

NUTRITION INFORMATION FLIGHT MEALS AND SUPPLEMENTS

SMALL MENU MEALS

	Meal #1	Meal #2	Meal #3	Meal #4	Meal #5	Meal#6	Meal#7	Meal #8	Meal #9
Calories(KCAL)	662	417	399	410	170	171	124	328	549
Total Fat	37.9	18.7	15.9	19.5	4.7	5.4	4.6	4.9	18.6
Saturated Fat	15.4	9.6	8.6	9.4	1.9	2.4	2	1.5	8.9
Cholesterol	119.6	76.45	71.27	81.06	72.14	61.81	58.17	30.15	77.07
Protein	35.3	4.631	31.4	31	25.4	24.1	14.4	26.7	42.5
Carbohydrates	44.9	32	31.2	27.1	6.201	7.379	6.515	44.3	52.1
Sodium	1536	1819.6	1172	1195	350.21	1029	578.9	705.26	2230
Dietary Fiber	2.049	1.455	0	2.41	1.96	1.96	1.96	3.03	5.69

FLIGHT KITCHEN, LARGE MENU MEALS

	Meal #11	Meal #12	Meal #13	Meal #15	Meal#16
Calories(KCAL)	778	390	656	528	738
Total Fat	24.8	7.8	9.8	23.6	22.1
Saturated Fat	11.6	3	3	10.8	7.7
Cholesterol	157.96	68.19	60.3	115.15	124.4
Protein	77.1	40.3	26.7	46.5	69.1
Carbohydrates	60.5	42.5	44.3	33.3	64.7
Sodium	4863	2923.52	705.3	3346	2808
Dietary Fiber	6.09	5.48	3.034	5.29	10.8

FLIGHT KITCHEN MEAL SUPPLEMENT SELECTIONS

	SUPP #1	SUPP#2	SUPP#3	SUPP#4	SUPP#5	SUPP#6	SUPP#7	SUPP#8	SUPP#9	SUPP#10
Calories(KCAL)	631	524	659	598	781	751	435	578	512	472
Total Fat	15.7	6.1	12.1	6.9	29	25.6	6.2	8.9	6.7	14.7
Saturated Fat	3.5	0.9	4	4.2	9.17	8.5	2.4	4.5	4.1	5.2
Cholesterol	0	18.85	31.06	5.09	35.61	52.55	33.18	4.87	4.87	7.41
Protein	5.19	9.468	15.5	8.945	9.624	24.5	10.7	10.7	8.91	5.56
Carbohydrates	125.6	112.3	129	133.3	101.4	108.6	87.8	118.3	107.7	83.5
Sodium	298.29	425.37	499.21	186.35	985.3	598.02	244.4	341.79	155.12	208.3
Dietary Fiber	6.56	7.68	7.54	6.3	6.73	4.59	2.46	5.08	1.82	2.55

SMALL BREAKFAST NUTRITION INFORMATION

	BRKFST#1	BRKFST#2	BRKFST#3	BRKFST#4	BRKFST#5	BRKFST#6	BRKFST#7
Calories(KCAL)	334	395.5	557	244	183	246	187
Total Fat	1.8	6.6	18.1	7.3	2.2	5.4	2.2
Saturated Fat	0.5	3.4	5.9	2.6	0.6	1.7	1
Cholesterol	2.27	0	436.98	27.2	10.44	32.89	7.35
Protein	15.3	19	33.7	13.4	9.82	18.1	10.6
Carbohydrates	64.4	66.25	63.9	31.1	30.8	30.7	31.3
Sodium	685.32	519.24	1442.38	489.37	536.79	1076.41	558.8
Dietary Fiber	5.21	190	5.07	2.54	2.54	2.54	2.54