

Total nutrients shown reflect entire meal taken: featured entrée, juice or fruit, & milk.

Menu is subject to change.

Items Offered Daily (or rotated from day to day)	Portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
Bagel & Cream Cheese:	Serving	289	9.14	39	10.4	1.0	464
Bagel & Jelly	each	229.4	7.1	47.8	0.5	1.2	385
Bagel only	each	190.0	7.0	38.0	0.5	1.0	380.0
Cream Cheese (only)	1 oz	99.0	2.1	0.8	9.9	0.0	83.8
Jelly, packet only	pc	39.4	0.1	9.8	0.0	0.2	4.5
Bar, Ultimate Breakfast	Each	270.0	4.0	44.0	8.0	6.0	240.0
Bar, Cereal Breakfast Bar (made with Sunbutter) (TUSD recipe)	each	280.0	4.3	42.4	10.8	2.8	244.0
English Muffin, Toasted	Each	150.0	4.0	24.0	1.0	1.0	210.0
Fruit, Fresh, Seasonal, Ass't	Serving	54.4	0.8	13.5	0.3	1.8	2.3
Jelly, assorted flavor, packet	pc	39.4	0.1	9.8	0.0	0.2	4.5
Juice, Orange, 4 fl-oz	carton	54.6	1.0	12.5	0.3	0.2	1.2
Milk, 1%	half-pint	102.5	8.0	11.7	2.6	0.0	124.4
Milk, Chocolate, 1%	half-pint	170.0	9.0	29.0	2.5	1.3	240.0
Milk, Skim	half-pint	85.8	8.4	11.9	0.4	0.0	127.4
Milk, Strawberry, 1%	half-pint	170.0	9.0	28.0	2.5	0.0	130.0
Muffin, Apple Cinnamon	Each	170.0	3.0	27.0	5.0	1.0	160.0
Muffin, Banana	Each	120.0	2.0	26.0	0.0	0.0	170.0
Muffin, Blueberry	Each	160.0	3.0	27.0	5.0	1.0	190.0
Muffin, Corn	Each	200.0	5.0	35.0	6.0	1.0	390.0
Yogurt, 4 oz, Assorted Flavors	Each	92.5	3.0	19.8	0.0	0.0	75.0
Misc; Item Details: Yogurt Flavors	Portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
Yogurt, Strawberry Banana, 4 oz	each	90.0	3.0	19.0	0.0	0.0	75.0
Yogurt, Cherry Vanilla, 4 oz	each	100.0	3.0	22.0	0.0	0.0	75.0
Yogurt, Peach, 4 oz	each	90.0	3.0	19.0	0.0	0.0	75.0
Yogurt, Raspberry 4 oz	each	90.0	3.0	19.0	0.0	0.0	75.0
Yogurt, Strawberry, 4 oz.	each	100.0	3.0	22.0	0.0	0.0	75.0
Yogurt, Vanilla 4 oz	each	100.0	3.0	22.0	0.0	0.0	75.0
Misc. Item Details - Canned Fruits	Portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
Apple Slices, canned	half cup	68.3	0.2	17.0	0.5	1.7	3.1
Applesauce	1/2 cup	96.9	0.2	25.4	0.2	1.5	3.8
Fruit Cocktail	1/2 cup	63.9	0.5	16.4	0.1	1.8	5.6
Mandarin Oranges	half cup	77.0	0.6	20.4	0.1	0.9	8.0
Peaches	1/2 cup	76.6	0.7	19.6	0.2	0.9	8.8
Pears	1/2 cup	61.1	0.3	16.0	0.1	1.6	4.9
Pineapple	1/2 cup	68.7	0.6	17.8	0.1	1.5	1.1
Tropical Fruit Mix	half cup	89.2	0.0	22.3	0.0	1.0	11.2
Misc. Item Details - Fresh Fruits	Portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
Apples, Fresh Sliced	1/2 cup	26.5	0.2	7.0	0.1	0.7	0.0
Apples, Fresh Sliced, Individual Bags	2 oz bag	28.0	0.4	7.3	0.0	1.2	26.0
Apricot Cup, 4.5 oz each	4.5 oz	124.4	0.9	32.0	0.1	2.9	5.3
Bananas, Medium	1 each	108.6	1.2	27.6	0.6	2.8	1.2
Cantaloupe Wedge	1 wedge	23.8	0.6	5.7	0.2	0.5	6.1
Cantaloupe, Cubed half cup	half cup	19.9	0.5	4.7	0.2	0.5	5.1
Grapes	1 bunch	50.3	0.5	12.6	0.4	0.7	1.4
Honeydew Wedge	1 wedge	28.0	0.4	7.3	0.1	0.5	8.0
Honeydew, Cubed, Half Cup	half cup	19.1	0.3	5.2	0.1	0.3	5.7
Kiwi Fruit	1 each	46.4	0.8	11.3	0.3	2.6	3.8
Oranges, Mandarin, 4 oz individual cups	4 oz cup	76.7	0.6	20.3	0.1	0.9	7.5
Oranges, Medium	1 each	61.6	1.2	15.4	0.2	3.1	0.0
Peach Cups, 4.4 oz	4.4 oz cup	120.0	0.8	30.7	0.2	2.3	120.3
Pineapple, Cubed, Half Cup	half cup	27.2	0.3	7.2	0.1	0.8	0.6
Raisins, individual box	1.33 oz box	130.0	1.0	29.0	0.0	2.0	10.0
Strawberries, Fresh, medium	3 medium	21.2	0.4	4.4	0.3	1.6	0.8
Strawberry Cup, 4.5 oz	4.5 oz	121.6	0.7	32.9	0.2	2.4	4.0
Watermelon Wedge	1 wedge	45.4	0.9	10.2	0.6	0.7	2.8
Watermelon, Cubed, half cup	half cup	18.1	0.4	4.1	0.2	0.3	1.1

Misc. Item Details - Milk	Portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
Milk, 1% (Low Fat)	half pint	102.5	8.0	11.7	2.6	0.0	124
Milk, Chocolate, 1% (low Fat)	half pint	170.0	9.0	29.0	2.5	1.3	153
Milk, Chocolate: Fat Free (Pending Fall Student Test Markets)	half pint	130.0	8.0	24.0	0.0	0.0	220.0
Milk, Skim (Fat Free)	half pint	85.8	8.4	11.9	0.4	0.0	127
Milk, Strawberry, 1% Low Fat	half pint	170.0	9.0	28.0	2.5	0.0	130

Breads, Rolls, Bagel, Tortilla Wraps, etc: Occasionally a site may need to, with permission, substitute one bread or roll for another in sandwiches, etc. Here are conversions (carbohydrate, etc.) for current bread options.

Breads, Rolls, Bagel, Tortilla Wraps	Portion	Calories	Protein gm.	Carb. gm.	Total Fat gm.	Fiber gm.	Sodium mg.
Bagel, 2.3 oz	each	190.0	7.0	38.0	0.5	1.0	380.0
Bread, Flatbread specialty	1.8 oz each	140.0	5.0	25.0	2.5	2.0	260.0
Bread, Oat-Grain & Nut, OroWeat	1 Slice	100.0	3.0	18.0	1.5	1.0	190.0
Bread, Oat-Grain & Nut, OroWeat	2 Slices	200.0	6.0	36.0	3.0	2.0	380.0
Bread, Raisin, 1.59 oz slice	1 slice	130.0	3.0	25.0	2.0	1.0	125.0
Bread, "Texas" Toast	1 slice	100.0	3.0	19.0	1.5	1.0	180.0
Bread, Wheat Sandwich	1 slice	70.0	2.0	13.0	1.0	1.1	100.0
Bread, Wheat Sandwich	2 Slices	140.0	4.0	26.0	2.0	2.2	200.0
Bread, White Sandwich	1 slice	70.0	2.0	13.0	1.0	0.6	110.0
Bread, White Sandwich	2 Slices	140.0	4.0	26.0	2.0	1.2	220.0
Bun, Hamburger with MultiGrain	1.83 oz each	140.0	4.0	25.0	2.0	3.0	240.0
Bun, Hot Dog	1.52 oz each	110.0	4.0	20.0	1.5	1.0	220.0
Bun, Steak /Submarine Roll	2.33 oz each	170.0	5.0	33.0	2.0	1.0	360.0
Crackers, Grahams, package	1 pkg	60.0	1.0	10.0	1.5	0.0	65.0
Crackers, Saltines, package	1 pkg	25.8	0.6	4.2	0.7	0.2	63.5
Muffin, English	2.01 oz each	150.0	5.0	27.0	2.0	2.0	230.0
Roll, Dinner/Parkerhouse	1.45 oz each	110.0	4.0	20.0	1.5	1.0	220.0
Roll, Potato "Petite" Premium (Dinner) roll	1.69 oz each	130.0	4.0	25.0	1.5	1.0	220.0
Roll, Potato Large, Hamburger Bun size	2.61 oz each	200.0	7.0	39.0	2.0	2.0	330.0
Tortilla, Flour, Medium 8"	1.8 oz each	166.0	4.4	28.4	3.6	1.7	244.0
Tortilla, Flour, Large, 12"	3.67 oz each	356.0	9.5	58.5	8.8	3.5	725.0

Cycle 3 Breakfast Features: October 26 to November 27

Mondays Cycle 3	Portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
Fruit, Fresh, Seasonal, Ass't	Serving	54.4	0.8	13.5	0.3	1.8	2.3
Juice, Orange, 4 fl-oz	carton	54.6	1.0	12.5	0.3	0.2	1.2
English Muffin Sandwich Egg, Cheddar Cheese & Bacon	Each	315.0	15.6	25.2	13.2	1.0	620.0
English Muffin Sandwich Egg & Cheddar Cheese	Each	320.0	16.0	25.4	13.9	1.0	515.0
Tuesdays Cycle 3	Portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
Burrito, Breakfast Egg & Cheese	Each	186.9	8.1	27.2	4.9	1.1	434.3
Fruit, Fresh, Seasonal, Ass't	Serving	54.4	0.8	13.5	0.3	1.8	2.3
Juice, Orange, 4 fl-oz	carton	54.6	1.0	12.5	0.3	0.2	1.2
Ketchup Packet	pkt	10.0	0.0	3.0	0.0	0.0	105.0
Potatoes, Hash Browns	Pattie	140.0	2.0	16.0	7.0	2.0	270.0
Sauce, Salsa Packet	pc	5.0	0.0	1.0	0.0	0.0	120.0
Wednesdays Cycle 3	Portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
Biscuit	each	230.0	5.0	31.0	9.0	1.0	770.0
Eggs, Scrambled #16	#16	87.3	5.8	1.9	5.8	0.0	242.5
Fruit, Fresh, Seasonal, Ass't	Serving	54.4	0.8	13.5	0.3	1.8	2.3
Jelly, assorted flavor, packet	pc	39.4	0.1	9.8	0.0	0.2	4.5
Juice, Orange, 4 fl-oz	carton	54.6	1.0	12.5	0.3	0.2	1.2
Sausage Breakfast Link, Low Fat Pork	link	50.0	3.5	0.5	3.5	0.0	125.0
Thursdays Cycle 3	Portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
French Toast (1)	Each	150.0	6.0	27.0	3.0	4.0	380.0
Fruit, Fresh, Seasonal, Ass't	Serving	54.4	0.8	13.5	0.3	1.8	2.3
Juice, Orange, 4 fl-oz	carton	54.6	1.0	12.5	0.3	0.2	1.2
Syrup Packet	pc	111.4	0.0	28.6	0.1	0.0	3.8
Yogurt, 4 oz, Assorted Flavors	Each	92.5	3.0	19.8	0.0	0.0	75.0

Fridays Cycle 3	Portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
Fruit, Fresh, Seasonal, Ass't	Serving	54.4	0.8	13.5	0.3	1.8	2.3
Jelly, assorted flavor, packet	pc	39.4	0.1	9.8	0.0	0.2	4.5
Juice, Orange, 4 fl-oz	carton	54.6	1.0	12.5	0.3	0.2	1.2
Omelet, Cheese	Each	110.0	8.0	1.0	8.0	0.0	210.0
Toast, Oat Nut	Slice	200.0	6.0	36.0	3.0	2.0	380.0

Cycle 4 Features: November 30 to December 17

Mondays Cycle 4	Portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
Fruit, Fresh, Seasonal, Ass't	Serving	54.4	0.8	13.5	0.3	1.8	2.3
Juice, Orange, 4 fl-oz	carton	54.6	1.0	12.5	0.3	0.2	1.2
Pancake Sandwich (Egg, Cheddar & Sausage)	Each	361.7	17.6	26.9	19.9	0.0	676.7
Pancake Sandwich (Egg & Cheddar Cheese)	Each	316.7	14.1	26.0	17.6	0.0	511.0

Tuesdays Cycle 4	Portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
Fruit, Fresh, Seasonal, Ass't	Serving	54.4	0.8	13.5	0.3	1.8	2.3
Juice, Orange, 4 fl-oz	carton	54.6	1.0	12.5	0.3	0.2	1.2
Syrup Packet	pc	111.4	0.0	28.6	0.1	0.0	3.8
Waffle, Belgian	Each	189.5	5.2	28.4	6.9	3.5	413.4
Yogurt, 4 oz, Assorted Flavors	Each	92.5	3.0	19.8	0.0	0.0	75.0

Wednesdays Cycle 4	Portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
Cinnamon Roll, Whole Grain (3 small)	3 each	315.0	6.0	52.5	7.5	4.5	435
Fruit, Fresh, Seasonal, Ass't	Serving	54.4	0.8	13.5	0.3	1.8	2.3
Juice, Orange, 4 fl-oz	carton	54.6	1.0	12.5	0.3	0.2	1.2
Sausage Breakfast Link, Low Fat Pork	links	100.0	7.0	1.0	7.0	0.0	250.0

Thursdays, Cycle 4	Portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
English Muffin Sandwich Egg, Cheddar Cheese & Bacon	Each	315.0	15.6	25.2	13.2	1.0	620.0
English Muffin Sandwich Egg & Cheddar Cheese	Each	320.0	16.0	25.4	13.9	1.0	515.0
Fruit, Fresh, Seasonal, Ass't	Serving	54.4	0.8	13.5	0.3	1.8	2.3
Juice, Orange, 4 fl-oz	carton	54.6	1.0	12.5	0.3	0.2	1.2

Fridays Cycle 4	Portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
Eggs Scrambled With Cheddar	1/4 cup	150.9	9.6	1.7	11.4	0.0	313.5
Fruit, Fresh, Seasonal, Ass't	Serving	54.4	0.8	13.5	0.3	1.8	2.3
Juice, Orange, 4 fl-oz	carton	54.6	1.0	12.5	0.3	0.2	1.2
Sauce, Salsa Packet	pc	5.0	0.0	1.0	0.0	0.0	120.0
Tortilla, Flour, Medium	Each	166.0	4.4	28.4	3.6	1.7	244.0

ALPHABETICAL LISTING	Portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
Apples, Fresh Sliced	1/2 cup	26.5	0.2	7.0	0.1	0.7	0.0
Apples, Fresh Sliced, Individual Bags	2 oz bag	28.0	0.4	7.3	0.0	1.2	26.0
Apple Slices, canned	half cup	68.3	0.2	17.0	0.5	1.7	3.1
Applesauce	1/2 cup	96.9	0.2	25.4	0.2	1.5	3.8
Apricot Cup, 4.5 oz each	4.5 oz	124.4	0.9	32.0	0.1	2.9	5.3
Bagel & Cream Cheese	Serving	289	9.14	39	10.4	1.0	464
Bagel & Jelly	each	229.4	7.1	47.8	0.5	1.2	385
Bagel, 2.3 oz (Sara Lee)	each	190.0	7.0	38.0	0.5	1.0	380.0
Bagel Sandwich: Egg, Cheddar & Ham	Each	335	20.55	39.7	9.5	1.0	930
Bagel Sandwich: Egg & Cheddar	Each	360	19	39.4	13.4	1.0	685
Bananas, Medium	1 each	108.6	1.2	27.6	0.6	2.8	1.2
Bar, Ultimate Breakfast	Each	270.0	4.0	44.0	8.0	6.0	240.0
Bar, Ultimate Breakfast	Each	270.0	4.0	44.0	8.0	6.0	240.0
Biscuit	each	230.0	5.0	31.0	9.0	1.0	770.0
Bread, Flatbread specialty	1.8 oz each	140.0	5.0	25.0	2.5	2.0	260.0
Bread, Oat-Grain & Nut, OroWeat	1 Slice	100.0	3.0	18.0	1.5	1.0	190.0
Bread, Oat-Grain & Nut, OroWeat	2 Slices	200.0	6.0	36.0	3.0	2.0	380.0
Bread, "Texas" Toast	1 slice	100.0	3.0	19.0	1.5	1.0	180.0
Bread, Wheat Sandwich	1 slice	70.0	2.0	13.0	1.0	1.1	100.0
Bun, Hamburger with MultiGrain	1.83 oz each	140.0	4.0	25.0	2.0	3.0	240.0
Bun, Hot Dog	1.52 oz	110.0	4.0	20.0	1.5	1.0	220.0
Bun, Steak /Submarine Roll	2.33 oz each	170.0	5.0	33.0	2.0	1.0	360.0
Burrito, Breakfast Egg & Cheese	Each	186.9	8.1	27.2	4.9	1.1	434.3

ALPHABETICAL LISTING	Portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
Burrito, Breakfast Steak & Egg	each	395.0	22.0	35.0	17.7	2.3	785.0
Cantaloupe Wedge	1 wedge	23.8	0.6	5.7	0.2	0.5	6.1
Cantaloupe, Cubed half cup	half cup	19.9	0.5	4.7	0.2	0.5	5.1
Cheese, Cream	1 oz	99.0	2.1	0.8	9.9	0.0	83.8
Cheese, String Lite, Mozzarella	each	79.4	7.8	0.9	4.9	0.0	149.7
Cinnamon Roll, Whole Grain (3 small)	3 each	315.0	6.0	52.5	7.5	4.5	435
Crackers, Grahams, package	1 pkg	60.0	1.0	10.0	1.5	0.0	65.0
Crackers, Saltines, package	1 pkg	25.8	0.6	4.2	0.7	0.2	63.5
Eggs Scrambled With Cheddar	1/4 cup	150.9	9.6	1.7	11.4	0.0	313.5
Eggs, Scrambled #16	#16	87.3	5.8	1.9	5.8	0.0	242.5
English Muffin Sandwich Egg, Cheddar Cheese & Bacon	Each	315.0	15.6	25.2	13.2	1.0	620.0
English Muffin Sandwich Egg & Cheddar Cheese	Each	320.0	16.0	25.4	13.9	1.0	515.0
English Muffin, Toasted	Each	150.0	4.0	24.0	1.0	1.0	210.0
French Toast (1)	Each	150.0	6.0	27.0	3.0	4.0	380.0
Fruit Cocktail	1/2 cup	63.9	0.5	16.4	0.1	1.8	5.6
Fruit, Fresh, Seasonal, Ass't	Serving	54.4	0.8	13.5	0.3	1.8	2.3
Grapes	1 bunch	50.3	0.5	12.6	0.4	0.7	1.4
Honeydew Wedge	1 wedge	28.0	0.4	7.3	0.1	0.5	8.0
Honeydew, Cubed, Half Cup = 2 oz = 5 cubes	half cup	19.1	0.3	5.2	0.1	0.3	5.7
Jelly, assorted flavor, packet	pc	39.4	0.1	9.8	0.0	0.2	4.5
Juice, Orange, 4 fl-oz	carton	54.6	1.0	12.5	0.3	0.2	1.2
Ketchup Packet (1 each)	pkt	10.0	0.0	3.0	0.0	0.0	105.0
Ketchup Packet (2 each)	pkt	20.0	0.0	6.0	0.0	0.0	210.0
Kiwi Fruit	1 each	46.4	0.8	11.3	0.3	2.6	3.8
Mandarin Oranges	half cup	77.0	0.6	20.4	0.1	0.9	8.0
Milk, 1% (Low Fat)	half-pint	102.5	8.0	11.7	2.6	0.0	124.4
Milk, Chocolate, 1%	each	170.0	9.0	29.0	2.5	1.3	153
Milk, Chocolate: Fat Free	each	130.0	8.0	24.0	0.0	0.0	220.0
Milk, Skim (Fat Free)	half-pint	85.8	8.4	11.9	0.4	0.0	127.4
Milk, Strawberry, 1%, half Pint	each	170.0	9.0	28.0	2.5	0.0	130
Muffin, Apple Cinnamon	Each	170.0	3.0	27.0	5.0	1.0	160.0
Muffin, Banana	Each	120.0	2.0	26.0	0.0	0.0	170.0
Muffin, Blueberry	Each	160.0	3.0	27.0	5.0	1.0	190.0
Muffin, Corn	Each	200.0	5.0	35.0	6.0	1.0	390.0
Omelet, Cheese	Each	110.0	8.0	1.0	8.0	0.0	210.0
Oranges, Mandarin, 4 oz individual cups	4 oz cup	76.7	0.6	20.3	0.1	0.9	7.5
Oranges, Medium	1 each	61.6	1.2	15.4	0.2	3.1	0.0
Pancake Sandwich (Egg, Cheddar & Sausage)	Each	361.7	17.6	26.9	19.9	0.0	676.7
Pancake Sandwich (Egg & Cheddar Cheese)	Each	316.7	14.1	26.0	17.6	0.0	511.0
Pancakes (3)	pancakes	220.0	3.0	37.0	7.0	0.0	310.0
Pancakes, Sweet Potato	1 each	80.0	1.5	15.0	1.8	1.0	100.0
Pancakes, Sweet Potato	2 each	160.0	3.0	30.0	3.6	2.0	200.0
Pancakes, Sweet Potato	3 each	240.0	4.5	45.0	5.4	3.0	300.0
Peach Cups, 4.4 oz	4.4 oz cup	120.0	0.8	30.7	0.2	2.3	120.3
Peaches	1/2 cup	76.6	0.7	19.6	0.2	0.9	8.8
Pears	1/2 cup	61.1	0.3	16.0	0.1	1.6	4.9
Pineapple	1/2 cup	68.7	0.6	17.8	0.1	1.5	1.1
Pineapple, Cubed, Half Cup = 2 oz = 5 cubes	half cup	27.2	0.3	7.2	0.1	0.8	0.6
Potato Pancakes, 6 Each,	pancakes	240.0	2.0	26.0	14.0	3.0	680.0
Potatoes, Hash Browns	Pattie	140.0	2.0	16.0	7.0	2.0	270.0
Raisins, individual box	1.33 oz box	130.0	1.0	29.0	0.0	2.0	10.0
Roll, Dinner/Parkerhouse	1.45 oz each	110.0	4.0	20.0	1.5	1.0	220.0
Roll, Potato "Petite" Premium (Dinner) roll	1.69 oz each	130.0	4.0	25.0	1.5	1.0	220.0
Roll, Potato Large, Hamburger Bun size	2.61 oz each	200.0	7.0	39.0	2.0	2.0	330.0
Sauce, Salsa Packet	pc	5.0	0.0	1.0	0.0	0.0	120.0
Sausage Breakfast Link, Low Fat Pork	link	50.0	3.5	0.5	3.5	0.0	125.0
Sausage Breakfast Link, Low Fat Pork	links	100.0	7.0	1.0	7.0	0.0	250.0
Sausage Breakfast Link, Low Fat Pork	links	150.0	10.5	1.5	10.5	0.0	375.0
Strawberries, Fresh, medium	3 medium	21.2	0.4	4.4	0.3	1.6	0.8

ALPHABETICAL LISTING	Portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
Strawberry Cup, 4.5 oz	4.5 oz	121.6	0.7	32.9	0.2	2.4	4.0
Syrup Packet	pc	111.4	0.0	28.6	0.1	0.0	3.8
Toast, Oat Nut	Slice	200.0	6.0	36.0	3.0	2.0	380.0
Toast, Wheat	Slice	140.0	4.0	26.0	2.0	2.2	200.0
Toast, Wheat	Slice	140.0	4.0	26.0	2.0	2.2	200.0
Tortilla, Flour, Large, 12"	3.67 oz each	356.0	9.5	58.5	8.8	3.5	725.0
Tropical Fruit Mix	half cup	89.2	0.0	22.3	0.0	1.0	11.2
Waffle, Belgian	Each	189.5	5.2	28.4	6.9	3.5	413.4
Watermelon Wedge	1 wedge	45.4	0.9	10.2	0.6	0.7	2.8
Watermelon, Cubed, half cup = 2 oz = 5 cubes	half cup	18.1	0.4	4.1	0.2	0.3	1.1
Yogurt, 4 oz, Assorted Flavors	avg.	92.5	3.0	19.8	0.0	0.0	75.0
Yogurt, Cherry Vanilla, 4 oz	each	100.0	3.0	22.0	0.0	0.0	75.0
Yogurt, Peach, 4 oz	each	90.0	3.0	19.0	0.0	0.0	75.0
Yogurt, Raspberry 4 oz	each	90.0	3.0	19.0	0.0	0.0	75.0
Yogurt, Strawberry Banana, 4 oz	each	90.0	3.0	19.0	0.0	0.0	75.0
Yogurt, Strawberry, 4 oz.	each	100.0	3.0	22.0	0.0	0.0	75.0
Yogurt, Vanilla 4 oz	each	100.0	3.0	22.0	0.0	0.0	75.0