**AMERICAN JUICE**

Instructional Food Service OCC

Categories: Breakfast Item

Locations: Game ON

Serving Size 16 fl oz

Servings Per Container 1

**Nutrient Descriptors**

Cholesterol Free

Good Source of Protein

Healthy

High in Calcium

High in Carbohydrates

High in Fiber

High in Iron

High in Potassium

High in Vitamin A

High in Vitamin C

**Nutrition Facts**

Amount per Serving % Daily Value

Calories 450

Calories From Fat 25

Total Fat 2.5g 4%\*

Saturated Fat 0g 2%\*

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 0g

Cholesterol 0 mg 0%\*

Sodium 400mg 17%\*

Total Carbohydrate 112g 37%\*

Dietary Fiber 28g 121%\*

Sugars 65g

Protein 7g

Vitamin A2250%\* Vitamin C140%\*

Calcium 25%\* Iron 20%\*

\* Percent Daily Values are based on a 2000 calorie diet.

**Ingredients:**

beets fresh, CARR0T, celery, CAYENNE PEPPER

**Contains:** NO POTENTIAL allergans