

Preschool Lunch

Monday, Jan 2, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
HOLIDAY	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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**Preschool Lunch**

**Tuesday, Jan 3, 2023**

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
HOLIDAY	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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Preschool Lunch

Wednesday, Jan 4, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
HOLIDAY	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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Preschool Lunch

Thursday, Jan 5, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
HOLIDAY	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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**Preschool Lunch**

**Friday, Jan 6, 2023**

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
HOLIDAY	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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**Preschool Lunch**

**Monday, Jan 9, 2023**

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
HOLIDAY	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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## Preschool Lunch

Tuesday, Jan 10, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Chili & Cheese Tamale	370	35	470	2.00	0.00	250.00	750	9.00	2.00	11.00	29.00	24.00	10.00
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Jicama sticks	29	0	3	3.83	0.41	7.65	38	0.00	0.77	0.77	6.89	0.00	0.00
Yellow Corn	76	0	9	0.94	0.00	0.00	0	2.27	4.73	2.83	17.95	0.94	0.00
Fresh Fruit	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Diced Peaches	40	0	0	0.80	0.00	7.20	80	4.80	8.00	0.80	9.60	0.00	0.00
1% Milk 1-1/2 Gallon	87	11	109	0.00	0.00	254.55	364	1.75	10.18	8.00	11.64	1.82	1.09

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## Preschool Lunch

Wednesday, Jan 11, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Orange Chicken/Rice	472	40	280	3.80	2.16	0.00	0	1.20	10.00*	20.00	85.00	5.86	0.50
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Caesar Salad	213	9	382	0.99	0.46	15.51	4094	1.88	0.94	2.74	11.13	18.37	2.85
Sliced Cucumber	9	0	0	0.86	0.31	17.18	172	5.15	0.86	0.86	1.72	0.00	0.00
Mandarin Oranges	64	0	7	0.71	0.26	18.43	0	0.00	15.59	0.71	16.30	0.00	0.00
Fresh Fruit	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk 1-1/2 Gallon	87	11	109	0.00	0.00	254.55	364	1.75	10.18	8.00	11.64	1.82	1.09

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## Preschool Lunch

Thursday, Jan 12, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Mini Cheese Burger/WGR	273	45	339	2.60	2.90	82.00	25	0.00	3.40	19.70	31.10	8.00	2.90
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Broccoli Florets Blanched	18	0	4	0.00	0.00	12.59	0	24.55	0.00	2.52	2.52	0.00	0.00
Garden Fresh Salad	12	0	9	0.73	0.65	36.25	834	4.79	1.45	0.73	2.18	0.00	0.00
Fresh Fruit	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Diced Pears	60	0	5	2.00	0.00	0.00	0	1.20	12.00	0.00	16.00	0.00	0.00
Ranch Dressing	105	11	471	0.00	0.00	36.10	0	0.00	1.48	1.11	3.52	9.43	1.21
1% Milk 1-1/2 Gallon	87	11	109	0.00	0.00	254.55	364	1.75	10.18	8.00	11.64	1.82	1.09

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## Preschool Lunch

Friday, Jan 13, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Cheese Pizza Round	344	41	548	2.00	1.08	300.00	0	0.00	2.00	30.00	32.00	16.00	11.00
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Roasted Garbanzo Beans	57	0	188	1.74	0.00	0.00	0	5.40	1.74	2.18	9.16	0.87	0.00
Baby Carrots	30	0	67	3.04	9.11	0.76	11728	2.28	4.56	0.00	7.59	0.00	0.00
TREAT	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Strawberry/Lemon Ice Cup	99	0	15	0.00	0.00	0.00	0	12.00	25.00	0.00	25.00	0.00	0.00
Fresh Fruit	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Assorted Dried Fruit	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk 1-1/2 Gallon	87	11	109	0.00	0.00	254.55	364	1.75	10.18	8.00	11.64	1.82	1.09

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## Preschool Lunch

Monday, Jan 16, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
HOLIDAY	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Baby Carrots	30	0	67	3.04	9.11	0.76	11728	2.28	4.56	0.00	7.59	0.00	0.00
Garden Fresh Salad	12	0	9	0.73	0.65	36.25	834	4.79	1.45	0.73	2.18	0.00	0.00
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Assorted Dried Fruit	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Fresh Fruit	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Ranch Dressing	105	11	471	0.00	0.00	36.10	0	0.00	1.48	1.11	3.52	9.43	1.21
1% Milk 1-1/2 Gallon	87	11	109	0.00	0.00	254.55	364	1.75	10.18	8.00	11.64	1.82	1.09

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## Preschool Lunch

Tuesday, Jan 17, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Chicken Soft Taco's	179	38	414	2.48	1.07	57.28	0	0.00	1.02	9.96	15.89	7.96	2.08
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Jicama sticks	29	0	3	3.83	0.41	7.65	38	0.00	0.77	0.77	6.89	0.00	0.00
Yellow Corn	76	0	9	0.94	0.00	0.00	0	2.27	4.73	2.83	17.95	0.94	0.00
Fresh Fruit	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Diced Peaches	40	0	0	0.80	0.00	7.20	80	4.80	8.00	0.80	9.60	0.00	0.00
1% Milk 1-1/2 Gallon	87	11	109	0.00	0.00	254.55	364	1.75	10.18	8.00	11.64	1.82	1.09

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## Preschool Lunch

Wednesday, Jan 18, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Cheeseburger	456	78	765	3.57	3.23	322.65	46	0.00	5.78	27.88	36.73	19.03	8.27
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Caesar Salad	213	9	382	0.99	0.46	15.51	4094	1.88	0.94	2.74	11.13	18.37	2.85
Sliced Cucumber	9	0	0	0.86	0.31	17.18	172	5.15	0.86	0.86	1.72	0.00	0.00
Mandarin Oranges	64	0	7	0.71	0.26	18.43	0	0.00	15.59	0.71	16.30	0.00	0.00
Fresh Fruit	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk 1-1/2 Gallon	87	11	109	0.00	0.00	254.55	364	1.75	10.18	8.00	11.64	1.82	1.09

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## Preschool Lunch

Thursday, Jan 19, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Turkey & Cheese on Hoagie Roll	230	25	680	2.00	2.00	160.00	0	0.00	4.00	17.00	29.00	6.00	2.00
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Broccoli Florets Blanched	18	0	4	0.00	0.00	12.59	0	24.55	0.00	2.52	2.52	0.00	0.00
Garden Fresh Salad	12	0	9	0.73	0.65	36.25	834	4.79	1.45	0.73	2.18	0.00	0.00
Fresh Fruit	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Diced Pears	60	0	5	2.00	0.00	0.00	0	1.20	12.00	0.00	16.00	0.00	0.00
Ranch Dressing	105	11	471	0.00	0.00	36.10	0	0.00	1.48	1.11	3.52	9.43	1.21
1% Milk 1-1/2 Gallon	87	11	109	0.00	0.00	254.55	364	1.75	10.18	8.00	11.64	1.82	1.09

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## Preschool Lunch

Friday, Jan 20, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Chicken Nuggets w/ Smiles	383	70	569	2.77	2.19	12.74	0	0.00	0.00	21.88	27.46	19.55	4.20
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Roasted Garbanzo Beans	57	0	188	1.74	0.00	0.00	0	5.40	1.74	2.18	9.16	0.87	0.00
Baby Carrots	30	0	67	3.04	9.11	0.76	11728	2.28	4.56	0.00	7.59	0.00	0.00
Fresh Fruit	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Assorted Dried Fruit	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk 1-1/2 Gallon	87	11	109	0.00	0.00	254.55	364	1.75	10.18	8.00	11.64	1.82	1.09

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## Preschool Lunch

Monday, Jan 23, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Cheesy Bread WGR Marinara Sauce	408	38	647	4.00	1.86	439.00	0	0.00	6.00	21.50	35.30	20.20	7.93
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Baby Carrots	30	0	67	3.04	9.11	0.76	11728	2.28	4.56	0.00	7.59	0.00	0.00
Garden Fresh Salad	12	0	9	0.73	0.65	36.25	834	4.79	1.45	0.73	2.18	0.00	0.00
Assorted Dried Fruit	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Fresh Fruit	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Ranch Dressing	105	11	471	0.00	0.00	36.10	0	0.00	1.48	1.11	3.52	9.43	1.21
1% Milk 1-1/2 Gallon	87	11	109	0.00	0.00	254.55	364	1.75	10.18	8.00	11.64	1.82	1.09

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## Preschool Lunch

Tuesday, Jan 24, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Chili & Cheese Tamale	370	35	470	2.00	0.00	250.00	750	9.00	2.00	11.00	29.00	24.00	10.00
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Jicama sticks	29	0	3	3.83	0.41	7.65	38	0.00	0.77	0.77	6.89	0.00	0.00
Yellow Corn	76	0	9	0.94	0.00	0.00	0	2.27	4.73	2.83	17.95	0.94	0.00
Fresh Fruit	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Diced Peaches	40	0	0	0.80	0.00	7.20	80	4.80	8.00	0.80	9.60	0.00	0.00
1% Milk 1-1/2 Gallon	87	11	109	0.00	0.00	254.55	364	1.75	10.18	8.00	11.64	1.82	1.09

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## Preschool Lunch

Wednesday, Jan 25, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
PB & J Grape Sandwich	600	0	540	7.00	3.00	78.00	0	0.00	29.00	18.00	64.00	34.00	6.00
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Caesar Salad	213	9	382	0.99	0.46	15.51	4094	1.88	0.94	2.74	11.13	18.37	2.85
Sliced Cucumber	9	0	0	0.86	0.31	17.18	172	5.15	0.86	0.86	1.72	0.00	0.00
Mandarin Oranges	64	0	7	0.71	0.26	18.43	0	0.00	15.59	0.71	16.30	0.00	0.00
Fresh Fruit	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk 1-1/2 Gallon	87	11	109	0.00	0.00	254.55	364	1.75	10.18	8.00	11.64	1.82	1.09

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## Preschool Lunch

Thursday, Jan 26, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Mini Cheese Burger/WGR	273	45	339	2.60	2.90	82.00	25	0.00	3.40	19.70	31.10	8.00	2.90
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Broccoli Florets Blanched	18	0	4	0.00	0.00	12.59	0	24.55	0.00	2.52	2.52	0.00	0.00
Garden Fresh Salad	12	0	9	0.73	0.65	36.25	834	4.79	1.45	0.73	2.18	0.00	0.00
Fresh Fruit	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Diced Pears	60	0	5	2.00	0.00	0.00	0	1.20	12.00	0.00	16.00	0.00	0.00
Ranch Dressing	105	11	471	0.00	0.00	36.10	0	0.00	1.48	1.11	3.52	9.43	1.21
1% Milk 1-1/2 Gallon	87	11	109	0.00	0.00	254.55	364	1.75	10.18	8.00	11.64	1.82	1.09

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## Preschool Lunch

Friday, Jan 27, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Cheesy Bites w/ Marinara Sauce	323	20	747	6.05	1.46	262.00	405	0.00	4.00	17.20	35.35	13.15	4.05
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Roasted Garbanzo Beans	57	0	188	1.74	0.00	0.00	0	5.40	1.74	2.18	9.16	0.87	0.00
Baby Carrots	30	0	67	3.04	9.11	0.76	11728	2.28	4.56	0.00	7.59	0.00	0.00
Fresh Fruit	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Assorted Dried Fruit	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk 1-1/2 Gallon	87	11	109	0.00	0.00	254.55	364	1.75	10.18	8.00	11.64	1.82	1.09

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## Preschool Lunch

**Monday, Jan 30, 2023**

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Pancake Brunch 4 Lunch	319	40	699	1.99	1.39	59.76	0	0.00	9.96	15.98	31.88	14.99	4.00
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Baby Carrots	30	0	67	3.04	9.11	0.76	11728	2.28	4.56	0.00	7.59	0.00	0.00
Garden Fresh Salad	12	0	9	0.73	0.65	36.25	834	4.79	1.45	0.73	2.18	0.00	0.00
Assorted Dried Fruit	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Fresh Fruit	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Ranch Dressing	105	11	471	0.00	0.00	36.10	0	0.00	1.48	1.11	3.52	9.43	1.21
1% Milk 1-1/2 Gallon	87	11	109	0.00	0.00	254.55	364	1.75	10.18	8.00	11.64	1.82	1.09

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## Preschool Lunch

Tuesday, Jan 31, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Bean&Cheese Burrito/WGR	350	15	480	6.00	5.40	150.00	100	0.00	4.00	14.00	45.00	11.00	0.00
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Jicama sticks	29	0	3	3.83	0.41	7.65	38	0.00	0.77	0.77	6.89	0.00	0.00
Yellow Corn	76	0	9	0.94	0.00	0.00	0	2.27	4.73	2.83	17.95	0.94	0.00
Fresh Fruit	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Diced Peaches	40	0	0	0.80	0.00	7.20	80	4.80	8.00	0.80	9.60	0.00	0.00
1% Milk 1-1/2 Gallon	87	11	109	0.00	0.00	254.55	364	1.75	10.18	8.00	11.64	1.82	1.09

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