

| ITEM | SERVING SIZE | TOTAL CALORIES | TOTAL FAT | FIBER | CARBOHYDRATES |
|-------------------------|---------------|----------------|-----------|-------|---------------|
| MILK | | | | | |
| MILK 1% | 8oz | 100 | 2.5 | 0.0 | 12.0 |
| CHOCOLATE | 8oz | 160 | 2.5 | 0.0 | 26.0 |
| STRAWBERRY | 8oz | 170 | 2.5 | 0.0 | 30.0 |
| SKIM WHITE | 8oz | 80 | 0.4 | 0.0 | 12.0 |
| HOT VEGGIES | | | | | |
| CORN | 1/2 cup | 106 | 3.47 | 2.1 | 19.4 |
| BROCCOLI | 1/2 cup | 44 | 2.3 | 3.0 | 5.0 |
| WITH CHEESE SAUCE | 1/2 cup | 105 | 5.22 | 3.0 | 9.9 |
| GREEN BEANS | 1/2 cup | 34 | 2.14 | 1.5 | 3.5 |
| PEAS | 1/2 cup | 73 | 1.215 | 3.5 | 11.8 |
| CALIFORNIA BLEND | 1/2 cup | 73 | 0.59 | 4.5 | 15.3 |
| WITH CHEESE SAUCE | 1/2 cup | 123 | 4.25 | 4.6 | 17.1 |
| COLD VEGGIES | | | | | |
| CARROTS | 1/2 cup | 25 | 0 | 1.5 | 6.0 |
| CELERY | 1/2 cup | 8 | 0 | 2.0 | 3.0 |
| TOSSED SALAD | Each | 14 | 0 | 1.1 | 2.7 |
| TOMATOES | 1/2 cup | 14 | 0 | 0.7 | 3.0 |
| CUCUMBER | 1/2 cup | 8 | 0 | 0.3 | 1.8 |
| PEPPERS SWEET (Sliced) | 1/2 cup | 14 | 0 | 1.0 | 3.2 |
| PEPPERS HOT (Cherry) | 1oz | 15 | 0 | 1.0 | 2.0 |
| PEPPERS GREEN (Sliced) | 1/2 cup | 10 | 0 | 0.9 | 2.3 |
| CAULIFLOWER | 1/2 cup | 18 | 0 | 1.8 | 3.9 |
| BROCCOLI | 1/2 cup | 16 | 0 | 1.0 | 3.0 |
| RADISHES | 1/2 cup | 10 | 0 | 1.0 | 2.0 |
| FRESH FRUIT | | | | | |
| APPLE | 1 small | 75 | 0 | 3.5 | 20.5 |
| ORANGE | Each | 62 | 0 | 3.1 | 15.4 |
| BANANA | 1 extra small | 72 | 0 | 2.1 | 18.5 |
| KIWI | Each | 46 | 0 | 2.3 | 11.1 |
| WATERMELON | 1/2 cup | 118 | 0 | 1.6 | 29.6 |
| GRAPES | 1/2 cup | 61 | 0 | 0.8 | 15.6 |
| PINEAPPLE | 1/2 cup | 36 | 0 | 1.1 | 9.5 |
| PEARS | 1/2 large | 64 | 0 | 3.4 | 17.1 |
| PLUMS | Each | 31 | 0 | 0.9 | 7.5 |
| PEACHES | 1 small | 51 | 0 | 2.0 | 13.0 |
| GRAPEFRUIT | 1/2 small | 32 | 0 | 1.1 | 8.1 |
| CANTELOPE | 1/2 cup | 34 | 0 | 0.9 | 8.0 |
| OTHER FRUIT | | | | | |
| PEACHES | 1/2 cup | 56 | 0 | 1.7 | 14.6 |
| PEARS | 1/2 cup | 58 | 0 | 1.9 | 15.0 |
| PINEAPPLE | 1/2 cup | 76 | 0 | 1.0 | 19.7 |
| FRUIT COCKTAIL | 1/2 cup | 73 | 0 | 1.5 | 19.1 |
| APPLESAUCE | 1/2 cup | 97 | 0 | 1.6 | 25.4 |
| RAISINS | 1oz | 85 | 0 | 1.1 | 22.5 |
| SHAPE UP | Each | 57 | 0 | 0.0 | 14.3 |
| FROZEN FRUIT | Each | 42 | 0 | 1.0 | 9.0 |
| POTATOES | | | | | |
| WEDGES | 4oz | 87 | 3.74 | 1.3 | 11.2 |
| TRIANGLE | Each | 170 | 9 | 3.0 | 20.0 |
| MASHED POTATOES | 1/2 cup | 76 | 1 | 1.4 | 14.9 |
| OTHER | | | | | |
| DINNER ROLLS | Each | 114 | 2.68 | 3.5 | 16.5 |
| CINNAMON ROLL W/ ICING | Each | 296 | 2 | 0.0 | 62.0 |
| CINNAMON ROLL W/O ICING | Each | 200 | 2 | 0.0 | 38.0 |
| RICE KRISPY TREAT | Each | 90 | 3 | 0.0 | 17.0 |
| COOKIE | Each | 132 | 6.8 | 1.1 | 18.2 |