

Item Name	Quantity	Measure	Wgt (g)	Cals (kcal)	Prot (g)	Vit A-RAE (mcg)	Vit B1 (mg)	Vit B2 (mg)	Vit B3-NE (mg)
KD-0008									
Meatloaf - Glatt beef	1	Serving	85.00	220.00	15.00	0.00	0.00	0.00	0.00
Brown Onion Gravy	2	Servings	73.42	24.10	0.08	0.01	0.00	0.00	0.02
Mashed Potatoes	1	Serving	88.45	70.04	1.00	0.00	0.00	0.00	0.00
Country Trio Vegetables	1	Serving	99.22	179.53	1.64	203.60	0.06	0.06	1.07
Bread, whole wheat, slice	2	Servings	56.00	160.00	6.00	0.00	0.00	0.00	0.00
Margarine	3	Packages	15.00	90.00	0.00	0.00	0.00	0.00	0.00
Muffin, Chocolate	1	Each	64.00	240.00	3.00	0.00	0.00	0.00	0.00
Total			481.09	983.67	26.72	203.61	0.06	0.06	1.09

Item Name	Vit B12 (mcg)	Vit C (mg)	Vit D (mcg)	Vit E-aTE (mg)	Vit K (mcg)	Biot (mcg)	Calc (mg)	Chlor (mg)	Chrom (mcg)
KD-0008									
Meatloaf - Glatt beef	0.00	0.00	0.00	0.00	0.03	0.00	0.00	40.00	0.00
Brown Onion Gravy	0.00	0.52	0.00	0.00	0.00	0.25	31.76	1.77	0.00
Mashed Potatoes	0.00	30.02	0.00	0.00	16.57	0.00	2.13	202.50	0.00
Country Trio Vegetables	0.00	6.08	0.00	0.29	0.00	0.00	22.02	0.00	0.00
Bread, whole wheat, slice	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Margarine	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Muffin, Chocolate	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Total	0.00	36.62	0.00	0.29	16.60	0.25	95.91	204.27	0.00

Item Name	Chln (mg)	Copp (mg)	Fluor (mg)	Fol_DFE (mcg)	Iodine (mcg)	Iron (mg)	Magn (mg)	Mang (mg)	Moly (mcg)
KD-0008									
Meatloaf - Glatt beef	0.00	0.01	0.05	0.00	0.00	1.80	0.00	0.00	0.00
Brown Onion Gravy	0.43	0.01	0.06	1.35	0.14	0.53	1.30	0.01	0.35
Mashed Potatoes	0.00	0.04	0.00	0.00	15.30	0.00	0.71	0.00	0.00
Country Trio Vegetables	9.66	0.00	0.00	18.06	0.00	0.47	14.72	0.18	0.00
Bread, whole wheat, slice	0.00	0.00	0.00	0.00	0.00	2.15	0.00	0.00	0.00
Margarine	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Muffin, Chocolate	0.00	0.00	0.00	0.00	0.00	1.08	0.00	0.00	0.00
Total	10.09	0.06	0.11	19.41	15.44	6.03	16.73	0.19	0.35

Item Name	Panto (mg)	Phos (mg)	Pot (mg)
KD-0008			
Meatloaf - Glatt beef	0.01	0.00	0.00
Brown Onion Gravy	0.00	2.06	10.94
Mashed Potatoes	0.19	0.00	0.71
Country Trio Vegetables	0.00	39.55	180.10
Bread, whole wheat, slice	0.00	0.00	0.00
Margarine	0.00	0.00	0.00
Muffin, Chocolate	0.00	0.00	0.00
Total	0.20	41.61	191.75

Item Name	Sel (mcg)	Sod (mg)	Zinc (mg)
KD-0008			
Meatloaf - Glatt beef	0.00	330.00	0.00
Brown Onion Gravy	0.04	441.48	0.01
Mashed Potatoes	0.00	495.09	0.00
Country Trio Vegetables	0.57	20.24	0.28
Bread, whole wheat, slice	0.00	320.00	0.00
Margarine	0.00	90.00	0.00
Muffin, Chocolate	0.00	230.00	0.00
Total	0.61	1926.81	0.29

Nutrition Facts

Serving Size (481g)
Servings Per Container

Amount Per Serving

Calories 980 **Calories from Fat 460**

% Daily Value*

Total Fat 52g	80%
Saturated Fat 15g	75%
Trans Fat 0.5g	
Cholesterol 90mg	30%
Sodium 1930mg	80%
Total Carbohydrate 101g	34%
Dietary Fiber 6g	24%
Sugars 26g	

Protein 27g

Vitamin A 120% • Vitamin C 60%

Calcium 10% • Iron 35%

*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