

Where actual nutrition labels were not available, a nutrition program was used to calculate average values.

Items	Calories	Cholesterol Mg	Sodium Mg	Dietary Fiber G	Iron Mg	Calcium Mg	Vitamin A IU	Vitamin C Mg	Protein G	Carbohydrate G	Total Fat G	Saturated Fat G
BAKED VEGETARIAN BEANS	107	0	409	5.67	1.61	49.90	151	3.06	5.67	22.79	0.68	0.18
CHILLED OR FRESH FRUIT IN SEASON	50	0	4	1.59	0.22	9.57	233	10.65	0.50	12.95	0.13	0.02
BROWN RICE	88	0	3	0.83	0.36	6.58	0	0.00	1.89	18.39	0.70	0.14
SALSA	20	0	440	0.00	0.00	0.00	0	6.00	0.00	4.00	0.00	0.00
TOSSED SIDE SALAD	37	0	108	1.44	0.42	19.85	4204	9.24	0.83	4.73	1.93	0.25
PASTA SALAD	40	0	352	0.46	0.25	6.49	33	2.73	0.98	5.98	1.32	0.18
FRUIT JUICE	52	0	2	0.25	0.55	9.96	218	42.83	0.73	12.26	0.17	0.01
FROZEN JUICE BAR	60	0	20	0.00	0.36	20.00	100	60.00	0.00	16.00	0.00	0.00
RAISINS	120	0	5	2.00	0.71	19	0	0.87	1.16	29.00	0	0
BAKED POTATO	111	0	9	2.60	1.22	20	11	14.7	3.00	24.44	0.15	0.03
POTATO PUFFS	134	0	107	2.00	0.32	0	0	1.06	2.00	18.00	6.00	2.00

Items	Calories	Cholesterol Mg	Sodium Mg	Dietary Fiber G	Iron Mg	Calcium Mg	Vitamin A IU	Vitamin C Mg	Protein G	Carbohydrate G	Total Fat G	Saturated Fat G
PEACH TREAT	118	0	8	2.20	0.46	4	355	117.8	0.79	29.98	0.16	0.01
STRAWBERRY FRUIT TREAT	122	0	4	2.40	0.75	14	31	52.8	0.68	33.05	.017	0.01
PRETZELS	90	0	300	0.50		0	0	0	2.00	17.00	1.50	0.00
BAKED CHIPS	110	0	150	2					2.00	23.00	1.50	0
SUN CHIPS	140	0	120	2					2.00	18.00	6	1.00
MULTIGRAIN BREAD	116	0	223	3					6.00	22	<1	0.00
HONEY WHEAT ROLL	89	0	168	3					4.00	21	<1	<1
OATMEAL BREAD	111	0	223	1					4	22	<1	<1
WHEAT PULLMAN BREA	55	0	115	.5					2	11	<1	0