GFS CYCLE MENU MANAGEMENT

*Ingredient & Recipe Nutrition*

**GFS Item#:** 496146
**Item#:** BRC01 Boghosian Raisin
**Manufacturer:** Packing Co.-377200

**Desc:** **RAISIN SELECT 12-2# P/L**
**Desc:** AP Raisins, Boghosian, 1/4 cup
**Manufacturer Item Code:** 10108010

## Nutrition Information

**Serving Size: 0.25 CUP (40 grams)**

**Amount Per Serving**

**Calories:** 126 | Calories from Fat: 3

| | | % Daily Value* |
|---|---|---|
| **Total Fat:** | 0 GM | 0% |
| Saturated Fat: | 0 GM | 0% |
| Trans Fat: | 0 GM | |
| Polyunsaturated Fat: | NA | NA |
| Monounsaturated Fat: | NA | NA |
| **Cholesterol:** | 0 MG | 0% |
| **Sodium:** | 10 MG | 0% |
| **Potassium:** | 310 MG | 9% |
| **Total Carbohydrate:** | 31 GM | 10% |
| Dietary Fiber: | 2 GM | 9% |
| Sugars: | 28 GM | |
| **Protein:** | 1 GM | 2% |

Vitamin A: 0% • Vitamin C: 0%

Calcium: 2% • Iron: 6%

**Ingredients:**
**For ingredient or allergen information please contact: Bonghosian Raisin Packing Co., phone: 559-834-5348. Manufacturer number: 10108005. Nutrition updated August 2009. The nutrition information provided here reflects the current information provided to GFS by its suppliers. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product.**

### Fat Soluble Vitamins

| | |
|---|---|
| VITAMIN D(iu) | NA |
| VITAMIN E | NA |
| VITAMIN K | NA |
| VITAMIN A(iu) | 3.70 IU |
| VITAMIN A(re) | 1 MCG_ |

### Water Soluble Vitamins

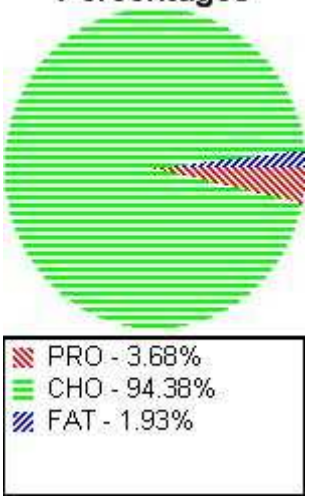
| | |
|---|---|
| THIAMIN | NA |
| RIBOFLAVIN | NA |
| NIACIN | NA |
| VITAMIN B-6 | NA |
| VITAMIN B-12 | NA |
| VITAMIN C, TOTAL ASCORBIC ACID | 0.10 MG |
| FOLIC ACID | NA |

### Minerals

| | |
|---|---|
| PHOSPHOROUS | NA |
| ZINC | NA |
| MAGNESIUM | NA |
| COPPER | NA |
| IRON | 1.17 MG |
| CALCIUM | 15.90 MG |

### School Equivalents

**Serving Size:**

| | |
|---|---|
| **Meat Quantity:** | NA |
| **Bread Quantity:** | NA |
| **Fruit/Veg Quantity:** | NA |

Calorie Percentages