

Nutritional information is located in the school nutrition director's office and the school nurse's office. For further information contact the District Office at 606-726-3060

Nutrition Facts

Serving Size: 1 cup (8 fl oz) (241g)

Amount Per Serving

Calories 82 **Calories from Fat** 22

% Daily Value*

Total Fat 2.51 g **4%**

Saturated Fat 0.55 g **3%**

 Trans Fat

Cholesterol 2.41 mg **1%**

Sodium 910.98 mg **38%**

Potassium 313.3 mg **9%**

Total Carbohydrate 11.23 g **4%**

 Dietary Fiber 0.96 g **4%**

 Sugars

 Sugar Alcohols

Protein 4.27 g

Vitamin A 2337.7 IU **47%**

Vitamin C 1.21 mg **2%**

Calcium 33.74 mg **3%**

Iron 0.92 mg **5%**