

BREAKFAST ITEMS	PORTIONS	E CARBS	S PORT.	GM CARB	Sodium	Calories	% FAT	PROTEIN
BISCUITS DROP	1 2.5 oz	22. gm	2 EA	44 gm	232	169	37%	6.70%
BISCUITS ROLLED	1 1.5 oz	22.4 gm	2 EA	44 gm	232	169	37%	7%
BISCUIT/SAUSAGE GRAVY	1 2.5 oz	40 gm	2 BISC	80 gm	664	428	40%	5%
BISCUIT/ SAUSAGE PATTY	1 1.6 oz	27.6 gm	1 BISC	33 gm	599	221	42%	7%
MUFFINS Spunkmeyer								
BANANA NUT	2.25 oz	35 gm	2.25 oz	35 gm	225	213	6.2 gm	3.75 gm
BLUEBERRY	2.25 oz	34 gm	2.25 oz	34 gm	237	222	6.2 gm	3.75 gm
CHOC/CHOC CHIP	2.25 oz	35 gm	2.25 oz	35 gm	200	213	7.5 gm	3.75 gm
PHS MUFFINS								
BANANA MUFFIN	2 oz	21 gm	2 - 2oz	42 gm	440	240	22%	6%
BLUEBERRY	2 oz	21 gm	2 -2oz	42 gm	440	240	22%	6%
CHOC CHIP	2 oz	37 gm	2-2oz	74 gm			28%	
PREPARED ITEMS								
FLAPSTICK	1 2.85 oz	23 gm	same	same	430	230	14%	9gm
FRENCH TOAST	3/1.14oz	39 gm	4/1.14 oz	52 gm	1 =210	1 =280	12%	6gm
PANCAKE	2/1.25 oz	26 gm	3/1.25 oz	39 gm			28%	
PIZZA-BREAKFAST	1 SL	24 gm					2%	
WAFFLE STICKS	2/ sv	26.6 gm	3/ sv	39 gm	2=230 3=345	2=140 3=210	2=3.3 3=4.2	2=4 g 3=6g
CEREAL BOWLS PKG								
CINN TOAST CRUNCH	1 1 oz	22 gm	same	same	190	120	3 gm	1 gm
FROSTED FLAKES	1 1 oz	26 gm	same	same	135	110	0	1 gm
GOLDEN GRAHAMS	1 1 oz	23 gm	same	same	250	110	1 gm	1gm
HONEY NUT CHEERIOS	1 1 oz	22 gm	same	same	250	110	1gm	.1gm
KIX BERRY BERRY	1 1 oz	21 gm	same	same	140	90	1gm	1gm
LUCKY CHARMS	1 1 oz	23 gm	same	same	190	110	1gm	1 gm
RAISEN BRAND	1 1 oz	24 gm	same	same	210	110	1gm	3 gm
RICE KRISPIES	1 1 oz	16 gm	same	same	170	70	0	1gm
CINNAMON ITEMS								
COFFEECAKE	1 1.5 oz	38.2 gm	same	same	266	169	55%	1.9gm
CINN. BREAD STICK	2.5 oz	17 gm	2 2.5 oz	34 gm	1=277	1=183	11%	3.5gm
ROLL	1 2.5 oz	35 gm	same	same	311	236	14%	5.7gm
PULL APART	1 1.2 oz	27.7 gm	2 1.2 oz	64 gm	155	118	7%	2.8gm
QUICK BREAD								
BANANA	1 sl	35.8 gm	2 sl	71 gm	1=164	1=187	1=18%	6%
PUMPKIN	1 sl	18.8 gm	2 sl	29.6 gm	1=157	1=198	1=305	5%
APPLE SCONE	1/2 EA	25.5 gm	1 EA	53 gm				
APPLE CINN STICK	1/2 EA	20 gm	1 ea	40 GM	1 ea=35	1=170	1=3%	5 gm
JUICE preportion cup 4 oz each								
APPLE	4 oz	12.5 gm	4 OZ	12.5 GM	0.5	50	0	0
GRAPE	4 oz	20 gm	4 OZ	20 GM	0.1	80	0	0
ORANGE	4 oz	12.5 gm	4 OZ	12.5 GM	5	50	0	0
TOASTER PASTRY								
CINN BROWN SUGAR	1 EA	38 gm	2 EA	76 gm	1=210	1=220	5 gm	2 gm
STRAWBERRY	1 EA	38 gm	2 EA	76 gm	1=120	1=200	5 gm	2 gm
YOGURT 4 oz CTN EACH								
BANANA STRAWBERRY	1 EA	24 gm	1 ea	24 gm	50	90	1%	4gm
RAINBOW RASPBERRY	1 EA	24 gm	1 ea	24 gm	50	90	1%	4gm

MAIN DISH	Elem PORT	CARB GM	M & H PORT	CARB GM	Sodium	Calories	FAT %	PROTEIN
BEEF STEAK BRD PATTY*	1 ea	20 gm	1 ea	20 gm	840mg	310	18 gm	16 gm
BURRITOS/ BEEF & BEAN	1 ea	42.5 gm	1 ea	42.5 gm	640mg	380	17 gm	14 gm
CHILI / CRACKERS (hkr) new	3/4 C	17.4 gm	1 C	23.2 gm	657mg	218	41.70%	23.6 gm
CHICKEN :								
ASIAN MAND. CHICKEN	1/4C=2.85oz	15 gm	1/4=2.85oz	15 gm	450mg	140	2.5 gm	13 gm
OVEN FRIED DRUMSTICK	1 ea 3 oz	8 GM	1 ea 3oz	8 GM	490 mg	220	13 gm	19 gm
GRILL PATTY*	2.45 oz	11 gm	1 ea	11 gm	410	220	26.80%	18gm
NUGGETS	5 ea	10 gm	5 ea	10 gm	472mg	221	53%	11%
PATTY BRD	3.53 oz	12 gm	3.53 oz	12 gm	490 mg	230	15 gm	12 gm
STRIP BRD	3 ea	13 gm	3 ea	13gm	560 mg	240	15 gm	14 gm
SPICY CHICKEN PATTY	3.46oz	17 gm	3.46 oz	17 gm	490 mg	230	10 gm	16 gm
EGG ROLL (TURKEY&VEGETABLE)	1ea 4.4 oz	27gm	1 ea 4 oz	27 gm	680 mg	250	9 gm	15 gm
Cheese Sauce	2 T	2.23 gm	2T	2.23 gm	244 gm	214	51.43%	3.75%
FAJITA CHICKEN WRAP	1/3C =2 oz	37 gm	1/3 C =2 oz	37gm	360	120	4. gm	19.33gm
Grated cheese	1 oz	12 gm	1 oz	12 gm	450 gm	560	11%	1%
FISH nuggets	4 ea	21 gm	4 ea	21 gm	460	240	12 gm	13gm
ITALIAN PASTA BAKE (HKR)	1 6 oz sv	28.15 gm	1 6 oz sv	28.15 gm	250mg	280	10.21 gm	17.93 gm
MAC & CHEESE / SMOKIES	3/4 C	23.8 gm	1 C	31.72 gm	873 mg	311	16.93 gm	15.2 gm
MAC & CHEESE ONLY	3/4 C	22.8 gm	1 C	30.7 gm	638mg	226	11.93 gm	12.2gm
QUESO BLANCO (CHEESE)	2 OZ	2 GM	2 OZ	2GM	415 mg	118	9 gm	7 gm%
PORK PATTY BRD	NA	NA	3 oz	13 GM	370	290	011.8 gm%	13 gm
PORK RIB PATTIE GLAZED(bbq)	1-3.1oz sv	8gm	1-3.1oz sv	8 gm	460 mg	220	15 gm	15 gm
TURKEY								
CARNITAS (TURKEY)	1 EA 4.35oz	9 gm	1 ea4.35 gm	9 gm	483 mg	133	4 gm	16 gm
FRITTER BRD *	3.9 oz	20gm	3.9 oz	20 gm	735 mg	280	14.4gm	16.8 gm
SLIVERED TURKEY SLICES	3.84oz	2gm	3.84 oz	2 gm	500 mg	60	3gm	7 gm
SLICED ROAST (THANKSGIVING)	2 oz	10 gm	2 oz	10 gm	395 mg	65	8%	9 gm
STRIP BRD*	NA	NA	3 1 oz ea	20 gm	767 mg	284	14.64 gm	16.08 gm
SANDWICHES								
BBQ BEEF + BUN	1/3 C	41.52 gm	1 ea	41.52 gm	330 mg	160	30%	19.18 Gm
BUN ONLY	1 ea	12..72 gm	1 ea	12.72 gm	162 mg	100	.5 gm	
CHARBURGER W BUN	1 ea	14.5gm	1 ea	14.5 gm	384 mg	328	12 gm	13.4 gm
CHEESE BURGER W BUN	1 ea	16.72 gm	1/2 oz	16.72 gm	894mg	560	21 gm	19.4 gm
CHEESE SLICE	1 EA=1/2 oz	1.5 gm	1 ea	1.5 gm	510mg	100	9 gm	6 gm
CHILI DOG W BUN	NA	NA	1 ea	26.5 gm	767 mg	294	21 gm	6 gm
CHICKEN PATTY BRD W BUN	1 ea	38..6 gm	1 ea	38.6 gm	572 mg	320	16 gm	6 gm
CHICKEN GRILL PATTY W BUN	1 ea	38 gm	1 ea	38 gm	722mg	322	6gm	
CORNDOG LITE	1 ea	15 gm	1 ea	15 gm	450 mg	170	8.9 gm	13 gm
HOT DOG W BUN	1 ea	15 gm	1 ea	15 gm	780 mg	280	19.4 gm	9.42 gm
HAM & CHEESE W BUN	3.58oz	16.22 gm	3.58 oz	16.22 gm	1542 mg	320	11.4 gm	21.5 gm
HOT HAM & CHEESE W BUN	3.58 oz	16.22 gm	3.58 oz	16.22 gm	1542 mg	320	14.5 gm	21.5 gm
PANTHER RIB + BUN	1 ea	20.72 gm	1 ea	20.72 fm	622 mg	322	15.5 gm	18.46 gm
BRD PORK PATTIE(pork chop shape)	1 ea 3.75oz	29 gm	1 ea	29 gm	792 mg	310	20 gm	15 gm
PIG IN BLANKET	1 ea	15 gm	1 ea	15 gm	692 gm	280	19.4 gm	8.24 gm
SPICY CHICKEN W BUN	NA	NA	1 ea	25.72 gm	676 mg	204	10 gm	13 gm
SLICED TURKEY (JENNIE O) / BUN	3.84OZ SL	39.72 gm	3.84oz sl	39.72 gm	780 mg	160	118 gm	15 gm
PIZZA								
CHEESE PHS	1 EA	31.8 gm	1 ea	32.8 gm	E= 542 S 723	E=183 S=244	34.70%	
HAMBURGER PHS	1 ea	29.7 gm	1 ea	39.7 gm			38%	
PIZZA CHEESE (TONY'S)								
PIZZA PEPPERONT (TONY'S)								
TACO SALAD	1/3 C	22.9GM	1/3 C	22.9 gm	1110	490	52%	
SOFT TACO W TORTILLIA	1/4 C	22.9 gm	1/3 C	29.3 gm	805	335	53%	26.6 GM
SPAGHETTE /MEATSAUCE	3/4 C	25gm	3/4 C	30.7 gm	636	403	17.9 GM	
CONDIMENTS								
CATCHUP PKTS Heins 9 gm / pkg	1 ea	4 carb	4 ea High	16 carb				
BBQ SAUCE curleys 1 tabs	1 tabs	6.5 gm						
Miricle Whip Maoy Lite 1pkc=7/16oz	1 ea	1 gm						
MUSTARD PKT	1 EA9 GM	0 CARB						

VEGETABLES	Elem Port	CARB GM	M & h Port	CARB GM	Sodium	Calories	FAT %	PROTEIN
BAKED BEANS (PHS)	1/2 C	36.6 gm	1/2 c	36.6 gm	838 mg	230	8.21%	5 gm
GREEN BEANS canned	1/2 C	4 gm	1/2 C	4 gm	380 mg	20	0 gm	> 1gm
KIDNEY BEANS canned	1/4 C	9 gm	1/3C	12.6 gm	E=189 S=252	E=53 S=70	9.59%	4.5 gm
PORK N BEANS canned	1/2 C	4 gm	1/2C	4 gm	350 mg	110	1.5 gm	7 gm
BROCCOLI frozen	1/2 C	4 gm	1/2 C	4 gm	10mg	12.5	0gm	1gm
CABBAGE WEDGE 1 ea	1/2 C	2 gm	1/2 C	2 gm	6 mg	6	.1 gm	.5 gm
CARROT COINS frozen	1/2 C	6 gm	1/2 C	6 gm	43 mg	27	.2 gm	1 gm
CALIFLOWER Steamed	1/2 C	1.5 gm	1/2 C	1.5 gm	4.5 mg	6	.1 gm	.5 gm
CORN frozen	1/2 C	8 gm	1/2 C	8 gm	2.5 mg	45	0 gm	1 gm
MIXED VEGETABLES frozen	1/2 cup	10.8 gm	1/2 C	10.8 gm	54mg	72	0 gm	5.52 gm
WINTER MIX VEG boccoli, cauliflowe	1/2 C	4.8 gm	1/2 C	4.8 gm	28mg	28	0.00%	3.4 gm
PEAS frozen	1/2 C	11 gm	1/2C	11 gm	96 mg	50	0 gm	2 gm
PEAS & CARROTS frozen	1/2 C	13 gm	1/2C	13 gm	90 mg	80	1 gm	5 gm
REFRIED BEANS canned	1/4 C	8 gm	1/2 C	16 gm	E=200 S=400	E=55S=210	2 gm	6 gm
SHREDDED LETUCE fresh	1/2 C	.5 gm	1 C	1 gm	3 mg	7	0 gm	1 gm
GARDEN SALAD fresh	1 C	4 gm	1 C	4 gm	.8 mg	10	20 gm	.21 gm
SPINACH frozen	1/2 C	2.5 gm	1/2 C	2.5 gm	82 mg	27	.2 gm	3 gm
TOMATO/LETTUCE	1/4C	1.6 gm	1/3 C	3 gm	3mg	6	13.50%	2.5 gm
TOMATO CANNED diced /juice	1/4 C	4 gm	1/2 C	8 gm	E=4 S=8	E=10 S=20	.1 gm	1gm
FRESH VEGETABLES	Elem Port	CARB GM	M & H Port	CARB GM	SODIUM	CALORIES	FAT %	PROTEIN
BROCCOLI FRESH	1/2 CUP	4 GM	1/2 CUP	4 gm	10 mg	8	0.00%	1.9 gm
BABY CARROT Raw	1/2 C	6.5 gm	1/2 C	6.5 gm	23 mg	28	.1 gm	.55 gm
CAULIFLOWER raw	1/2 C	2 gm	1/2 C	2 gm	1.5 mg	10	.1 gm	1 gm
CELERY STICKS raw	1/2 C	2.5 gm	1/2 C	2.5 gm	54 mg	10	.1 gm	.5 gm
COLESLAW fresh	1/2 C	3.5 gm	1/2 C	3.5 gm	7 mg	20.5	.8 gm	.5 gm
CUCUMBER COIN Raw	1/2 C	.7 gm	1/3 C	.75 gm	1 mg	3	12%	.17gm
TOMATO SLICED (1)	1 SL	1 gm	2 sl	2 gm	0 mg	5	0 gm	0 gm
RADISH fresh	1/2 c	4 gm	1/2 C	4 gm	14 mg	14	.3gm	.5 gm
SWEET POTATO	1/2 C	16 gm	1/2 C	16 gm	8.5 mg	70	.5 gm	1 gm
TOMATO FRESH	2-Jan	4 gm	1/2 CUP	4 gm	8 mg	19	.3 gm	1 gm
ZUCHINI SQUASH	1/2 CUP	3 GM	1/2 CU[3 mg	3 gm	16	.2 gm	1 gm
POTATOES	Elem Port	CARB GM	M & H Port	CARB GM	SODIUM	CALORIES	FAT %	PROTEIN
AUGRATIN	1/4 C	14.9 gm	1/3 C	19.9 gm	E=167 S=222	E=29 S=38		5.58 gm
BAKED POTATO	1/2 ea	25.5 gm	1 ea	50.96 gm	16	220	30%	1.17gm
CRISS CUT OVEN FRIES	.375 C	20 gm	.875 C	46.6 gm	20 mg	144	28%	4 gm
CURLY OVEN FRIES	.375 C	20 gm	.875 C	46.6 gm	430 mg	160	6 gm	2 gm
SPICY CURLY FRIES	NA	NA	.875 C	46.6 gm	746.6mg	374	8 gm	4 gm
FRENCH OVEN FRIES	.375 C	24 gm	.875 C	35 gm	E=150 S=225	E=114 S=171	18.6 gm	.9 gm
FR FRIES OVEN SEASON COATED	.375C	22 gm	.875 C	51 gm	E=330 S=770	E=170 S= 396	47%	2 gm%
MASHED POTATO	1/3 C	9.92 gm	1/2 C	14.88 gm	E=165 S=220	E=58 S=77	8 gm	2 gm
RANCH CUT OVEN FRIES	.375 C	19 gm	.875 C	44.3 gm	25 mg	120	8 gm	2.74gm
SCALLOPED	1/4 C	19.9 gm	1/2 C	39.47 gm			4 gm	
TATOR TOTS	5 ea	19 gm	8 ea	44 gm	330 mg	160		2 gm
							8 gm	
PICKLES								
DILL SLICES	2-4 SL	2.7 gm	2-4 sl	2.7 gm	0.27	0		0
							0	
SAUCES								
CHEESE SAUCE	1 oz	4 gm	1 oz	4 gm	390	70		6gm
TACO SALSA	1 oz	5 gm	1 oz	5 gm			7 gm	
WHITE GRAVY	1 OZ	6 gm	2 oz	12 gm	25	6		0
TARTAR SAUCE	.5 oz	2 gm					.5 gm	

BREAD ITEMS	PORTIONS	CARB GM	PHS	CARB GM	Sodium	Calories	FAT %	PROTEIN
W.W. BREAD STICK	1 ea	14.7 gm	1 ea	14.7 gm	162	100	3.4gm	2.43 gm
BANANA BREAD	1 sl	35.9 gm	1 sl	35.9 gm	164	187	18%	6%
PUMPKIN BREAD	1 sl	29.6 gm	1 sl	29.6 gm		198	33%	5%
BISCUIT (BREAKFAST)	1 ea	22.4 gm	2 ea	44.8 gm	232	169	3.46 gm	3.7 gm
BUNS -(ALL SAME SIZE) 2.25 OZ	1 ea	27.01 gm	1 ea	27.01 gm	171	153	5.1 gm	4.34 gm
CINNAMON ROLLsnack bar only	2oz	46 gm	2 oz	46 gm	311	236	13.78%	5.7 gm
CINN PUFF 1.2 oz	1 ea 1 oz	27.6 gm	1 ea	27.6 gm	109	139	2.05 gm	2.55 gm
CINN. TOP HARD ROLL	1 ea 1.5 oz	19.14 gm	1 ea 1.5 gm	119.14 gm	72.6	102	1.36 gm	1.7 gm
WW FRENCH BUN	1 ea 2.5 oz	25.9 gm	1 ea 2.5 oz	25.9 gm	243	150	5.1 gm	3.65 gm
51%WW ROLL	1 ea2 oz	22.9 gm	1 ea	22.9	162	100	3.4gm	2.42 gm
HARD ROLL	1 ea 2oz	18.52 gm	1 ea 3 oz	18.52 gm	72.6	92.33	1.36 gm	1.7 gm
HOT DOG BUN (PURCHASED)	1 ea 1.5 oz	12 gm	1 ea 1.5 oz	12 gm	250	130	2 gm	4 gm
MULTI GRAIN ROLL 2 OZ	1 ea	24gm	1 ea	24 gm	147	134	2.46 gm	4.1gm
CORNMEAL ROLL	1 ea 1.5 oz	24.15 GM	1 EA	24.15 GM	106	132	2.3 gm	3.74 gm
OATMEAL ROLL	1 ea 1.5 oz	24.25 GM	1 ea 1.5 oz	24.25 GM	139	143	2.43 gm	4.06 GM
TORTILLA CHIPS	3/4 oz	27 gm	1 oz	36 gm	E=108 S=145	E=85 S=110	12%	2 gm
TORTILLA 8 INCH	1 ea	23 gm	1 ea	23 gm	290	140	3.5 gm	4 gm
PIZZA CRUST	2.5 oz	25.9 gm	1ea	25.9 gm	243	150	5.1 gm	3.65 gm
MUFFIN PHS LOW FAT	2 oz	CARB GM						
BANANA MUFFIN	1 EA	26 gm	1 ea	26 gm	220	120	.5 gm	2 gm
BLUEBERRY	1 ea	26 gm	1 ea	26 gm	220	120	.5 gm	2 gm
CHOC CHIP	1 ea	38 gm	1 ea	38 gm	273	180	2.91gm	2.21 gm

GARDEN BAR	PORTION	CARB GM	M&H Port	Carb GM	Sodium	Calories	% Fat	PROTEIN
VEGETABLES								
LETTUCE	1 cup	2.97 gm	1 cup	2.97 gm	5	7	< 1	< 1
BROCCOLI FLORETTES	1/2 CUP	4 GM	1/2 CUP	4 GM	10 mg	3	< 1	0.38
CARROTS	1/2 CUP	6.5 gm	1/2 CUP	6.5 gm	23 mg	28	.2 gm	1 gm
CAULIFLOWER FLORETTES	1/2 CUP	2 gm	2 tbs	2 gm	1.5 mg	10	.1 gm	1 gm
CELERY STICKS	1/2 CUP	2.5 gm	1/2 cup	2.5 mg	54 mg	10	< 1	< 1
CUCUMBER SLICES	1/2 CUP	.7 gm	1/2 CUP	.7 gm	1 mg	3	< .1	< 1
GREEN PEPPERS	1/2 CUP	.52 gm	1/2 CUP	.52 gm	.52 mg	4.52	< 1	< 1
KIDNEY BEANS	2 TBS	4.8GM	2 tbs	4.8 GM	111	26	.14 GM	1.64 GM
ONIONS (CHOPPED)	2 TBS	2.25 GM	2 tbs	2.25 GM	0.38	6.8	<1	<1
PEAS	1/4 cup	1.8gm	1/4 cup	1.8 gm	0.76	8.4	< 1	.64 gm
RADISHES SLICED	2 TBS	.42gm	2 tbs	.42 gm	0.14	0.88	< 1	<1
TOMATOES DICED	1/2 cup	.52 gm	1/2 CUP	.52 gm	3.76 mg	8.8	< 1	< 1
BEETS	2 TBS	1.5 gm	2 TBS	1.5 gm	58.3	6.7	< 1	< 1
FRUIT								
FRESH FRUIT								
APPLE 1/2 C WEDGE = 3 wedges	1/2 CUP	11gm	1 /2 cup	11 gm	0	109	40%	1 gm
BANANA	1/2 EA	14 gm	1 WHOLE	28 GM	2 mg	28.5	5 gm	.5 gm
GRAPES	1/2 cup	14.2 gm	1/2 cup	14.2 gm	3 mg	34	.5 gm	2 gm
ORANGE WEDGES 1/2 CUP= 3	1/2 cup	6.5 gm	1 WHOLE	13 mg	.5 mg	28	.5 gm	.2 mg
MELON 1/4 CUP EACH								
CANTALOPE 1 WEDGE 1/4 CUP	1/4cup1 wed	3.25 gm	1/2 cup 3 wed	6.5 gm	1.5 mg	40	.5 gm	.5 gm
HONEYDEW 1 wedge =1/4 cup	1/4 cup	4 gm	2 wed 1/2 c	8 gm	8.5 mg	40	.5 gm	1.5 gm
WATERMELON 1 wedge =1/4 cup	1/4 cup	2.75 gm	1/2cup =2 wed	5.5 gm	1.5 mg	24.5	.35 gm	.5 gm
PEAR WEDGE 1/2 CUP=3 wedges	1/4 cup=1.5	6.25 gm	1/2cup=3wed	12.5 gm	0	24.5 /49	0.7	0.5
FRUIT CANNED								
APPLESAUCE unsweetened	1/2 cup	14 gm	1/2 cup	14 gm	5mg	105	1%	0
APPLESAUCE ROSY unsweetened	1/2 cup	26 gm	1/2 cup	26 gm	8mg	97	0.50%	0
CHERRIES frozen /sugar	1/2 cup	8.5 gm	1/2 cup	8.5 gm	1 mg	35.5	.7 gm	.5 gm
FRUIT COCKTAIL	1/2 cup	23 gm	1/2 cup	23 gm	7.6mg	90	0	0
FRUIT MIX CUP canned	1/2 cup	23.4 gm	1/2 cup	23.4 gm	7.6mg	88	0	0
FRUIT N PUDDING	1/2 cup	21.8 gm	1/2 cup	21.8 gm	12 mg	90	19%	.94 gm
JUICE ASSORTED frozen	4 oz	14.6 gm	4 oz	14.6 gm	1.87 mg	60	0	0
MANDARIN ORANGES canned	1/2 cup	12 gm	1/2 cup	12 gm	12 gm	46	0	0
PEACH HAVES	1/2 cup	13.5 gm	1/2 cup	13.5 gm	12 mg	52	.2 gm	.1 GM
PEACH SLICES	1/2 cup	13.5 gm	1/2 cup	13.5 gm	12 mg	52	.2 gm	.5 gm
PEAR HAVES	1/2 cup	15 gm	1/2 cup	15 gm	2.5 mg	58	0	
PEAR SLICES	1/2 cup	15 gm	1/2 cup	15 gm	12 gm	58	0	0
PINEAPPLE RING 1/2cup=4 rings	1/2 cup	19.5 gm	1/2 cup	19.5 gm	1 mg	74.5	0	.5 gm
PINEAPPLE TIDBITS	1/2 cup	19.5 gm	1/2 cup	19.5 gm	1mg	74.5	0	.5gm
PINEAPPLE/MAND ORANGE cup	1/2 cup	20.5 gm	1/2 cup	20.5 gm	13 mg	83.25	0	gm
STRAWBERRIES unsweeten frozen	1/2 cup	7 gm	1/2 cup	7 gm	1.5 mg	26	2 gm	2 gm
Strawberry, banana, applesauce cup	1/2 cup	21 gm	1/2 cup	21 gm	2 mg	67.5	1.2gm	1.5 gm
Strawberry, pineapple cup	1/2 cup	11.75 gm	1/2 cup	11.75 gm	2.5 mg	50.25	.2gm	1.25 gm
SPICY APPLES	1/2 cup	28 gm	1/2 cup	28 gm	2mg	65	.2 gm	0
FAT FREE FRENCH	2 TABS	12 GM	2 TBS	12 GM	260 mg	45	0	0
FAT FREE ITALIAN	2 TABS	7 GM	2TABS	7 GM	360 mg	25	0	0
FAT FREE RANCH	2 TBSP	10 GM	2 TBSP	10 GM	450	45	0	0

