NUTRITION FACTS										
FOOD DESCRIPTION	Serv. Sz	Amt.prsrv	Calories	Cal. Frm fat	Total Fat	Sat. Fat	Trans Fat	Poly un sat	Monunsat	Cholestrol
PERCENT DAILY VALUES BASED ON A 2000 CALORIE DIET										
Breakfast										
Milk-Fruit or 100% Juice	is offered with	with every meal and will be listed once only								
English Muffin	2oz.	1	127	9	1gm 2%	0	0	na	na	0
American Cheese	.5oz	1 per	106	80	9gm 14%	6gm	0	0	0	27gm 9%
Sausage Patty	2ou.	1	210	180	2gm 31%	7g	35%	0	0	40g 13%
Baked Hash Browns	2ou.	1 per	100	45	5g 8%	2g 8%	0	na	na	0
Fruit-Fresh (apple)	138g	1 per	100	0	na	0	0	0	0	0
100% Juice Cup (apple jui)	.5cup	1 per	122	4	0	0	0	0	0	0
Milk 2%	1cup	1 per	130	45	5g 8%	3g 15%	0	0	2g	20g 7%
French toast Sticks	.88ou	4 per	310	108	12g 18%	3g 15%	0	0	0	0
Sausage Links	.7ou.	2-3 per	147	120	13g 21%	5g 27%	0	0	0	7g 2%
Fresh Fruit (orange)	154g	1 per	80	0	0	0	0	na	na	0
100 % Juice Cup (grape)	1/2 cup	1 per	160	0	0	0	0	0	0	0
Milk (Skim)	8ou.	1 per	90	0	0	0	0	0	na	0
Fresh Baked Muffins										
Chocolate	.25 cup	2per	200	81	9g 14%	2g 10%	0	0	na	35g 12%
Blueberry	.25 cup	2per	210	100	1g 17%	2g 10%	0	0	0	40mg 13%
Banana	.25 cup	2per	210	81	9g 14%	2g 17%	0	0	0	25g 8%
Butter Rum	.25 cup	2per	230	99	11g 17%	3g 153	0	0	0	30g 105
Fresh Fruit (Pineapple)	1/2 cup	1per	74	2	0	0	0	0	0	0
100% Juice Cup (Orange)	1/2 cup	1per	77	1	0	0	0	na	na	0
Milk (Chocolate)	8ou.	1per	170	23	3g 4%	2g 85	na	na	na	10mg 12%
Scrambled Eggs	3 TBLS.	1per 50g	60	27	3g 5%	1g 5%	0	na	na	95g 32%
Crispy Bacon	2 pieces	2 only	70	45	5g 8%	2g 8%	na	na	na	10g 35
Eight grain Toast	1.6ou.	1only	110	18	2g 3%	0	0	1g	1g	0
Butter	5g	1only	40	36	4g 65	3g 13%	0	na	na	10g 3%
Fresh Fruit (Kiwi)	69g	1only	42	3	0	0	0	na	na	0
100% Juice Cup (Pineapple	.5 cup	1only	58	3	0	0	0	na	na	0
Milk Listed only once	see	above								

Choice of Oatmeal	43g	1 only	160	18	2g 3%	0	0	1g	1g	
Toasted Bagel	2.8ou.	1 only	210	14	2g 2%	0	0	0		0
Peanut Butter pc	0.75	1 only	120	99		2g 10%	0	na	na	0
Fresh Fruit (Banana)	126g	1 only	10	0		0	0	0	0	0
100% Juice Cup	listed	once see	above							
Milk	listed	once see	above							
OTHER BREAKFAST ITEMS										
Cold Cereal (Honeynut)	1ou.	28g	110	14	2g 2%	0	na	na	na	o
Nutri Grain Bar(Blueberry	37g	1 only	130	27	5g	3g 5%	1g 5%	0	na	na
Granola Bar (apple)	24g	1 only	100	18	2G 3%	1g 3%	0	na	na	0
W/Grain Poptart (Br.Sugar	50g	1 only	200	54	6g 9%	2g 10%	0	na	na	0
Trix Watermelon Yogurt	.5 cup	1 only	90	5	1g 1%	0	0	na	na	0
Trix Raspberry Yogurt	.5 cup	1 only	90	5	1g 1%	0	0	na	na	0
HOT LUNCH										
We will be offering a four week cycle menu										
Fresh or Canned Fruit, Milk are offered with every Hot Lunch as well as the Salad Bar							Items will be listed once			
WEEK 1										
Beef/Pork Hot Dog	56g	El.1 H.S. 2	172	143	16g 24%	6g 31%	1g	na	na	37g 12%
W/W Hot Dog Bun	40g	El.1 H.S. 2	110	14	2g 2%	0	0	na	na	0
Baked French Fries	84g	E.5cp H.S 1	160	63	1g 2%	0	na	na	na	0
Milk	listed once	see above								
Salad Bar	These items will will rotate as frequently as needed					They are on our fresh Salad Bar daily				these items a
Iceberg Lettuce	1.5 cup	1.5 cup	15	0	0	na	na	na	na	0
Romaine	3.5ou.	100g	14	2	0	0	0	0	0	0
Baby Spinach	1.77ou.	100g	22	3	0	0	0	0	0	0
Broccoli-Fresh	2ou.	85g	30g	0	0	0	0	0	0	0
Cauliflower	2ou.	15g	28	0	0	na	na	na	na	0
Carrots	2ou.	100g	41	0	0	0	0	0	0	0
Tomato	2ou.	90g	32g	3g	0	0	0	0	0	0
Green Peppers	1ou.	148g	30g	0	0	0	0	na	na	0
Yellow "										

Red "	1ou.									
Orange "										
Green Onions	1ou.	25g	10g	0	0	0	0	0	0	0
Apple	1 ea	138g	72	0	0	0	0	0	0	0
Banana	1 ea	126g	10	0	0	0	0	0	0	0
Orange	1 ea	154g	8g	0	0	0	0	0	0	0
Kiwi	1 ea	69g	42	3	0	0	0	0	0	0
cantelope	.5 cup	134g	50g	0	0	0	0	0	0	0
Watermelon	1 cup	90	10	0	0	0	0	0	0	0
Peaches in juice	.5 cup	50	0	0	0	0	0	0	0	0
Pears "	.5 cup	125g	50	0	0	0	0	0	0	0
Pineapple "	.5 cup	250g	150	2	0	0	0	0	0	0
Fruit Mix "	.5 cup	124g	60	0	0	0	0	0	0	0
	USDA									
Breaded Chicken Strips	3ea	95g	220	108	12g 18%	3g 13%	0	na	na	450mg 15%
W/W Dinner Roll	2 ea	51g	130	14g	2g 2%	1g 3%	0	na	na	na
Butter pc	See Above	listed once	only							
Red Skinned Mashed Pot.	.66 cup	140g	120	36	4g 6%	1g 5%	0	na	na	5g 25
Salad Bar	See Above									
Milk	See Above									
Alphebet soup	1cup		58		0.63g	0.12g				1g
W/W Bread	2 slice	40g	106	14	2g 2%	0	0	na	na	na
American Cheese	see above	listed once								
Butter	see above	listed once								
Animal Crackers	1 pkg	29g	130	32	4g 5%	1g 5%	0	na	na	
Salad Bar	see above	listed once								
Milk	see above	listed once								
Sliced Turkey Breast	3.1ou.	87.88	91	19	1g 1%	1g 3%	0	na	na	32g 11%
Pretzel Bun	4 ou.	113g 4%	340	45	5g 8%	1g 5%	1g	1g	2g	0
Mozzarella cheese	1.5ou.	21g	70	45	5g 8%	4g 18%	0	na	na	10g 3%
Miracle Whip pc	.44ou.	1 ea	35	30	3g 5%	0	0	na	na	10g 3%
Oriental Coleslaw	.5 cup	100g	160	90	10g 15%	1.5g 8%				
Salad bar	see above	listed once								
Milk	see above	listed once								

Stuffed Crust Pizza										
Pepperoni "The Max"	5.75ou.	163.1g	390	144	16g 25%	5g 25%	0	na	na	20g 7%
Sausage "Tony's"	5.19ou.	128g	290	90	10g 5%	4g 20%	0	na	na	na
Cheese "The Max"	5.75ou.	163.01g	390	135	15g 23%	5g 23%	0	0	na	15g 5%
H.S. Personal Pan										
Pepperoni	1 ea	262g	500	153	17g 26%	9g 45%	0	na	na	35g 12%
Sausage										
Cheese										
Salad Bar	See above									
Milk	See above									
WEEK-2										
Tyson Breaded Chix Pat	3.4ou.	95g	250	135	15g 23%	4g 17%	0	6g	6g	65g 22%
W/W Hamburger Bun	1.3ou.	44.9g	120	14	2g 2%	0	0	na	na	0
Lettuce Iceberg	1.5 cup	87g	15g	0	0	0	0	na	na	0
Tomato	2ou.	180g	32	3	0	0	0	0	0	0
Pickle-dil sliced	8 ea	28g 35%	3g	na	na	na	na	na	0	0
Salad Bar	See above									
Milk	See above									
Stuffed Crust Pizza	See above	listed once								
Pepperoni	All Pizza	listed above								
Sausage										
Cheese										
Supreme										
Salad Bar	See above									
Milk	See above									
Minestone Soup	8ou.	1cup	58	0.89g	0.12	0.28	0	na	na	
W/G Cracker Basket	1pk	7g	35	14	2g 2%	0	0	na	na	10g
Sliced Honey Ham	0.5	3.18ou.	101	42	5g 7%	1g 7%	0	na		55g 18%
Sliced Cheddar Cheese	1.5ou.	1 ea	80	63	7g 11%	4g 20%	0	na	na	25g 8%
Miracle Whip pc	1 ea	12.4g	35	30	80g	20g	0	na	na	
W/W Croissant	1 ea	71g	280	135	15g 23%	4g 20%	5g	na	na	0
Salad Bar	See above									
Milk	See above									

Usda ground Beef	2ou.	28g	73	39	4g 7%	2g 8%	0	na	na	25g 8%
Nacho Cheese sauce	2ou.	63g	70	45	5g 8%	2g 8%	2g	2g	na	0
Cheddar cheese Sauce	na									
Tortilla Chips-Elem	10pc	28g	150	63	7g 11%	1g 5%	0	na	na	0
Tortilla Chips-H.S.	3ou.	1 bag	228	96	11g 16%	2g 8%	0	na	na	0
Lettuce	See above									
Shred. Cheddar cheese	1ou	28.3g	114	85	9g 14%	6g 30%	na	na	30g 10%	
Diced Onion	See above	listed once								
Diced Tomato	See above									
Hot Peppers	See above									
Mild Peppers	See above									
Salsa	See above									
Sour Cream pc	See above									
Salad Bar	See above									
Milk	See above									
Bosco Chees brd Stxs	1	91g-2ou.	210	72	8g 12%	4g 20%	0	na	na	15g 5%
Bosco sauce Cup pc	1 ea	57g	40	0	0	0	0	na	na	0
Fruit Sald	.5 cup	120g	60	0	0	0	0	na	na	0
Marsmallows	three	following items included								
Whipped Topping										
Coconut										
Salad Bar	See above									
Milk	See above									
WEEK-3										
Hamberger Patty-Elem	1/4 #	1 ea	298	212	24g 36%	10g 48%	0	na	na	80g 27%
Hamburger Patty-H.S.	same									
W/W Hamburger Bun	See above									
Ketchup	1 TBSP	17g	15	0	0	0	na	na	na	0
Mustard	1 tsp.	5g	0	0	0	0	na	na	na	0
Onion	See above									
Pickles	See above									
Lettuce	See above									
Tomato	See above									
Baked French Fries	See above									
Salad Bar	See above									

Milk	See above									
Popcorn Chicken	14 ea	87.3g	189	99	11g 17%	2g 10%	0	na	na	46g 15%
Mini Egg Roll	1.5ou.	1 ea	180	72	8g 12%	2g 10%	0	na	na	15g 5%
W/G Fried Veg. Fried rice	.5cup	57g	200	9	1g 2%	0	0	na	na	0
Salad Bar	See above									
Milk	See above									
Tomato Soup	1 cup	120g	90	0	0	0	0	0	na	na
2 slices W/W Bread	See above									
American Cheese	See above									
Goldfish Crackers	See above									
SaladBar	See above									
Milk	See above									
W/W Pasta	2ou	56g	180	9	1g 2%	0	0	na	na	0
Spaghetti Sauce	.5cup	126g	80	0	0	0	0	na	na	0
Usda Ground Beef	See above									
Parmesan Cheese	3.5g	1 ea	15	9	1g 2%	na	na	na	na	5g 2%
Salad Bar	See above									
Milk	See above									
Stuffed Crust Mizza-Max	See above									
Pepperoni	See above									
Sausage	See above									
Cheese	See above									
H.S. Personal Pan	See above									
Pepperoni	See above									
Sausage	See above									
Cheese	See above									
Salad Bar	See above									
Milk	See above									
WEEK-4										
Meatless Monday										
Pasta Primavera	1cup				11g	3g		0.5	3g	10g
W/W Penne	2ou	56g	180	9	1g 2%	0	0	na	na	na
Alfredo Sauce w/ Garlic	included									

Fire Roasted Vegetables	included									
String Cheese	1ou.	1	80	59	6g 9%	4g 20%	0	na	15g 5%	
Garlic bread	1.5ou	1	130	40	0	0	0	0	0	
salad Bar	See above									
Milk	See above									
Stuffed Crust Pizza-Max										
Pepperoni	See above	listed once								
Sausage	See above	listed once								
Cheese	See above	listed once								
Supreme	See above	listed once								
Salad Bar	See above	listed once								
Milk	See above	listed once								
Turkey Rice Soup	1cup	8ou	112	6,70g	1.74	0.47				
W/W Cracker Basket	See above									
Italian Sub										
W/W Sub Roll-Elem-6"	54g	1ea	160	14	2g 2%	0	0	na	na	0
W/W Sub Roll-H.S.-8 "	96g	1 ea	260	23	3g 4%	1g 2%	0	na	na	n
Sliced Pepperoni	6slc	3.0g	140	117	13g 20%	4g 20%	0	na	na	30g 10%
Sliced-Ham	.5ou	3slc	101	42	5g 7%	1g 7z%	0	na	na	55g
Sliced-Salami	56.7g	2 slc	130	90	10m 15%	4g 20%	0	0	0	40g 13%
Sliced Mozzarella	1slc	1.5ou	70	45	5g 8%	4g 8%	0	na	na	10g 3%
Miracle Whip pc	See above									
Olive Oil										
Shredded Lettuce	See above									
Sliced Tomato	See above									
Sliced Onion	See above									
Hot Peppers	See above									
Mild Peppers	See above									
Salad Bar	See above									
Milk	See Above									
Manwich	.25cup	64g	40	0	0	0	0	0	0	0
W/W Hamburger Bun	See above									
H.S.-2										
Ground Beef Usda	See above									

Bush's Baked Beans	See above									
Salad Bar	See above									
Milk	See above									
Mihn's Tempura Chicken	3ou.	85.05g	110	14	2g 2%	0	o	na	na	40
Tangy orange Sauce	1 TBSP	15g	40	9	0	0	na	na	0	0
W/G Rice	See above									
Mini Egg Roll	See above									
Salad Bar	See above									
Milk	See above									
Hot dog-Beef/pork	286g 8%	1 -HS-2	172	143	16g 24%	6g 31%	1g	na	na	37g
W/w Hot dog Bun-H.S. 2	40g	1 ea	110	14	2g 2%	0	0	na	na	0
Baked French Fries	See above									
Ketchup	See above									
Mustard	See above									
Onions	See above									
Relish-Sweet										
Salad Bar	See above									
Milk	See above									
WE WILL BE OFFERING TWO SIDES WITH EACH MEAL WHICH WILL ALTERNATE WITH OTHER SIDES TO COMPLIMENT THE MEAL										
They are										
Carrot Sticks	3.53	100g	41	0	0	0	0	na	na	0
Refried Beans	.5cup	90	18	2g 4%	1g 2%	0	0	0	0	0
Baked Beans	Seeabove									
Cottage Cheese	.5cup	114g	110	41	5g 7%	3g 15%	na	na	na	25
W/G Pasta	Seeabove									
W/G Rice	Seeabove									
Variety of Hot Vegetables										
Fruit Cup	Seeabove									
100 % Juice	Seeabove									
100 % Juice Bar	1 ea	66g	60	0	0	0	0	na	na	0
Side Salad w/ Lettuce/Tom	Seeabove									

										School	Equivalents	
Sodium	Potassium	Tot Carbs	Dietary fib	Sugar	Protein	Vitimin A	Vitimin C	Calcium	Iron	Mt/MT/A	Fruit/Veg	Grain/Bread
268gm/ 11%	128g /4%	25g/11%	1g/4%	1gm	5g/9%	0	0	9%	10%			1 bread
406mg /	128% /4%	0	0	na	6gm /12%	8	0	18%	10%	1serv.		
390mg /16%	129mg 4%	1g	0	1g	7g 14%	0	0	2%	3%	1serv.		
230mg 10%	180 5%	12g 4%	1g 4%	0	0	1%	11%	1%	1%		.25 cup	
1mg 4%	148g 4%	19g 13%	3g 3%	14g	0	1%	11%	1%	1%		1/2 cup	
17mg 15%	295g 8%	30g 10%	0	29g	1g	0	8%	1%	4%		1/2 cup	
125mg 5%	394g 11%	19g 4%	0	12g	8g 16%	10%	4%	30%	0			
410mg 17%	na	45g 155	0	14g	5g 10%	0	0	6%	10%			2.25 serv
313mg 13%	0	0	0	0	6g 12%	0	1%	1%	3%	.75 serv.		
0	0	21g 7%	7g 28%	14g	1g 2%	2%	130%	6%	2%		1 serv.	
10mg	na	38g 13%	0	3g	1g 2%	0	200%	2%	4%		1 serv.	
130mg 5%	na	28g 9%	1g 4%	17g	3g 6%	2%	0	4%	105			
220mg 12%	na		19g 4%	14g	3g 6%	1%	0	2%	4%			.75 serv.
160 17%	na	28g 9%	na14g	14g	3g 6%	0	0	4%	6%			.75 serv.
250mg 10%	0	29g 10%	0	18g	3g 6%	0	0	2%	4%			.75 serv.
170mg 7%	178g 75	20g 75	2g 9%	14g	1g 2%	2%	94%	2%	2%			.75 serv.
2mg	320mg	18g 6%	0	18g	1g 2%	6%	128%	2%	1%		1 serv.	
11mg	420g 125	30g 10%	0	28g	8g 16%	10%	4%	30%	2%		1 serv.	
210mg 9%	na	13g 4%	0	12g	8g 16%	10%	4%	30%	0			
180g 8%	na	1g	0	1g	6g 12%	2%	0	2%	2%	2.00 serv.		
210mg 9%	0	0	0	0	6g 12%	0	0	0	0			
260mg 11%	na	19g 6%	2g 8%	3g	5g 10%	na	na	na	na			1.5 serv.
3-mg 1%	na	0	0	0	0	2%	0	0	0			
2mg	na	10g 3%	2g 8%	6g	1g 2%	1%	107%	2%	1%		1 serv.	
31g 1%	314g 9%	31g 10%	2g 7%	26g	1g 2%	0	40%	3%	4%		1 serv.	

270mg 11%	115g 3%	87g 2%	1g 4%	1g 4%	2g	6g 12%	0	5%	13%			2.25 serv
450mg 19%	87g 2%	1g 4%	2g		6g 12%	0	0	5%	13%			3.50 serv.
100mg 4%	140mg 4%	5g 2%	2g 8%	2g	5g 10%	0	0	0	2%			
0	na	30g 10%	3g 12%	19g	1g 2%	10%	10%	10%	2%		1 serv.	
160mg 7%	115g 3%	22g 7%	2g 8%	9g	2g 4%	10%	10%	10%	25%			1 serv.
105mg 4^	na	24g 8%	2g 8%	12g	2g 4%	15%	0	20%	10%			.75 serv.
80mg 3%nn	na	19g 6%	1g 6%	1g 4%	8g	1g 2%	na	10%	4%			.75 serv.
160mg 7%	na	34g 11%	5g 20%	12g	3g 6%	10%	0	0	10%			1 serv.
50mg 2%	160mg 5%	17g 6%	0	14g	4g 8%	10%	0	10%	0	1 serv.		
59mg 2%	160mg 5%	17g 6%	0	14g	4g 8%	10%	0	10%	0	1 serv.		
497g 21%	na	33g 11%	3g 11%	13g	10g 20%	0	0	2%	8%	1.00 serv.		
200mg 8%	na	20g 7%	4g 16%	3g	5g 10%	0	0	4%	5%			1 serv.
270g 11%	230mg 7%	21g 7%	2g	8g	2g 4%	na	10%	na	2%		1 serv.	
re self serve												
10mg	na	3g 1%	1g 4%	2g	1g 2%	4%	6%	2%	2%			
5mg	290g 8%	2g 1%	2g 1%	2g 7%	2g 3%	52%	40%	4%	6%			
160mg 7%	588g 16%	4g 1%	3g 11%	0	3g 6%	134%	47%	10%	5%			
20mg 2%	na	4g 1%	2g 8%	2g	1g 2%	0	50%	2%	0			
70mg 3%	na	4g 1%	5g 20%	5g	0	5%	200%	0	3%			
69g 3%	10g 3%	3g 11%	3g 11%	5g 2%	1g 2%	25%	10%	3%	2%			
9mg	427mg	1g 2%	2g 9%	5g	2g 3%	30%	38%	2%	3%			
0	5.2g	148g	30g	0	0	8%	190%	2%	2%			

	314g	9g	3g	6g		93%	472%	1%	4%			
10g	na	2g 1%	1g 4%	1g	0	2%	8%	2%	0			
10g	148g 4%	19g 6%	3g 13%	14g	0	1%	11%	1%	1%		1 serv.	
0	na	30g 10%	3g 12%	19g	1g 2%	2%	15%	0	2%		1 serv.	
0	na	21g 7%	7g 28%	14g	1g 2%	2%	130%	6%	2%		1 serv.	
2g	na	10g 3%	2g 8%	6g	1g 2%	1%	107%	2%	1%		1 serv.	
35g 1%	210mg	13g 4%	1g 4%	12g	1g 2%	80%	80%	2%	2%		1 serv.	
10mg	230g 7%	23g 8%	1g 4%	22g	1g 2%	10%	25%	0	2%		1 serv.	
5mg	na	12g 4%	na	10g	na	6%	2%	0	0		1 serv.	
5mg	140mg	14g 5%	2g 8%	10g	0	0	2%	0	2%		1 serv.	
3mg	305mg	39g 13%	2g 8%	35g	1g 2%	2%	40%	4%	4%		1 serv.	
10mg	15g	15g 5%	1g 4%	14g	0	45	4%	0	2%		1 serv.	
650mg 27%	na	15g 5%	1g 4%	1g	14g 285	2%	0	2%	10%	2.00serv.		1.00serv
250mg 10%	na	28g 9%	2g 8%	2g	4g 8%	0	0	0	8g			1.75 serv.
		20g 7%		1.8g	2.4g		2g	4g	1.08g			
550mg 23%	280g 8%	20g 7%	2g 8%	1g	2g 4%	0	2%	4%	4%		1 serv.	
369mg		11.52g		1.8g	3.24g	1906 IU	13.3g	29mg	1.09g		1 serv.	
	108g 3%	20g 7%	3g 12%	2g	5g 9%	0	0	3%	6%			2 serv.
150mg 6%	na	22g 7%	0	8g	2g 4%	0	0	10%	4%			1.25 serv.
415mg 17%	na	0	0	0	19g 38%	0	1%	1%	2%	1 serv.		
340mg 14%	na	22g 7%	2g 8%	8g	8g 16%	0	0	2%	20%			3.25 serv.
110mg 5%	na	0	0	0	0	5g 10%	2%	0	15%		1.5 serv.	
	2g 1%	1g	0	1g	0	0	0	0	0			
430mg 18%	na	18g 6%	2g 8%	14g	1g 2%	15%	260%	4%	2%		1 serv.	

1000mg 42%	na	45g 15%	2g 8%	na	18g 36%	10%	0	30%	30%	2.00 serv.	0.13 cup	3.25serv.
600mg 25%	na	34g 11%	3g 12%	17g 34%	6g	0	25%	15%		2.00 serv.	0.13 cup	2.25 serv.
940mg 39%	na	45g 15%	2g 8%	18g 36%	11%	6%		35%	30%	2.00serv	0.13 cup	3.25 serv.
580mg 24%	na	71g 24%	4g 16%	28g 56%		155%	10%	50%	20%	2.00 serv.		1.00 serv.
710mg 30%	na	16g 5%	2g 8%	12g 24%	0	0	0%	2%	10%	2.00 serv		
220mg 9%	na	25g 8%	6g 2%	5g 10%	0	0		4%	10%			1.75 serv.
10mg	na	3g 1%	1g 4%	1g	4%	6%	2%	2%	2%			
9mg	427g 12%	7g 2%	2g 9%	2g 23%	30%	28%	2%	3%	2%			
297mg 12%	na	1g										
		1g 2%	na	na	na	1%	1%	1%	1%			
salt												
210mg	58g	18.3g	3.0g	5.84g	3042g	6.6g	55g	2.2g	6g		.5cup serv.	
50mg 2%	na	5g 2%	0	0	0	0	0	2%				
613mg 26%	na	1g	0	0	1%	3%	2%	6%	6%	3.18ou serv.		
140mg 6%	na	0	0	0	4g	0	2g	0	0	1.5 serv.		
	na	0	0	0	4g	0						
170mg 7%	na	33g 11%	2g 8%	5g	5g%	10%	0%	4%	10%			1.75 serv.

25mg 1%	115g 3%	0	0	8g 10%		0	0	1%	5%	1 serv.		
570mg 23%	na	6g 2%	0	1g 2%	0	0	0	4%	0	.25 serv		
105mg 5%	na	6g 2%	0	2g 4%		0	3%	3%	3%			1.5 serv.
160mg 4%	na	18g 6%	2g 8%			2%	2%	2%	2%			2 serv.
176mg 7%	28g 1%	0	0	7g `14%	6g	6%	0	20%	1%	1.00 serv.		
150mg 6%	na	28g 9%	2g 8%	12g 24%	2g	2%	0	20%	8%	1.00 serv		2 serv.
270mg 11%	9g 3%	1g 4%	1g 2%		8%	10%	0	2%	2%			
14g 1%	na	16g 5%	1g 4%	0	0	70%	0	0	2%		1 serv.	
71gm 3%	300g 95	0	0	20g 40%		0	0	15	20	1.00 serv.		
220mg 9%	na	4g 1%	0	0	6g	6%	0	0	0			
55mg 2%	na	0	0	0	0	0	0	0	0			

621mg 26%	12g 4%	1g 4%	15g 30%	2g	0	2%	0	2%	10%	1 serv.		
430mg 18%	na	217	28g	7g 14%	na	na	na	na	na	.50 serv.	0.38 serv.	1.25 serv.
560mg 23%	520g 15%	44g 15%	1g 4%	2g	5g 10%	0	4%	4%	10%			1 serv.
450mg 20%	690m 20%	20g 7%	1g 4%	12g	8g	8%	10%	0	4%		1cup	
0	na	41g 14%	6g 24%	2g	7g 14%	0	0	0	10%			1 serv.
500mg	na	140 5%	3 12%	6g	3g 6%	15%	15%	2%	6%		1 serv.	
55mg 2%	na	0	0	0	1g 2%	0	0	4%	0			
610mg			10g		10g							
saly		41g 14%	6g 24g	2	7g 14%	0	0	0	10%			

180mg 7%	**na**	**1**	**1g 4%**	**0**	**7g 14%**	**6%**	**0**	**20%**	**0**			
300mg	**na**	**26g 9%**	**1g 4%**	**0**	**5g 10%**	**0**	**0**	**0**	**8%**			1.25 serv.
205mg			**0.5g**			**25%**	**1.7mg**	**23mg**	**1.04**			
						A	C					
salt												
290mg 12%	**30g 10%**	**1g 4%**	**4g 8%**	**0**	**0**	**0%**	**44%**	**10%**				**2 serv.**
530mg 22%	**na**	**53g 18%**	**4g 16%**	**3g**	**8g 16%**	**0**	**0**	**6%**	**15%**			**2.50 serv**
460mg 19%	**na**	**0**	**0**	**0**	**2%**	**0%**	**15%**	**0**				
613mg 26%	**na**	**1g 4%**	**0**	**na**	**14g 29%**	**1%**	**3%**	**1%**	**6%**			
580mg 19%	**na**	**0**	**0**	**0**		**0**	**15%**	**0%**				
110mg 5%	**na**	**0**	**0**	**0**	**0**	**15%**	**0**					
410mg 17%	**na**	**9g 3%**	**2g 8%**	**6g**	**6g**	**6%**	**4%**	**4%**			**. 0.38cup**	

410mg 17%	**na**	**8g 3%**	**0**	**7g**	**0**	**0**	**1%**	**4%**		**2.00serv.**		
75mg 3%	**286 8%**	**1**	**0**	**7g 13%**	**0**	**0**	**1%**	**4%**				
497mg 21%	**286 8%**	**1**	**0**	**7g 13%**	**0**	**0**	**4%**	**1%**		**2.00serv**		
200mg 8%	**na**	**207g**	**4g 16%**	**3g**	**5g 10%**	**0**	**0**	**4%**	**8%**			**1.25 serv.**
											veg	
69mg 3%	**320g 9%**	**10g 3%**	**3g 11%5**	**1g 25**		**241%**	**10%**	**3%**	**2%**		**.25cup**	
490mg 19%	**na**	**16g 5%**	**4g 16%**	**0**	**6g 12%**	**0**	**0**	**4%**	**10%**			
460mg 19%	**na**	**4g 1%**	**0**	**3**	**15G 30%**	**4%**	**0**	**10%**	**0**			
10mg	**na**	**15g 5%**	**0**	**14g**	**0**	**0**	**135%**	**7%**	**0**		**.25 cup**	

CN Label	**3 dairy**
	1 dairy
yes	
	1dairy
	1 dairy

yes	

yes	
yes	
yes	
yes	