

	Sides	Manufacturer	Serving Size	Calories	Protein	Vitamin A	Vitamin C	Iron	Calcium	Total Fat	Saturated	Carbohydrate	Fiber	Cholesterol	Sodium
C-02	Apple (or Peach) Crisp	recipe card	3/4 cup	306	2g	128		3mg	87mg	11g	2g	53g	3mg	0	130mg
1060166	Apple, Fresh	USDA	340.19g	80		1%	13%	2%	1%	1g		21g			
1060168	Apple, sliced canned	USDA	57g	24		34%			4%			12g			1mg
1060315	Apple Wedges		2oz	30								8g	2g		
1060165	Apple Crescents, battered		85g	220	2g		120%	4%	2%	9g	2g	34g	2g	0mg	450mg
1060163	Applesauce		126g	90								23g	2g		15mg
1060167	Applesauce, canned	USDA	56.7g	50	0g	7%	1%		3%	0		13g			2mg
1060188	Baked Beans		130g	160	7g	2%		30%	6%	0g	0g	32g	7g		540mg
1060192	Beans, Vegetarian canned	USDA	56.70g	60	3g	82%	1%	0%	32%	0g		13g		0mg	3g
1060105	Breadstick - French Bread		100g	130	5g			1%		2g		23g			240mg
4	Carrot Sticks w/Ranch Dressing		58g	42				3mg	8mg			9g	1mg		350mg
1060373	Cherries, frozen	USDA	57G	50		337%	1%		5%			12G			
1060372	Cookies - Choc. Chip	Spunkmeyer	37g	160	2g	6%				8g	4g	23g	<1g	10mg	120mg
1060247	Cookies - Fortune	Minh	4g	34	1g					2g	1g	8g			6mg
1060182	Corn, Yellow cut		100g	80			3%			1g	0g	19g	1g	0mg	10mg
1060194	Corn - whole kernel, frozen	USDA	56.70g	34	1g	102%	1%	0	1%	0g		8g		0mg	2mg
1060236	Crackers - Goldfish	Pepperidge	26g	130	3g					5g	2g	18g		10mg	180mg
1060246	Crackers - Jungle	J & J	28g	120	2g			6%		3g	1g	21g			55mg
1060278	Crackers - cinnamon graham	Nabisco	28g	120				6%		2.5g		23g	<1g	0mg	160mg
1060358	Fruit Roll Up, Crazy Colors	General Mills	14g	50	0		25%			1g	0	11g		0	55mg
1060252	Fruit Snacks - Curious George	Grist	26g	100						2g	2g	22g			30mg
1060257	Fruit Snacks - HI-C	Brachs	26g	80	2g		100%					19g			15mg
1060171	Fruit - mixed, canned	USDA	57g	35		114%	1%		3%			9g			3mg
8	Fruit - Fresh		105g	67	1g		22mg%		18mg%			17h	3mh		0mh
1060250	Granola Bars, Butterfinger	Quaker Oats	28g	120	1g			2%		3g	1g	22g	1g		75mg
1060193	Green Beans - Frozen	USDA	56.70g	10	1g	180%	2%	0%	15%	0g		2g		0mg	4mg
1060251	Jello		113g	70								17g			
1060172	Peaches, canned	USDA	56g	35		222%	2%		2%			9g			3mg
1060173	Peaches, sliced freestone, frozen	USDA	56	59		202%	59%		1%			15g			4mg
1060174	Pears, barlett canned	USDA	56g	35					3%			10g			3mg
10601958	Peas, Green Frozen		56.70g	30	2g	267%	3%	1%	10%	0g		6g		0mg	35mg
1060184	Pickle Spear - US food		28g												220mg
1060179	Pickle, Dill Slice		28g	0	0g					0g					390mg
1060205	Pickles, Spearskosher	Heinz	28g												270mg
1060095	Pierogies, mini	Mrs. T's	140g	230	8g	200%	10%	10%	6%	5g	2g	38g	2g	20mg	570mg
1060175	Pineapple canned	USDA	56g	35		9%	5%		9%			8g			1mg
1060191	Potato Chips	Frito Lay	28g	80	1g					5g	2g	7g			100mg
1060208	Potato - Instant Mashed	Trio	113.4g	60	1g							13g	1g		25mg

1060199	Potato - Instant	USDA	56.70g	60	1g	71%	5%		26%	3g		8g		7mg	174mg
1060198	Potato - Fresh Baked	USDA	226.79g	110	2g		10%	1%	10%	0g		25g			9mg
1060197	Potato - French Fried	USDA	56.70g	62	1g		2%	0%	3%	2g		9g		0mg	9mg
1060196	Potato - Rounds	USDA	56.70g	70	1g	4%	1%	1%	9%	3g		10g		0mg	231mg
1060187	Potato - Steak Fries	Cavendish	85	110	2g		14%	12%		3g	1g	18g	1g	0mg	20mg
1060186	Potato - Cisscut Fries		84	120	2g		10%	8%		5g	3g	17g	2g	5mg	20mg
1060185	Potato - Shoestring fries		84	170	2g		4%	2%		9g	2g	26g		0mg	180mg
1060183	Potato - Tasty Tators		85	170	2g		30%	2%		9g	2g	21g	2g	0mg	260mg
1060181	Potato - Wedge		85.05g	120	2g		8%	2%		5g	2g	17g	2g	0mg	200mg
1	Baked Potato Bar		588g	549	16g		54mg	6mg	208mg	10g	3g	100g	10mg	14mg	1706mg
117175	Pretzels.- Goldfish	Pepperidge	21g	90	2g				6%	2g	0	15g	<1g		300mg
1060258	Pudding - Chocolate	Lucky leaf	128g	100	2g	2%			6%			23g			160mg
1060260	Sunflower Seeds Salted	Dakota	28g	168	6g	12%		2%	28%	14g	1g	5g	2g		85mg
1060259	Sunflower Seeds - Honey	Dakota	28g	158	6g	12%		2%	28%	12g	1g	8g	1g		56mg
1060231	Yogurt - GoGurt	Yoplait	64g	70	2g	6%			10%	.5g	0g	13g		0.5mg	30mg
1060232	Yogurt - Strawberry Banana	Trix	113g	100	4g	10%			10%	.5g	.5g	20g	0	5mg	50mg
1060232	Yogurt - Watermelon Burst	Trix	113g	100	4g	10%			10%	.5g	.5g	20g	0	5mg	50mg
1060359	Fruit Snack, Scooby Doo	General Mills	25g	80	0		100%			.5g	0	19g	0	0	50mg
1060365	Cutie Pie, Apple	Horizon	3 oz.	230	2.5g	18%	0.90%	1.40%	19.70%	6.9g	2.0g	41.1g	2.7g	0	268mg
1060363	Cutie Pie, Cherry	Horizon	3 oz.	233	2.6g	138%	1.20%	1.60%	21.30%	6.8g	1.9g	41.9g	2.6g	0	268mg
1060364	Cutie Pie, Peach	Horizon	3 oz.	233	2.6g	138%	1.20%	1.60%	21.30%	6.8g	1.9g	41.9g	2.6g	0	268mg
1060362	Pancake, whole grain	Aunt Jemima	3 each	230	7g	2%		8%	6%	6g	1g	38g	3g	20mg	480mg
1060361	Corn Dog, whole grain	State Fair	113g	220	10g			10%	6%	7g	1.5g	31g	3g	40mg	650mg
1060360	French Fries, Crinkle Cut	Lamb Weston	84g	120	2g			10%	4%	4g	0g	20g	2g		35mg
1060180	Vegetables - Peppers&Onions		85g	40	1g	15%	45%	4%	2%	2g	0g	5g	3g	0mg	220mg