

Osseo Area Schools

Sep 8, 2015 thru Sep 9, 2015

Base Menu Spreadsheet

2015 BREAKFAST K-12

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/08/2015															
2015 BREAKFAST K-12															
BAGEL,WHITE WG LENDER'S 7/1	Total														
EACH		140	0	180	4.00	1.80	40.0	0	0	0.0	6.0	29.0	1.0	0.00	0.00
BAGEL, HONEY WW SLICED 7/1	1 EACH	130	0	170	2.00	1.44	20.0	0	0	0.0	5.0	26.0	1.0	0.00	0.00
BAGELS, MINI STRW OR CINN 8/	PKG	235	10	180	2.00	1.26	20.0	100	20	0.0	6.0	41.0	6.0	2.50	0.00
BREAD, BANANA, GREAT NORT	EACH	280	60	250	3.00	1.08	40.0	100	20	1.2	5.0	32.0	15.0	3.00	0.00
HERN															
BREAD, LEMON PPYSD 51% W	1 EACH	430	60	320	3.00	1.80	80.0	100	20	0.0	7.0	56.0	20.0	4.00	0.00
W 6/15															
BREAD,BAN CHOC CH 2.45OZ 6/	1 EACH	290	50	210	3.00	1.08	40.0	100	20	0.0	4.0	35.0	16.0	4.50	0.00
BREAD,MINI LOAF BANANA 6/14	LOAF	180	10	170	2.00	1.44	0.0	0	0	0.0	3.0	30.0	6.0	1.00	0.00
BREAD,MINI LOAF APPLICINN	LOAF	190	10	180	2.00	1.44	0.0	0	0	0.0	3.0	30.0	7.0	1.00	0.00
6/14															
BREAD,MINI LOAF BLUEBRY 6/1	LOAF	170	10	180	2.00	1.44	0.0	0	0	0.0	3.0	29.0	6.0	1.00	0.00
BREAD,MINI LOAF DRMY ORNG	LOAF	180	10	180	2.00	1.44	0.0	0	0	0.0	3.0	28.0	7.0	1.00	0.00
6/14															
BREAD,SNACKBRD BB 51%WG	1 EACH	410	55	320	3.00	1.80	80.0	100	20	1.2	7.0	55.0	20.0	4.00	0.00
6/15															
BREAD,SNACKBRD CHOC. CH 5	1 EACH	420	30	340	4.00	2.70	80.0	0	0	0.0	7.0	54.0	21.0	5.00	0.00
1%WW															
BREAD,SNACKBRD FRNCH TST	1 EACH	270	60	250	2.00	1.08	40.0	100	20	0.0	5.0	34.0	14.0	3.50	0.00
2.3OZ															
BREAD,SNACKBRD LEMONPPY	1 EACH	270	60	260	2.00	1.08	60.0	100	20	0.0	5.0	30.0	15.0	3.50	0.00
2.2OZ															
BREAD,SNACKBRD WW BLUBR	1 EACH	250	60	250	2.00	1.08	40.0	100	20	1.2	4.0	31.0	13.0	2.50	0.00
Y 2.4OZ															
BREAD,ULTRA MINI LOAF 6/14	LOAF	180	10	170	2.00	1.44	0.0	0	0	0.0	3.0	30.0	6.0	1.00	0.00
BREAD,ULTRA SLICE BANANA 6	SLICE	280	0	220	2.00	1.08	80.0	100	20	0.0	5.0	44.0	10.0	2.00	0.00
/14															
BREAD,ULTRA SLICE ZUCCHIN	SLICE	270	0	220	2.00	1.08	100.0	100	20	1.2	5.0	43.0	10.0	2.00	0.00
6/14															
BREAD,ULTRA SLICE WLD BER	SLICE	270	0	190	2.00	1.44	100.0	100	20	0.0	6.0	43.0	9.0	2.00	0.00
6/14															
BREAD,WG #309SANDWICH PO	EACH	70	0	125	1.00	0.72	20.0	0	0	0.0	3.0	13.0	0.5	0.00	0.00
G 5/15															
BREADSTICK, APPLE FILL 8/15	STICK	190	0	170	3.00	1.80	20.0	0	0	0.0	5.0	38.0	2.5	0.50	0.00
CEREAL, CHEERIOS GM 8/15	1 EACH	100	0	140	3.00	8.10	100.0	500	100	6.0	3.0	20.0	2.0	0.50	0.00
CEREAL, CHEERIOS APP CIN 8/1	1 EACH	110	0	110	2.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	2.0	22.0	1.5	0.00	0.00
CEREAL, CHEERIOS FRUITY G	1 EACH	120	0	150	2.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	2.0	26.0	1.5	0.00	0.00
M8/15															

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Osseo Area Schools

Sep 8, 2015 thru Sep 9, 2015

Base Menu Spreadsheet

2015 BREAKFAST K-12

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/08/2015															
CEREAL, CHEERIOS HNY NT G M8/15	1 EACH	110	0	160	2.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	2.0	22.0	1.5	0.00	0.00

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Sep 8, 2015 thru Sep 9, 2015

Base Menu Spreadsheet

2015 BREAKFAST K-12

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
CEREAL, CHEERIO MULT GR G M8/15	1 EACH	100	0	115	2.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	2.0	23.0	1.0	0.00	0.00
CEREAL, CHEX HONEY NUT GM 8/15	1 EACH	120	0	190	1.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	2.0	27.0	0.5	0.00	0.00
CEREAL, CHEX RICE GM 8/15	1 EACH	100	0	250	1.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	2.0	24.0	0.5	0.00	0.00
CEREAL, CINN TST RS GM8/15	1 EACH	110	0	160	2.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.0	22.0	3.0	0.50	0.00
CEREAL, CINN TST CRUNCH 8/1	1 EACH	110	0	160	2.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.0	22.0	3.0	0.50	0.00
CEREAL, COCOA PUFF RS GM8/8/15	1 EACH	110	0	160	2.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	2.0	25.0	1.5	0.00	0.00
CEREAL, CHEX CINNAMON GM 8/15	1 EACH	110	0	170	0.00	0.00	0.0	0	0	0.0	1.0	23.0	2.0	0.00	0.00
CEREAL, FRST CORN FLAKE G M8/15	1 EACH	100	0	190	1.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.0	24.0	0.5	0.00	0.00
CEREAL, GOLDEN GRAHAMS G M 8/15	1 EACH	110	0	220	1.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.0	24.0	1.0	0.00	0.00
CEREAL, KIX GM 8/15	1 EACH	60	0	100	2.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.0	15.0	0.5	0.00	0.00
CEREAL, KIX BERRY GM 8/15	1 EACH	71	0	101	1.01	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.01	16.19	1.01	0.00	0.00
CEREAL, KIX HONEY GM 8/15	1 EACH	70	0	110	2.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.0	16.0	0.5	0.00	0.00
CEREAL, LUCKY CHARMS GM 8/	1 EACH	110	0	180	2.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	2.0	23.0	1.0	0.00	0.00
CEREAL, REESE'S PUFFS GM 8/	1 EACH	120	0	160	1.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	2.0	21.0	3.0	0.50	0.00
CEREAL, TOTAL RAISN BRN 8/15	BOWL	100	0	110	3.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	2.0	25.0	0.5	0.00	0.00
CEREAL, TRIX GM 8/15	1 EACH	110	0	160	1.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.0	24.0	1.0	0.00	0.00
CEREAL, TRIX RS GM 8/15	1 EACH	110	0	140	1.00	0.00	0.0	0	0	0.0	1.0	24.0	1.0	0.00	0.00
CEREAL BAR, CHEERIO APCIN 8/15	1 EACH	150	0	95	3.00	1.80	200.0	100	20	0.0	2.0	30.0	3.0	0.50	0.00
CEREAL BAR, CHEERIOS FRTY 8/15	1 EACH	150	0	105	3.00	1.80	200.0	100	20	4.8	2.0	30.0	3.0	0.50	0.00
CEREAL BAR, CINN TST CR 8/15	1 EACH	150	0	115	3.00	1.80	200.0	0	0	0.0	3.0	30.0	3.0	0.50	0.00
CEREAL BAR, COCOA KRSP 7/1	1 EACH	150	0	85	3.00	0.72	100.0	500	100	0.0	2.0	27.0	4.5	1.00	0.00
CEREAL BAR, COCOA PUFFS 8/1	1 EACH	150	0	110	3.00	1.80	200.0	100	20	1.2	3.0	30.0	3.0	0.50	0.00
CEREAL BAR, GOLDEN GRAHA M 8/15	1 EACH	150	0	110	3.00	1.80	200.0	100	20	0.0	2.0	30.0	3.0	0.50	0.00
CEREAL BAR, NUTGRAIN SOFT BAKE	BAR	150	0	85	2.00	0.36	0.0	0	0	0.0	3.0	27.0	4.0	0.00	0.00
CINNAMON ROLL, WG 2.2OEG 6 /15	EACH	260	10	300	3.00	1.80	60.0	200	40	0.0	6.0	42.0	8.0	4.00	0.00
ENGLISH MUFFIN, PLAIN, 1 WH OLE	1 EACH	140	0	248	1.46	2.42	102.4	0	0	0.88	5.37	27.38	1.05	0.28	0.00
FRENCH TOASTIX WG RICH'S 6/	4 EACH	270	0	280	3.00	2.00	235.0	431	86	0.0	6.0	35.0	12.0	2.00	0.00
FRENCH TOASTIX WG RICH'S 6/	2 EACH	135	0	140	1.50	1.00	117.5	216	43	0.0	3.0	17.5	6.0	1.00	0.00
FRUDEL, APPLE PILLSBURY 8/1	1 EACH	210	0	280	2.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	5.0	36.0	6.0	1.50	*N/A*

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Base Menu Spreadsheet

2015 BREAKFAST K-12

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
5															
FRUDEL, CHERRY PILLSBURY 8 /15	1 EACH	210	0	290	2.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	5.0	37.0	6.0	1.50	0.00
MUFFIN,WW BLUBRY 4 OZ 6/15 GNB	EACH	410	100	420	4.00	1.44	80.0	100	20	1.2	7.0	51.0	21.0	4.50	0.00
MUFFIN,WW LEMONPOPPY 4 OZ 6/15	1 EACH	470	100	450	4.00	1.80	80.0	100	20	0.0	8.0	52.0	27.0	6.00	0.00
MUFFIN, WG APPLE SCHOOLMADE	5 OZ CUP	187	41	189	3.30	0.24	44.1	263	77	0.16	3.93	26.04	7.99	4.64	*0.00
MUFFIN, WG MIX GREGORY FOD6/14	EACH	176	29	188	1.18	0.43	14.2	16	3	0.19	2.83	23.51	8.1	1.91	0.00
ENGLISH MUFFIN, PLAIN, 1 WHOLE	1/2 EACH	70	0	124	0.73	1.21	51.2	0	0	0.44	2.68	13.69	0.53	0.14	0.00
OATMEAL	1/2 CUP	71	0	4	1.92	0.86	13.4	0	0	0.0	3.06	12.02	1.25	0.22	*N/A*
PANCAKES, MINI MPL BRST GM 8/15	BAG	230	0	150	3.00	0.00	0.0	0	0	0.0	4.0	41.0	1.0	0.50	0.00
PANCAKES, MINI STRWBRY GM 8/15	BAG	230	0	170	3.00	0.00	0.0	0	0	0.0	4.0	42.0	7.0	1.00	0.00
POPARTS, FRSTD CINNAMON WG7/15	PASTRY	180	0	190	3.00	1.80	100.0	500	100	0.0	2.0	37.0	3.0	1.00	0.00
POPARTS, FRSTD FUDGE WG 7/15	PASTRY	180	0	190	3.00	1.80	100.0	500	100	0.0	3.0	38.0	3.0	1.00	0.00
POPARTS, FRSTD STRWBRY WG 7/15	PASTRY	180	0	180	3.00	1.80	100.0	500	100	0.0	2.0	37.0	2.5	1.00	0.00
TOAST, WHOLE-WHEAT BREAD	1 SLICE	77	0	123	2.30	0.74	32.5	1	0	0.0	4.07	12.79	1.02	0.23	0.26
UBR ULT BKFST ROUND, 7/14	EACH	250	5	220	6.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	5.0	45.0	6.0	2.00	0.00
WAFFLE, 2.4OZ MAPLE SMUCKR 6/15	1 EACH	240	30	310	4.00	0.00	0.0	0	0	0.0	5.0	42.0	7.0	1.50	0.00
WAFFLE, 2.4OZ CHCHIP SMUKR 6/15	1 EACH	250	25	290	4.00	0.00	0.0	0	0	0.0	5.0	43.0	7.0	2.00	0.00
WAFFLE, 2.4OZ BLUBRY 6/15 SMUCK	1 EACH	250	25	280	4.00	0.00	0.0	0	0	0.0	5.0	43.0	7.0	1.50	0.00
WAFFLE, 2.4OZ APPLE CINN 6/1	1 EACH	250	20	280	4.00	0.00	0.0	0	0	0.0	5.0	43.0	7.0	1.50	0.00
WAFFLE, 2.4OZ CINN 6/15 SMUCKER	1 EACH	240	30	310	4.00	0.00	0.0	0	0	0.0	5.0	41.0	7.0	1.50	0.00
WAFFLES, MINIS EGGO VAR FL AVO	POUCH	210	0	270	4.00	2.70	100.0	500	100	0.0	5.0	35.0	5.0	1.50	0.00

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Wed - 09/09/2015															
2015 BREAKFAST K-12	Total														
BREADSTICK, APPLE FILL 8/15	STICK	190	0	170	3.00	1.80	20.0	0	0	0.0	5.0	38.0	2.5	0.50	0.00
BREADSTICK,CHS FILLED 6/15 G	EACH	150	20	290	2.00	1.44	150.0	200	40	0.0	8.0	18.0	6.0	3.50	0.00
BREADSTICK RF CHEZ WG 6" 6/15	EACH	150	15	220	2.00	1.08	200.0	200	40	0.0	10.0	17.0	5.0	2.50	0.00
BREAKFAST BITES, WG 2015	EACH	63	8	160	0.33	0.48	13.3	0	0	0.0	2.67	6.33	3.33	1.00	0.00
BREAKFAST WRAP, WG CHSE 7/14	EACH	180	190	400	2.00	0.72	100.0	400	80	0.0	10.0	14.0	10.0	4.00	0.00
CHEESE SLICE, AMERICAN RF 7/14	EACH	40	7	220	0.00	0.00	75.0	100	20	0.0	3.0	1.0	2.25	1.50	0.00
CHEESE STICK, LITE LOL 7/15	EACH	60	10	210	0.00	0.11	220.0	146	29	*N/A*	8.0	1.0	2.5	2.00	0.00
CHEESE, MOZZARELLA STRING LOL	EACH	81	15	213	0.00	0.00	202.5	202	40	0.0	7.09	1.01	6.08	3.54	0.00
CHEESE,STRING SAPUTO 1 OZ 2014	EACH	81	15	202	0.00	0.00	202.5	202	40	0.0	6.08	0.0	6.08	3.54	0.00
EGG CHS BKFST RD TSTY BRN	EACH	150	50	330	2.00	1.08	100.0	300	60	0.0	8.0	19.0	5.0	1.50	0.00
EGG CHZ HAM SAND ON ENG M UFFIN	EACH	280	153	805	1.00	1.98	80.0	200	40	0.6	20.0	33.5	8.25	3.00	0.00
EGG TURKEY HAM CROISSANT 2015	EACH	367	172	833	3.00	2.43	150.5	1000	200	0.2	*9.0	36.17	18.5	9.75	*0.00
EGG TURK SAUSAGE CROISSN T 2015	each	410	192	845	3.00	2.61	170.5	1000	200	0.0	*12.5	36.0	21.75	10.50	*0.00
EGG, HARD-BOILED - WHOLE	1 EACH	78	187	62	0.00	0.60	25.0	260	84	0.0	6.29	0.56	5.31	1.63	*N/A*
EGG MIX, SCRMBLD FRZN 2013	1/4 CUP	67	157	67	0.00	0.74	34.1	228	46	0.02	5.6	1.12	3.92	1.40	0.00
EGG, OMELET CHEDDAR CHEE	EACH	129	189	259	0.00	0.72	59.7	398	80	0.0	6.96	1.99	10.94	3.48	0.00
EGG, OMELET COLBY CHS 7/14	EACH	125	164	304	0.00	0.74	87.6	308	62	0.01	7.14	1.79	9.53	3.57	0.00
EGG, PATTY SUNNY FRESH	EACH	45	115	120	0.00	0.40	20.0	275	55	0.0	3.0	1.0	3.5	1.00	*N/A*
RAISINS, BOX 1.5 OZ	1 EACH	130	0	10	2.00	1.08	20.0	*N/A*	*0	0.0	1.0	31.0	0.0	0.00	0.00
SANDWICH, BRFSST EGG&CHS WG BUN	EACH	160	65	360	2.00	1.44	80.0	300	60	60.0	6.0	20.0	7.0	2.50	0.00
SANDWICH,PB&GRP 2.8 OZ 6/15	EACH	310	0	310	4.00	1.44	60.0	0	0	0.0	10.0	34.0	16.0	2.50	0.00
PANCAKE AND SAUSAGE ON A STICK	1 EACH	160	20	340	2.00	1.44	40.0	200	40	0.0	8.0	18.0	6.0	1.50	0.00
PARFAIT, YOGURT & FRUIT BR KFST	EACH	281	6	147	3.95	1.39	216.6	531	99	45.98	8.5	57.57	3.03	1.36	*N/A*
PIZZA, BEAKFST TRKY SAUG 8/1	EACH	210	15	480	2.00	1.80	100.0	200	40	0.0	9.0	26.0	7.0	2.00	0.00
TURKEY, SAUS. LINK JEN-O, 7/1	EACH	60	30	100	0.00	*N/A*	20.0	0	0	0.0	6.0	0.0	4.0	1.00	0.00
TURKEY,SAUSAGE LINK 8/15 JI M D	2 EACH	60	20	193	0.00	0.48	13.3	0	0	0.0	6.67	0.67	4.0	1.00	0.00

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Osseo Area Schools

Sep 8, 2015 thru Sep 9, 2015

Base Menu Spreadsheet

2015 BREAKFAST K-12

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/09/2015															
TURKEY, PATTY FC JENNIE-O 7/	EACH	110	50	320	0.00	0.72	0.0	0	0	0.0	15.0	0.0	6.0	2.00	0.00
YOGURT,STWBRY BAN YOPLAI	1 EACH	100	4	50	0.00	*N/A*	100.0	*N/A*	*N/A*	*N/A*	3.0	20.0	0.5	0.50	0.00
T 8/15															
YOGURT,RASP RAINBO YOPLAI	1 EACH	100	4	50	0.00	*N/A*	100.0	*N/A*	*N/A*	*N/A*	3.0	20.0	0.5	0.50	0.00
T8/15															
YOGURT,STWBRY BAN YOPLAI	1 EACH	100	4	50	0.00	*N/A*	100.0	*N/A*	*N/A*	*N/A*	3.0	20.0	0.5	0.50	0.00
T 8/15															
YOGURT,TRPLE CHRY YOPLAIT	1 EACH	100	4	50	0.00	*N/A*	100.0	*N/A*	*N/A*	*N/A*	3.0	20.0	0.5	0.50	0.00
8/15															
YOGURT, BLUEBRY GRK 6/14 O	EACH	100	5	40	0.00	0.00	100.0	0	0	0.0	9.0	15.0	0.0	0.00	0.00
IKOS															
YOGURT, GREEK 4 OZ VAN. 7/14	EACH	90	5	35	0.00	0.00	100.0	0	0	0.0	10.0	14.0	0.0	0.00	0.00
YOGURT, GREEK 5.3 OZ NF ST	EACH	130	5	40	0.00	0.00	150.0	0	0	2.4	13.0	19.0	0.0	0.00	0.00
WBRY															
YOGURT, GREEK 5.3OZ NF BLB	EACH	130	5	40	0.00	0.00	150.0	0	0	0.0	13.0	19.0	0.0	0.00	0.00
MILK,SKIM FF, SCHROEDER 7/2	1 EACH	80	5	130	0.00	0.00	300.0	500	100	0.0	8.0	12.0	0.0	0.00	0.00
010															
MILK, 1% LF, SCHROEDER 7/201	1 EACH	110	15	110	0.00	0.00	300.0	500	100	0.0	8.0	13.0	2.5	1.50	0.00
MILK, CHOC SKIM SCHROED 7/2	1 EACH	130	5	230	0.00	0.00	300.0	500	100	0.0	8.0	23.0	0.0	0.00	0.00
010															
MILK, LACTOSE FREE	1 EACH	80	5	130	0.00	0.00	300.0	500	100	1.2	8.0	12.0	0.0	0.00	0.00
JUICE,100% ORANGE W/CALC 6	EACH	60	0	1	0.00	0.00	160.0	0	0	36.0	1.0	13.0	0.0	0.00	0.00
/15															
JUICE,100% ORANGE MANGO 4	EACH	60	0	1	0.00	0.00	110.0	2500	500	60.0	1.0	14.0	0.0	0.00	0.00
OZ															
JUICE,100% APPLE 6/15 CITRUS	EACH	60	0	8	0.00	0.36	10.0	0	0	60.0	1.0	14.0	0.0	0.00	0.00
JUICE,100% GRAPE 4OZ CITRU	EACH	60	0	1	0.00	0.00	0.0	0	0	60.0	0.0	15.0	0.0	0.00	0.00
S SY															
JUICE CUP PURPLE VEG BLND	EACH	50	0	6	0.00	0.00	10.0	0	0	60.0	0.0	11.0	0.0	0.00	0.00
6/15															
JUICE, CUP ORNG BLND 4 OZ 6/	EACH	60	0	6	0.00	0.00	10.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
JUICE CUP RED VEG BLND 6/15	EACH	60	0	6	0.00	0.00	11.0	0	0	60.0	0.0	13.0	0.0	0.00	0.00
PEANUT BUTTER	TBSP	95	0	74	0.97	0.30	6.9	0	0	0.0	4.05	3.15	8.13	1.66	*N/A*
BUTTER,WITH SALT	TBSP	102	31	101	0.00	0.00	3.4	355	107	0.0	0.12	0.01	11.51	7.29	*N/A*
JELLY	1 TBSP	51	0	6	0.19	0.04	1.3	1	0	0.17	0.03	13.29	0.0	0.00	*N/A*
HONEY	TSP	21	0	0	0.01	0.03	0.4	0	0	0.04	0.02	5.82	0.0	0.00	*N/A*
SYRUP,PANCAKE	1 TBSP	46	0	16	0.00	0.01	0.6	0	0	0.0	0.0	12.06	0.0	0.00	*N/A*
CINNAMON SUGAR BLEND FOR	2 TEASP	23	0	0	1.38	0.22	26.1	8	1	0.1	0.1	6.29	0.03	0.01	*0.00
TOAST	OONS														

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