

Fruit Delight UPC 452548007018

2/7/2011

INGREDIENTS: Fresh
Pineapple Fresh
Strawberries Fresh Red
Seedless Grapes.

Nutrition Facts

Serving Size 6.0 Ounces (170g)
Servings Per Container 1

Amount Per Serving

Calories 80 **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0%**

 Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 22g **7%**

 Dietary Fiber 2g **10%**

 Sugars 17g

Protein 1g

Vitamin A 2% • Vitamin C 100%

Calcium 2% • Iron 4%

*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

Fruit Mania UPC 452548006998

2/7/2011

INGREDIENTS: Fresh Pineapple Fresh Cantaloupe Fresh Honeydew Fresh Red Seedless Grapes, Fresh Granny Smith Apples w/Peel Fresh Red Delicious Apple Slices w/Peel.

Nutrition Facts

Serving Size 6.0 Ounces (170g)

Servings Per Container 1

Amount Per Serving

Calories 80 **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 10mg **0%**

Total Carbohydrate 21g **7%**

Dietary Fiber 2g **9%**

Sugars 17g

Protein 1g

Vitamin A 20% • Vitamin C 50%

Calcium 2% • Iron 2%

*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

Fruit Medley Cup UPC 452548004017

2/7/2011

INGREDIENTS: CantaloupeHoneydew
MelonRed Seedless Grapes

Nutrition Facts

Serving Size 6.0 Ounces (170g)
Servings Per Container 1

Amount Per Serving

Calories 80 **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 25mg **1%**

Total Carbohydrate 20g **7%**

Dietary Fiber 1g **6%**

Sugars 18g

Protein 1g

Vitamin A 40% • Vitamin C 50%

Calcium 2% • Iron 2%

*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

Baby Carrots with Dip UPC 452548006912

2/7/2011

INGREDIENTS: Fresh
Baby Carrots Light
Ranch Dressing

Nutrition Facts

Serving Size 7.0 Ounces (198g)
Servings Per Container 1

Amount Per Serving

Calories 160 **Calories from Fat 60**

% Daily Value*

Total Fat 7g	10%
Saturated Fat 0g	0%
Cholesterol 10mg	3%
Sodium 370mg	16%
Total Carbohydrate 21g	7%
Dietary Fiber 4g	16%
Sugars 11g	

Protein 2g

Vitamin A 500% • Vitamin C 20%

Calcium 4% • Iron 0%

*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

Cel and Carrot with Dip UPC452548006943

2/7/2011

INGREDIENTS: Fresh Baby Carrots Fresh Celery Strips- Light Ranch Dressing * * For additional information on this product contact; Naturally Fresh 1-800-765-1950

Nutrition Facts

Serving Size 7.0 Ounces (198g)
Servings Per Container 1

Amount Per Serving

Calories 140 **Calories from Fat 60**

% Daily Value*

Total Fat 7g	10%
Saturated Fat 0g	0%
Cholesterol 10mg	3%
Sodium 390mg	16%
Total Carbohydrate 17g	6%
Dietary Fiber 4g	14%
Sugars 9g	

Protein 2g

Vitamin A 340% • Vitamin C 15%

Calcium 4% • Iron 0%

*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

Chic. Caesar Salad UPC 452548000774

2/7/2011

INGREDIENTS: Romaine Lettuce, Rotisserie Flavored Chicken, Caesar Dressing, Croutons, Carrots, Red Cabbage

Nutrition Facts

Serving Size 9.5 Ounces (269g)
Servings Per Container 1

Amount Per Serving

Calories 380 Calories from Fat 220

% Daily Value*

Total Fat 25g 38%

Saturated Fat 3g 15%

Cholesterol 45mg 15%

Sodium 1150mg 48%

Total Carbohydrate 26g 9%

Dietary Fiber 4g 18%

Sugars 4g

Protein 15g

Vitamin A 180% • Vitamin C 60%

Calcium 10% • Iron 10%

*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

Deluxe Salad No Tomato UPC 052548059156

7/28/2011

INGREDIENTS: Romaine Lettuce,
Cheddar Cheese, Red Cabbage,
Carrots, Apples

Nutrition Facts

Serving Size 10 Ounces (255g)
Servings Per Container 1

Amount Per Serving

Calories 170 Calories from Fat 90

% Daily Value*

Total Fat 10g 15%

Saturated Fat 6g 30%

Cholesterol 30mg 10%

Sodium 210mg 9%

Total Carbohydrate 14g 5%

Dietary Fiber 5g 20%

Sugars 7g

Protein 10g

Vitamin A 270% • Vitamin C 90%

Calcium 25% • Iron 10%

*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

Garden Salad UPC 452548002402

2/7/2011

INGREDIENTS: Iceberg Lettuce,
Grape Tomatoes, Red Cabbage,
Carrots Sliced Cucumbers

Nutrition Facts

Serving Size 5.0 Ounces (142g)
Servings Per Container 1

Amount Per Serving

Calories 25 **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 25mg **1%**

Total Carbohydrate 6g **2%**

Dietary Fiber 2g **8%**

Sugars 3g

Protein 1g

Vitamin A 60% • Vitamin C 20%

Calcium 4% • Iron 4%

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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

Large Fruit Med. 16oz. UPC 052548047702
 2/7/2011

INGREDIENTS: Fresh
 Cantaloupe Melon Fresh
 Honeydew Melon Fresh Red
 Seedless Grapes.

Nutrition Facts

Serving Size 8.0 Ounces (454g)
 Servings Per Container 2

Amount Per Serving
Calories 200 **Calories from Fat 5**

	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate 50g	17%
Dietary Fiber 4g	16%
Sugars 44g	

Protein 3g
 Vitamin A 120% • Vitamin C 180%
 Calcium 4% • Iron 6%

*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

Pine and Grape Cup UPC 452548002853

2/7/2011

INGREDIENTS: Fresh
PineappleFresh Red
Seedless Grapes

Nutrition Facts

Serving Size 6.0 Ounces (170g)

Servings Per Container 1

Amount Per Serving

Calories 90 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 25g 8%

Dietary Fiber 2g 8%

Sugars 19g

Protein 1g

Vitamin A 2% • Vitamin C 80%

Calcium 2% • Iron 2%

*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

Straw, Kiwi, Mango UPC 452548007001

2/7/2011

INGREDIENTS: Fresh
Strawberries Fresh Kiwi w/o Skin
Fresh Mango Slices

Nutrition Facts

Serving Size 6.0 Ounces (170g)
Servings Per Container 1

Amount Per Serving

Calories 90 **Calories from Fat 5**

% Daily Value*

Total Fat 0.5g	1%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 22g	7%
Dietary Fiber 4g	15%
Sugars 16g	

Protein 1g

Vitamin A 10% • Vitamin C 170%

Calcium 4% • Iron 2%

*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

Pico De Gallo UPC 052548066413

2/7/2011

INGREDIENTS: Tomatoes, Onions, Vinegar, Jalapeno Peppers, Cilantro, Salt, Lemon Juice, Black Pepper

Nutrition Facts

Serving Size 11 Ounces (303g)

Servings Per Container 1

Amount Per Serving

Calories 60 **Calories from Fat 5**

% Daily Value*

Total Fat 0.5g **1%**

 Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 700mg **29%**

Total Carbohydrate 13g **4%**

 Dietary Fiber 4g **15%**

 Sugars 8g

Protein 3g

Vitamin A 50% • **Vitamin C 60%**

Calcium 4% • **Iron 6%**

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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

Tomatoes, Diced UPC 061881006000

2/7/2011

INGREDIENTS: Fresh Diced
Tomatoes Fresh Lemon Juice

Nutrition Facts

Serving Size 15.0 Ounces (456g)
Servings Per Container 1

Amount Per Serving

Calories 80 Calories from Fat 10

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 20mg 1%

Total Carbohydrate 19g 6%

Dietary Fiber 5g 21%

Sugars 12g

Protein 4g

Vitamin A 70% • Vitamin C 110%

Calcium 4% • Iron 6%

*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

