

ITEMS OFFERED DAILY

Item Name	Portion Size	Calories	Sodium (mg)	Sugars (g)	Total Fat (g)	Carbohydrate (g)	Fiber (g)	Protein (g)
Cereal:								
Assorted Cold Cereals	1 Bowl Pack	105	173	7	2	22	1	2
Berry Cereal Squares	1 Bowl Pack	140	105	0	3	27	3	2
Cinnamon Chex Cereal	1 Bowl Pack	110	170	7	2	23	1	1
Cinnamon Toast Cereal	1 Bowl Pack	110	160	8	3	22	1	1
Cocoa Cereal Squares	1 Bowl Pack	140	110	10	3	27	3	2
Froot Loops Cereal	1 Bowl Pack	110	170	8	1	24	3	2
Frosted Flakes	1 Bowl Pack	100	190	8	1	24	1	1
Granola	1/4 Cup	83	11	6	2	16	1	2
Honey Nut Cheerios	1 Bowl Pack	110	160	9	2	22	2	2
Honey Nut Scooters	1 Bowl Pack	190	410	16	2	39	3	5
Krave Smares Cereal	1 Pouch	110	95	9	3	21	3	2
Marshmallow Mateys	1 Bowl Pack	220	30	23	0	47	3	4
Mini Spooners Cereal	1 Bowl Pack	200	100	11	1	46	6	5
Reese's Puffs Cereal	1 Pouch	100	135	10	3	18	1	2
Rice Chex Cereal	1 Bowl Pack	100	250	2	1	24	1	2
Trix Cereal	1 Bowl Pack	110	140	7	2	24	1	1
Fruit:								
Apples	1 Each	72	1	14	1	19	3	0
Bananas	1 Each	105	1	14	1	27	3	1
Blueberries	1/2 Cup	52	1	9	1	13	2	1
Cantaloupe Cubes	1/2 Cup	27	13	6	1	6	1	1
Fruit Cup, (Chilled)	1/2 Cup	67	6	12	0	18	2	1
Fruit Cup, (Chilled - Assorted)	1/2 Cup	71	4	12	0	18	2	1
Fruit Cup, (Fresh)	1/2 Cup	64	1	12	1	16	2	1
Fruit Bowl, (Fresh)	1 Each	84	1	13	1	22	4	1
Fruit Juices, (Assorted)	4-oz.	65	1	14	0	16	0	0
Grapefruit Halves	1/2 Each	41	0	3	1	10	1	1
Grapes	1/2 Cup	61	2	9	1	16	1	1
Melon Cubes	1/2 Cup	57	28	13	1	14	1	1
Nectarines	1 Each	46	0	8	1	11	2	1
Oranges	1 Each	61	0	6	1	15	3	1
Peaches	1 Each	34	0	7	1	8	1	1

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Pears	1 Each	68	1	11	1	18	4	0
Plums	2 Plums	46	0	10	1	11	1	1
Strawberries	1/2 Cup	29	2	4	1	7	2	1
Tangerines	2 Each	120	5	24	2	30	4	2
Milk:								
Chocolate Milk (Borden)	1/2 Pint	120	240	21	5	22	0	8
Chocolate Milk (Prairie Farms)	1/2 Pint	130	180	22	5	24	0	8
Fat Free Milk (Borden)	1/2 Pint	90	125	12	5	12	0	8
Fat Free Milk (Prairie Farms)	1/2 Pint	80	120	11	5	11	0	8
Vanilla Fat Free Milk (Borden)	1/2 Pint	160	125	30	5	32	0	8
Vanilla Fat Free Milk (Prairie Farms)	1/2 Pint	130	170	22	0	24	0	8
Strawberry Milk (Borden)	1/2 Pint	120	100	21	0	21	0	8
Strawberry Milk (Prairie Farms)	1/2 Pint	130	120	22	5	23	0	8
Low Fat Milk (Borden)	1/2 Pint	108	129	12	16	12	0	9
Low Fat Milk (Prairie Farms)	1/2 Pint	108	129	12	16	12	0	9

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