit throughout the week. For vegetables, 3.75 cups need to be served throughout 1 week, and five vegetable sub-categories have been created.

The new sub-categories for vegetables include: dark green, orange, legumes, starchy, and other. For dark green (broccoli, spinach, collard greens), orange (carrots, sweet potatoes, summer squash), and legumes (dry beans such as pinto or black) at least a half cup serving of each per week will need to be offered. Larger quantities of these categories can be served throughout a week. Just not less than half a cup of each will be acceptable.

Starchy vegetables, such as corn, lima beans, white potatoes, and peas will be limited to one cup per week. Other vegetables such as celery, green beans, and lettuce can still be served to meet the 1.25 cups per week of "other" vegetables remaining to meet the overall requirement of 3.75 cups.

The new regulations also state that students will only be able to decline two of the items offered (Fruit, Vegetable, Grain, Meat/Meat Alternate, Milk) at lunch, and a fruit or vegetable must be on their plates.

Summer Feeding Program

Nutrition Services will be holding its Summer Feeding Program at Woodcrest Elementary School, Richman Elementary School, and Maple Elementary School.

Enrolled students attending programs at these schools, and any children from the community, 18 years and younger, will be able to receive free lunch from 6/20/11 - 7/29/11. There will be no lunch served on July 4, 2011 due to the holiday.

The scheduled menu and hours of service are included on page six of this edition of our newsletter .

MEAL APPLICATION INFORMATION

APPLICATIONS FOR FREE AND REDUCED-PRICED MEALS MAY BE PICKED UP AND PROCESSED AT:

389 WEST TRUSLOW AVENUE

FULLERTON, CA 92832

PHONE: 714-447-7435

HOURS : 8:30 A.M. - 11:00 A.M AND 1:00 P.M. - 3:30 P.M.*

*EACH DAY SCHOOL IS IN SESSION

STUDENT MEAL ACCOUNT INFORMATION

MAKE PAYMENTS ON-LINE AT:

WWW.MYSCHOOLBUCKS.COM BY CREDIT CARD

PAYMENTS ACCEPTED AT SCHOOL OFFICES:

Pay by cash or check using the prepaid meal envelopes.

Indicate student's full name, grade, and identification number. Money will be credited the same day.

Fees will apply if we receive notification of non-sufficient funds or "bounced checks".

CATERING

MENU ONLINE AT:

WWW.FSD.K12.CA.US UNDER NUTRITION SERVICES LINK. WE CAN PROVIDE FOR STUDENT CLASSROOM PARTIES, STAFF, AND PTA CELEBRATIONS. WE DELIVER DAILY TO ALL SITES.

FOR ORDERS:

EMAIL: AMANDA_COLON@FSD.K12.CA.US

PHONE: 714-447-7437

WE CAN ACCOMMODATE GATHERINGS UP TO 100 PEOPLE.

FOOD ALLERGIES

FORMS* ARE AVAILABLE ONLINE OR IN SCHOOL OFFICES.

*Physician's signature is required

CHILD CARE & PRESCHOOL

APPLICATIONS

PLACE: CHILD CARE OFFICE

1401 W. VALENCIA DRIVE

FULLERTON, CA 92833

PHONE: 714-447-2858

Applications for Free and Reduced-Price Meals are accepted and processed by the Child Care & Preschool Office for students participating in those programs.

Junior High Students

Junior high school students in the Fullerton School District have a wide variety of choices for their meal and snacking pleasure. This is quite a change from what is offered at our K-6 schools. For breakfast, students can choose from our "Cold Grab and Go" section or our "Hot Breakfast" section. All items are served with fruit or juice and milk, and breakfast is only \$1.80.

Lunch includes a choice of a hot or cold entree, vegetable, fruit or juice, and milk for \$2.80. Students must choose at least 2 of the 4 items (entree, vegetable, fruit/juice, and milk) together to buy a lunch for \$2.80.

Choosing enough of the required items together, either for breakfast or lunch, is the key to getting the meal price. When too many of the components are missing, a la carte pricing is applied.

A la carte items are available for prices ranging from 50 cents to \$3.50. Choices can be made from entrees, beverages, snacks, and sweet treats. This year's menu is available on our website. Next year's menu for junior high students will be included in the information packet mailed to all currently enrolled K-7 students. Look for our packet to arrive in your mailbox in July.

Students can use the money in their meal accounts to purchase any item they choose. Parents should remember to keep money in students' meal accounts either by paying by cash/check using the envelopes in the school office, or by making payments online by credit card at www.myschoolbucks.com. To spend meal account money, the student enters his/her Student ID Number in the point-of-sale machine, and the funds are automatically deducted. Students should keep their Student ID Numbers to themselves!

Please remember that the students can purchase a la carte items with their lunch account funds, in addition to lunch. Funds could be used very quickly if students are purchasing items at Nutrition/Snack or additional

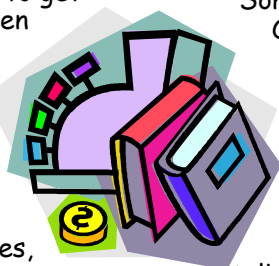
items at lunch, such as baked chips or bottled water. There is no limit on the number of items a student can purchase a la carte.

If you are eligible for the Free and Reduced Meal Program, that does not apply to a la carte items. A la carte items are charged at the posted prices regardless of eligibility.

Managing meal accounts is important to parents and students. Parents can monitor what their student eats (a la carte items versus full meals) online through MySchoolbucks.com. Nutrition Services can also provide you a detailed report for the current school year.

Cash Only Lines

Some schools have "Cash Only Lines". These lines move very quickly. Sorry, but students can't use their meal accounts in these lines. These lines are a great way to get through quickly and get back to talking to friends!



Graduating Students

Is your student graduating this year? If you said "yes!", here's something to think about. Will there be money left in your student's meal account? If so, please read on.

The Meal Account Refund Request Form

This form is available on our webpage under "Forms". Choose to receive a refund, transfer the remaining balance to a sibling (within the Fullerton School District), or donate the remaining balance to the District. Fill the form out as completely as possible, sign it, and mail it to our office. Refunds will be sent by mail. It is important to handle the remaining balance as soon as school is over, so please act now!

Students remaining in the District for the coming school year can leave their money in their meal accounts over the summer. The money will still be there when they return to school in August.

Application Info (cont.)

through 7th grade students. If you don't receive a packet, you may request that one be mailed to your home by calling our office at 714-447-7435. Packets are also available just outside the Nutrition Office on the table.

Applications for Free and Reduced-Price Meals

Quick facts to know about meal benefit applications:

1. An original 2011-2012 application must be used for the new year. Applications from prior years will be rejected.
2. Applications are accepted at any time during the school year. Our office begins processing applications for the new school year in mid-July. *Hint: Remember that our office is closed on Mondays during the summer.*
3. Applications can be turned in either by mail or in person at the Nutrition Office.
4. Applications must be filled out completely; use either black or blue ink.
5. No "White Out" or correction tape can be used on an application.
6. It takes up to 10 school days to process a meal application. *Hint: Plan ahead.*
7. There is a 30-day grace period for carrying over student meal benefits from the previous school year. The grace period helps the very busy parents and staff get the beginning of the school year off to a good start. When the grace period ends, all students will lose their free or reduced-price meal benefits if a 2011-2012 application hasn't been processed. *Hint: Plan ahead!*
8. If your household situation changes after you've submitted your application, you may apply again. Proof of the change(s) is required. We encourage you to re-apply either in person or by mail.

We appreciate our parents and enjoy serving our students. Watch for your information packet to arrive in the mail in early July. Please help us help your children!

Did You Know?

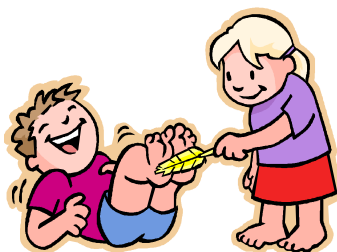
Here are some quick little-known health and nutrition facts and tips:

- One medium stalk of broccoli contains more Vitamin C (220% of Daily Value) than 1 medium orange (130% of Daily Value).



- Water makes up approximately 60% of our body. Every system in your body depends on water, so it is important to stay hydrated. An adult should drink enough water so that do not feel thirsty. Typically a person needs approximately 6-13 cups per day.
- Laughing lowers stress hormones and strengthens the immune system. Six-year olds laugh an average of 300 times per day. Adults only laugh 15-100 times per day.

- Eating 50 extra calories a day can lead to one to two pounds of weight gained per year.
- Calcium is the most abundant mineral in the human body. 99% of this mineral is contained in bones and teeth.
- Brown-colored bread does not equal whole grain! Check the label and make sure the ingredient is whole wheat.
- Forty percent of food waste occurs in the home. Be green and use what is in your fridge. Also, checking your fridge before grocery shopping is a great way to make sure you don't duplicate what is already there.
- Listen to your body signals before you serve second helpings; first wait 20 minutes; you might be surprised that your body says it is full.



Downtown Fullerton Healthy Restaurants

Several restaurants in downtown Fullerton have been recognized by The Downtown Business Association and The Fullerton Collaborative. The recognition was to promote restaurants in the Downtown Fullerton Area and reward those that offered healthy food choices.

Some of the criteria that was considered were: portion size, healthy food choices, and healthy drink choices.

The following restaurants have received awards: California Health Foods Deli and Juice Bar, Monkey Business Café, Rialto Café, Rutabegorz, Frati Gelato, Café Hidalgo, Les Amis, and Tranquil Tea Lounge.

Calories on Menus Don't Change Kids' Choices

According to the International Journal of Obesity, it was found that listing the calories on the menus at fast food restaurants doesn't seem to affect kids' choices or the choices their parents make for them.

"Labeling is not going to be enough to influence obesity in a large-scale way," says study researcher Brian Elbel, PhD, MPH, an assistant professor of medicine and health policy at the New York University School of Medicine.

Part of the problem is that unhealthy, calorie-laden foods are often directly marketed to kids. It is difficult for numbers to compete with the brands that kids love.

Cost is also a hard-to-beat factor. "unhealthy food is cheaper than healthy food, and the gap is getting wider," says Elbel.

Researchers analyzed receipts and surveys from 349 kids and their parents as they were leaving McDonald's, Burger King, Wendy's, and KFC both before and one month after the mandatory calorie labeling took effect in 2008 in New York City.

Results were compared to a group in Newark, NJ where there was no mandatory labeling. Ninety percent of study participants were from racial or ethnic minority groups.

There was no difference in the number of calories purchased before or after the labeling went into effect. One month after this initiative, 57% of the teens in New York and 18% in Newark said they noticed the information, but only 9% said the calories made them think twice about which food to purchase.

The top reasons that were found to effect kids' choices were: 1. Taste, 2. Price.

Researchers did admit this was a relatively small study, done in low-income areas, and a larger study could yield different results.

Kelly Sinclair, MS, RD, a dietician at Children's National Medical Center in Washington D.C, says more education is needed. "If they don't know how many calories they are supposed to have, how can calorie labeling guide them to a different choice?"

Follow Us on Twitter at
www.twitter.com/fsdnutrition

See K-6 lunch menu posted
daily!



Summer 2011 Lunch Menu

Fullerton School District

Summer 2011 Lunch Menu

All Children 18 Years Old and Younger Eat FREE!
 No Meals Served on July 4th.

Summer Lunch Menu will be served at the following sites:
 Maple Elementary and Richman Elementary Monday through Thursday June 20, 2011- July 28, 2011
 Woodcrest Elementary Monday through Friday June 27, 2011- July 22, 2011

Lunch Serving Times:
 10:30 - 11:00 AM (Students)
 11:00 - 11:30 (Community - all children 18 years old and younger)

All products are Trans Fat free.
 Daily Offering of Milk Includes: 1% White Milk and Organic Soy Milk

Monday	Tuesday	Wednesday	Thursday	Friday	Nutritional Analysis
June 20 ROASTED CHICKEN Oven Potatoes Fresh Plum Jungle Crackers	21 MINI CHEESEBURGERS Baby Carrots Fresh Apple High Fiber Graham Crackers	22 VEGETARIAN SPAGHETTI Celery Sticks Mixed Fruit Cup	23 HAMBURGER Broccoli and Carrots Frozen Pear Cup Chocolate Pudding	24 No School - No meals will be served.	Avg. Nutrients Target Calories 673 101% Cholesterol (Mg) 75 Sodium (Mg) 737 Fiber (g) 9 Iron (Mg) 5.7 Calcium (Mg) 571.7 108% Vitamin A (IU) 200% Vitamin A (IU) 5433 485% Vitamin C (Mg) 39.0% Protein (g) 33.9 Total Fat (g) 94.7 Saturated Fat (g) 20.0 26.6% of Cal 8.1% of Cal
27 TYSON TERIYAKI CHICKEN Baby Carrots Fresh Plum	28 BREAKFAST FOR LUNCH Chicken Sausage and Whole Grain Biscuit Fresh Apple Whole Grain Chocolate Belly Bear	29 BEAN AND LITE CHEESE BURRITO ON A WHOLE WHEAT TORTILLA Broccoli and Carrots Fresh Banana Giant Goldfish Graham Cracker	30 WHOLE GRAIN CHICKEN CORN DOG Celery Sticks Fresh Nectarine	July 1 TONY'S 100% MOZZARELLA CHEESE PIZZA Baby Carrots Frozen Pear Cup Vanilla Pudding	Avg. Nutrients Target Calories 662 100% Cholesterol (Mg) 86 Sodium (Mg) 1269 Fiber (g) 6.7 Iron (Mg) 3.6 Calcium (Mg) 593.8 102% Vitamin A (IU) 5433 485% Vitamin C (Mg) 34.1 30% Protein (g) 34.1 Total Fat (g) 59.8 Saturated Fat (g) 20.4 27.7% of Cal 9.6% of Cal
4 Holiday No School - No meals will be served.	5 CHEESE LASAGNA WITH 100% MOZZARELLA CHEESE Celery Sticks Fresh Apple	6 ROASTED CHICKEN Oven Potatoes Fresh Nectarine	7 CHEESE QUESADILLA Baby Carrots Applesauce Jungle Crackers	8 BEEF AND BEAN BURRITO ON A WHOLE WHEAT TORTILLA Celery Sticks Fresh Banana Whole Grain Chocolate Belly Bear	Avg. Nutrients Target Calories 663 100% Cholesterol (Mg) 78 Sodium (Mg) 675 Fiber (g) 4.1 Iron (Mg) 4.1 Calcium (Mg) 675.1 116% Vitamin A (IU) 3087 236% Vitamin C (Mg) 21.3 142% Protein (g) 35.2 Total Fat (g) 96.4 Saturated Fat (g) 4.3 5.9% of Cal
11 MINI CHEESEBURGERS Baby Carrots Fresh Apple High Fiber Graham Crackers	12 TONY'S 100% MOZZARELLA CHEESE PIZZA Celery Sticks Frozen Pear Cup Vanilla Pudding	13 TYSON TERIYAKI CHICKEN Broccoli and Carrots Fresh Plum	14 VEGETARIAN SPAGHETTI Celery Sticks Mixed Fruit Cup	15 BREAKFAST FOR LUNCH Chicken Sausage and Whole Grain Biscuit Fresh Apple Whole Grain Chocolate Belly Bear	Avg. Nutrients Target Calories 661 100% Cholesterol (Mg) 73 Sodium (Mg) 1163 Fiber (g) 4.1 Iron (Mg) 4.1 Calcium (Mg) 619.5 116% Vitamin A (IU) 5580 498% Vitamin C (Mg) 39.0 Protein (g) 33.9 Total Fat (g) 99.6 Saturated Fat (g) 19.6 26.6% of Cal 8.1% of Cal
18 REDUCED-FAT MACARONI AND CHEESE Mixed Fruit Cup Raisins	19 HAMBURGER Baby Carrots Frozen Pear Cup Chocolate Pudding	20 BEAN AND LITE CHEESE BURRITO ON A WHOLE WHEAT TORTILLA Celery Sticks Fresh Banana Giant Goldfish Graham Cracker	21 WHOLE GRAIN CHICKEN CORN DOG Broccoli and Carrots Fresh Nectarine	22 GRILLED CHEESE SANDWICH ON WHOLE WHEAT BREAD Celery Sticks Diced Pears	Avg. Nutrients Target Calories 670 101% Cholesterol (Mg) 46 Sodium (Mg) 1033 Fiber (g) 8.2 Iron (Mg) 10.5 Calcium (Mg) 619.7 117% Vitamin A (IU) 5149 457% Vitamin C (Mg) 53.5 Protein (g) 28.7 Total Fat (g) 96.5 Saturated Fat (g) 25.8 26.6% of Cal 9.6% of Cal
25 CHEESE LASAGNA WITH 100% MOZZARELLA CHEESE Celery Sticks Fresh Apple	26 ROASTED CHICKEN Oven Potatoes Fresh Nectarine	27 BREAKFAST FOR LUNCH Chicken Sausage and Whole Grain Biscuit Fresh Banana Whole Grain Chocolate Belly Bear	28 TYSON TERIYAKI CHICKEN Baby Carrots Fresh Plum	29 No School - No meals will be served.	Avg. Nutrients Target Calories 672 101% Cholesterol (Mg) 92 Sodium (Mg) 1065 Fiber (g) 3.5 Iron (Mg) 3.5 Calcium (Mg) 619.5 117% Vitamin A (IU) 2582 236% Vitamin C (Mg) 21.7 144% Protein (g) 35.6 Total Fat (g) 93.1 Saturated Fat (g) 5.6 7.5% of Cal

Menu subject to change. USDA and NSD are equal opportunity providers and employers.