



NUTRITION INFORMATION



KID CUISINE® MEALS

	Serving Size (g)	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Potassium % DV	Total Carbohydrate (g)	Fiber (g)	Fiber % DV	Sugars (g)	Protein (g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV	Vitamin E % DV	Thiamine % DV	Riboflavin % DV	Niacin % DV	Pantothenic Acid % DV	Vitamin B6 % DV	Folate % DV	Vitamin B12 % DV	Phosphorous % DV	Magnesium % DV	Zinc % DV	Manganese % DV	Meat & Beans (ounces)	Whole Grains (grams)	Grains (ounces)	Vegetables (Cups)	Fruit (Cups)	Milk (Cups)		
Meals																																							
Magical Cheese Stuffed Crust Pizza	227	410	90	10	4	0	15	550	360	10	67	7	28	22	14	4	2	20	10	2	10	15	6	6	4	15	8	30	15	10	25	0	8	2	1/2	0	1/2		
All American Fried Chicken	223	350	110	12	3	0	50	540	440	13	47	6	24	11	15	2	90	4	6	2	4	10	10	10	4	15	20	15	8	10	8	1.25	0	0	3/4	0	0		
All Star Chicken Breast Nuggets	249	400	135	15	4	0	30	580	480	14	51	8	32	15	15	4	0	6	8	10	15	8	15		8	20	10	25	10	4		1.75	0	1.5	1/4	0	0		
KC's Campfire Hot Dog	204	340	60	7	2	0	20	550	540	15	58	6	24	15	12	0	25	6	10		10	15	10	10	4	50	6	20	10	10	40	0.55	9	1	0	0	0		
Carnival Corn Dog	249	430	130	15	3.5	0	25	550	540	15	65	5	20	19	9	4	4	8	10	4	15	15	8	15	4	20	8	25	10	10	25	0.55	8	0.75	1	0	0		
KC's Constructor Cheeseburger	198	350	80	9	3.5	0	20	480	570	16	55	7	28	14	13	4	90	8	10	4	15	6	45		4	15	10	20	15	15	45	1	16	0.75	1	0	0		
Dip & Dunk Toasted Ravioli	229	410	120	13	3.5	0	15	550	540	15	64	7	28	18	11	10	90	10	10	10	8	10	6	4	15	8	8	25	15	10	25	0	8	1.25	1/2	0	0		
Fiesta Chicken & Cheese Quesadillas	214	370	90	9	3	0	15	450	360	10	58	8	32	22	13	4	0	15	15		15	15	10			25	15	30	15	15		0	8	2	1/2	0	0		
Deep Sea Adventure Fish Sticks	215	350	80	8	2	0	25	450	430	12	55	5	20	16	14	6	4	6	10	8	25	15	20	4	4	6	15	20	10	6	15	1.25	0	1.5	1/2	0	0		
Bug Safari Chicken Breast Nuggets	227	440	140	16	4	0	15	590	460	13	58	6	24	15	17	15	6	6	8	2	10	8	15	20	4	8	20	25	10	6	20	1.75	0	1.5	1/4	0	0		
KC's Karate Chop Chicken Sandwich	204	410	130	15	4	0	15	440	480	14	56	8	32	8	13	25	20	6	4	8	15	8	10	8	6	20	10	20	10	8	50	1	16	1.5	3/4	0	0		
Cheese Blaster Mac and Cheese	301	410	90	9	4	0	15	590	680	19	69	6	24	6	12	20	35	10	10		20	15	15		4	35		30	15	10	15	0	0	1.5	1/2	0	0		
KC's Primo Pepperoni Double Stuffed Crust Pizza	203	350	100	11	4.5	0	20	520	350	10	50	5	20	16	13	6	8	20	10	2	20	25	6	15	4	25	20	25	10	10	30	0	8	1.25	1/2	0	1/2		
Pop Star Popcorn Chicken	245	450	130	14	2.5	0	20	560	640	18	66	6	24	12	14	0	6	6	10	8	10	6	15	8	4	10	10	25	15	6	30	1.25	0	1.5	1	0	0		
Twist & Twirl Spaghetti with Mini Meatballs	289	440	120	13	3.5	0	30	550	760	22	64	7	28	20	18	15	4	10	25	10	4	15	15	10	6	15	15	25	15	10	20	0.55	0	1.25	1/2	0	0		

Nutrition information updated November 1, 2009. For most current information always check the Nutrition Facts panel on the product.

