

Product Nutrition and Contribution



CHEESE & VEGGIE PLATE

Nutrition Facts

Serving Size 9.3 ounces (263.65g)
Servings Per Container 1

Amount Per Serving

Calories 410 **Calories from Fat** 170

% Daily Value*

Total Fat	19g	29%
Saturated Fat	10g	50%
Trans Fat	0g	
Cholesterol	60mg	20%
Sodium	760mg	32%
Total Carbohydrate	46g	15%
Dietary Fiber	1g	4%
Sugars	19g	

Protein 17g

Vitamin A 110% • Vitamin C 8%

Calcium 40% • Iron 15%

* 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



Meat/Meat Alternate	2 oz
Grain/Bread	1.25 Serving
Vegetable/Fruit	7/8 cup

Allergen:

Wheat, Milk