

# SIMPLY GOOD

by Chartwells

## FRESH & LOCAL

THE BEST  
LOCAL FOOD  
IS WHAT'S GROWN  
CLOSEST TO YOU.



## LOCAL PRODUCE MAY 2012

STRAWBERRIES	WESTMORELAND BERRY	COLONIAL BEACH, VA
CUCUMBERS	PARKER FARMS	OAK GROVE, VA
LEAF LETTUCE	SPRING VALLEY FARMS	MARTINSBURG, WV
YELLOW SQUASH	PARKER FARMS	OAK GROVE, VA
ZUCCHINI	PARKER FARMS	OAK GROVE, VA
SPINACH	PETRANGLO FARMS	VINELAND, NJ

### Local Feature: Lettuce!

Each May, DCPS hosts a local strawberries and salad greens day. The salad greens are grown especially for DCPS at Spring Valley Farms in West Virginia. Farmer Eli of Spring Valley Farms plants the lettuce in the spring so that it is ready for harvesting at the end of May. Students will enjoy local lettuce leaves in a tasty side salad on May 25.

### Leaf Lettuce Nutrition

Leafy green lettuce is an excellent source of many important vitamins and minerals. One cup of salad greens provides an excellent source of vitamin K, vitamin A, folate and vitamin C. Vitamin K is important in the blood clotting process to help stop bleeding with cuts and scrapes. It also helps to build strong bones.





## Afterschool Supper Menu for All Schools (K-12)

May 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Eat your greens!</b> Green fruits and vegetables are important for vision health and strong bones and teeth. They may also lower the risk of some cancers. In May, green lettuce is local in the DC area.</p>	<p>1 Sweet &amp; Crunchy Chicken Salad Sandwich on Whole Wheat Bread w/ Romaine Lettuce</p> <p>Fresh Apple 1% Milk</p>	<p>2 Honey Mustard Turkey Ham &amp; Cheese Sandwich on Whole Wheat Bread w/ Romaine &amp; Tomato</p> <p>100% Mixed Berry Juice 1% Milk</p>	<p>3 Grilled Chicken Caesar Salad w/ Romaine, Croutons &amp; Parmesan Cheese</p> <p>Whole Grain Cheddar Goldfish</p> <p>Chilled Peach Cup 1% Milk</p>	<p>4 Turkey &amp; Cheddar Sandwich on a Whole Wheat Hoagie Roll</p> <p>Fresh Baby Carrots w/ Light Dressing</p> <p>Fresh Pear 1% Milk</p>
<p>7 Oven Roasted Turkey &amp; Cheddar Whole Grain Wrap w/ Romaine &amp; Tomato</p> <p>Chilled Peach Cup 1% Milk</p>	<p>8 Spicy Chicken Taco Bowl w/ Romaine, Corn, Diced Tomato, Shredded Cheddar</p> <p>Whole Grain Tortilla Chips &amp; Light Dressing</p> <p>Fresh Apple 1% Milk</p>	<p>9 Turkey Ham &amp; Provolone Sandwich on a Whole Wheat Hoagie Roll w/ Romaine &amp; Tomato</p> <p>100% Mixed Berry Juice 1% Milk</p>	<p>10 Grilled Chicken Pesto Whole Grain Wrap w/ Tomatoes, Locally Grown Zucchini &amp; Low-Fat Mozzarella Cheese</p> <p>Fresh Pear 1% Milk</p>	<p>11 Cobb Salad w/ Diced Turkey Ham, Hard Boiled Egg, Cheddar Cheese &amp; Assorted Veggies</p> <p>Whole Wheat Dinner Roll &amp; Light Dressing</p> <p>100% Apple Juice 1% Milk</p>
<p>14 Mediterranean Turkey Whole Grain Wrap with Locally Grown Spinach, Low-Fat Mozzarella and Light Basil Aioli</p> <p>100% Orange Juice 1% Milk</p>	<p>15 Mandarin Chicken Salad w/ Romaine lettuce, Shredded Carrots, Locally Grown Red Cabbage, &amp; Mandarin Oranges</p> <p>Whole Grain Cheddar Goldfish</p> <p>Fresh Apple 1% Milk</p>	<p>16 Turkey Club Sandwich on Whole Wheat Bread w/ Oven Roasted Turkey, Turkey Bacon, Romaine, Tomato, &amp; Light Mayo</p> <p>100% Mixed Berry Juice 1% Milk</p>	<p>17 Oven Roasted Turkey &amp; Cheddar Whole Wheat Hoagie w/ Romaine &amp; Tomato</p> <p>Fresh Banana 1% Milk</p>	<p>18 Southwest Chicken Fajita Whole Grain Wrap w/ Romaine &amp; Chipotle Aioli</p> <p>Chilled Peach Cup 1% Milk</p>
<p>21 No School</p>	<p>22 Sweet &amp; Crunchy Chicken Salad Sandwich on Whole Wheat Bread w/ Romaine Lettuce</p> <p>100% Orange Juice 1% Milk</p>	<p>23 Farmstand Turkey &amp; Swiss Whole Wheat Wrap w/ Assorted Veggies</p> <p>Fresh Apple 1% Milk</p>	<p>24 Grilled Chicken Caesar Salad w/ Romaine, Parmesan Cheese, &amp; Croutons</p> <p>Whole Grain Cheddar Goldfish</p> <p>Fresh Pear 1% Milk</p>	<p>25 Turkey &amp; Cheddar Sandwich on a Whole Wheat Hoagie Roll</p> <p>Fresh Baby Carrots w/ Light Ranch Dressing</p> <p>100% Mixed Berry Juice 1% Milk</p>
<p>28 Memorial Day</p>	<p>29 Honey Mustard Turkey Ham &amp; Cheese Sandwich on Whole Wheat Bread w/ Romaine &amp; Tomato</p> <p>Fresh Pear 1% Milk</p>	<p>30 Spicy Chicken Taco Bowl w/ Romaine, Diced Tomato, Corn, &amp; Shredded Cheddar</p> <p>Whole Grain Tortilla Chips &amp; Light Ranch Dressing</p> <p>100% Orange Juice 1% Milk</p>	<p>31 Grilled Chicken Pesto Whole Grain Wrap w/ Tomatoes, Locally Grown Zucchini &amp; Low-Fat Mozzarella Cheese</p> <p>Chilled Peach Cup 1% Milk</p>	

Menu: Supper

Grades: K-12

Key: WG = Whole Grain, WW = Whole Wheat, RF = Reduced Fat

Tues - 5/01/2012

Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Sweet & Crunchy Chix Salad SW	1 sandwich	302	57	733	6.75	2.46	130.9	1067	1.34	23.84	37.89	7	1	0
Apple, Fresh	1 each	77	0	1	3.58	0.18	8.9	80	6.85	0.39	20.58	0.25	0.04	0
MILK,1% Lowfat	HALF PIN	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Saturated Fat % of Total Calories													4.70%	

Wed- 5/02/2012

Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Turkey Ham & Swiss Sandwich	50 each	312	43	750	6.76	2	354.3	741	8.79	18.72	34.41	11.48	5.51	0
Mixed Berry 100% Juice	4 oz	60	0	5	0	0	0	500	60	0	14	0	0	0
MILK,1% Lowfat	HALF PIN	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Mustard, 5 gm pc	1 each	4	0	63	0.05	0.1	4.2	0	0	0.24	0.32	0.22	0.01	0
Mayo, Light PC	1 packet	37	4	75	0	0	0	0	0	0	1.66	3.33	0.42	0
Saturated Fat % of Total Calories													12.80%	

Thurs - 5/03/2012

Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat
ENTREE Chicken Caesar Salad	1 Each	182	28	374	2.13	1.41	60.9	4762	4.64	15.28	22.34	3.13	0.89	0
Whole Grain Cheddar Goldfish	1 each	100	5	170	1	0.36	20	0	0	3	14	3.5	1	0
Peach Cup	1/2 Cup	55	0	5	1.63	0.34	7.5	476	4.5	0.79	14.46	0.04	0	0
MILK,1% Lowfat	HALF PIN	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Salad dressing packets	1 each	14	0	127	0.07	0.01	2.8	8	0.05	0.07	3.15	0.07	0.02	0
Saturated Fat % of Total Calories													6.70%	

Fri- 5/04/2012

Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Turkey & Cheddar Sub	1 each	193	26	381	1.79	1.2	142.5	1540	6.86	12.86	16.28	6.73	3.26	0
Carrot Sticks	6-8 sticks	14	0	11	0.95	0.16	8.6	8931	2.95	0.33	3.22	0	0	0
Pear, fresh	1 EACH	96	0	2	5.15	0.28	14.9	38	6.97	0.63	25.66	0.2	0.01	0
MILK,1% Lowfat	HALF PIN	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Salad dressing packets	1 each	14	0	127	0.07	0.01	2.8	8	0.05	0.07	3.15	0.07	0.02	0
Mustard, 5 gm pc	1 each	4	0	63	0.05	0.1	4.2	0	0	0.24	0.32	0.22	0.01	0
Mayo, Light PC	1 packet	37	4	75	0	0	0	0	0	0	1.66	3.33	0.42	0
Saturated Fat % of Total Calories													10.00%	

Mon - 5/07/2012

Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Turkey & Cheddar Wrap	1 Each	265	53	583	2.45	1.68	234.4	1698	7.09	19.34	18.51	13.17	7.63	0
Peach Cup	1/2 Cup	55	0	5	1.63	0.34	7.5	476	4.5	0.79	14.46	0.04	0	0
MILK,1% Lowfat	HALF PIN	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Saturated Fat % of Total Calories													19.10%	

Tues - 5/08/2012

Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Spicy Chicken Taco Bowl w/ Chi	1 each	337	43	549	5.29	2.26	260.5	5490	12.17	16.99	40.29	13.3	6.63	0
Apple, Fresh	1 each	77	0	1	3.58	0.18	8.9	80	6.85	0.39	20.58	0.25	0.04	0
MILK,1% Lowfat	HALF PIN	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Salad dressing packets	1 each	14	0	127	0.07	0.01	2.8	8	0.05	0.07	3.15	0.07	0.02	0
Saturated Fat % of Total Calories													13.70%	

Wed- 5/09/2012

Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Turkey Ham & Provolone Sub	1 Each	247	46	864	1.84	1.88	153.6	1550	7.69	17.96	17.33	9.96	3.86	0
Mixed Berry 100% Juice	4 oz	60	0	5	0	0	0	500	60	0	14	0	0	0
MILK,1% Lowfat	HALF PIN	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Mustard, 5 gm pc	1 each	4	0	63	0.05	0.1	4.2	0	0	0.24	0.32	0.22	0.01	0
Mayo, Light PC	1 packet	37	4	75	0	0	0	0	0	0	1.66	3.33	0.42	0
Saturated Fat % of Total Calories													11.40%	

Thurs- 5/10/2012

Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Pesto Chicken WW Wrap	1 each	348	57	545	2.77	1.63	256.7	765	12.51	19.66	22.45	20.08	6.09	0
Pear, fresh	1 EACH	96	0	2	5.15	0.28	14.9	38	6.97	0.63	25.66	0.2	0.01	0
MILK,1% Lowfat	HALF PIN	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Saturated Fat % of Total Calories													12.30%	

Fri - 5/11/2012

Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat
ENTREE Cobb Salad w/ Roll	1 each	264	167	507	2.03	1.79	232.2	4981	10.38	17.97	16.97	13.7	7.47	0
Apple Juice Box	4 oz	60	0	5	0	0	100	500	60	0	14	0	0	0
MILK,1% Lowfat	HALF PIN	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Saturated Fat % of Total Calories													18.60%	

Mon- 5/14/2012															
Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat	
Mediterranean Turkey Wrap	1 each	285	42	766	2.63	1.67	157.2	1850	10.96	16.18	23.6	14.39	4.06	0	
Peach Cup	1/2 Cup	55	0	5	1.63	0.34	7.5	476	4.5	0.79	14.46	0.04	0	0	
MILK,1% Lowfat	HALF PIN	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0	
Saturated Fat % of Total Calories													11.10%		

Tues- 5/15/2012															
Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat	
Mandarin Chicken Salad	2 cups	135	23	232	2.29	1.1	33.5	7775	16.14	7.78	21.4	2.29	0.54	0	
Whole Grain Cheddar Goldfish	1 each	100	5	170	1	0.36	20	0	0	3	14	3.5	1	0	
Apple, Fresh	1 each	77	0	1	3.58	0.18	8.9	80	6.85	0.39	20.58	0.25	0.04	0	
MILK,1% Lowfat	HALF PIN	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0	
Saturated Fat % of Total Calories													6.60%		

Wed - 5/16/2012															
Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat	
Turkey Club Sandwich	1 each	317	47	1101	7.72	2.65	147.8	5252	8.99	22.38	37.97	9.18	1.16	0	
Mixed Berry 100% Juice	4 oz	60	0	5	0	0	0	500	60	0	14	0	0	0	
MILK,1% Lowfat	HALF PIN	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0	
Mustard, 5 gm pc	1 each	4	0	63	0.05	0.1	4.2	0	0	0.24	0.32	0.22	0.01	0	
Mayo, Light PC	1 packet	37	4	75	0	0	0	0	0	0	1.66	3.33	0.42	0	
Saturated Fat % of Total Calories													5.30%		

Thurs - 5/17/2012															
Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat	
Turkey & Cheddar Sub	1 each	193	26	381	1.79	1.2	142.5	1540	6.86	12.86	16.28	6.73	3.26	0	
Banana, Petite	1 each	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11	0	
MILK,1% Lowfat	HALF PIN	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0	
Salad dressing packets	1 each	14	0	127	0.07	0.01	2.8	8	0.05	0.07	3.15	0.07	0.02	0	
Mustard, 5 gm pc	1 each	4	0	63	0.05	0.1	4.2	0	0	0.24	0.32	0.22	0.01	0	
Mayo, Light PC	1 packet	37	4	75	0	0	0	0	0	0	1.66	3.33	0.42	0	
Saturated Fat % of Total Calories													10.70%		

Fri - 5/18/2012

Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Southwest Chicken Fajita Wrap	1 each	348	86	927	3.76	2.51	57	4131	15.04	19.51	25.31	19.19	3.67	0
Peach Cup	1/2 Cup	55	0	5	1.63	0.34	7.5	476	4.5	0.79	14.46	0.04	0	0
MILK,1% Lowfat	HALF PIN	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Saturated Fat % of Total Calories													9.10%	

Tues- 5/22/2012

Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Sweet & Crunchy Chix Salad SW	1 sandwich	345	83	746	6.75	2.82	130.9	1067	1.34	32.5	37.89	8.17	1.34	0
Orange Juice Box	4 oz	60	0	15	0	0.54	100	500	60	0	15	0	0	0
MILK,1% Lowfat	HALF PIN	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Saturated Fat % of Total Calories													4.80%	

Wed - 5/23/2012

Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Farmstand Turkey Wrap	1 each	323	51	693	2.49	1.55	154	3211	5.85	18.67	25.71	16.49	5.28	0
Apple, Fresh	1 each	77	0	1	3.58	0.18	8.9	80	6.85	0.39	20.58	0.25	0.04	0
MILK,1% Lowfat	HALF PIN	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Saturated Fat % of Total Calories													12.00%	

Thurs - 5/24/2012

Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat
ENTREE Chicken Caesar Salad	1 Each	182	28	374	2.13	1.41	60.9	4762	4.64	15.28	22.34	3.13	0.89	0
Whole Grain Cheddar Goldfish	1 each	100	5	170	1	0.36	20	0	0	3	14	3.5	1	0
Pear, fresh	1 EACH	96	0	2	5.15	0.28	14.9	38	6.97	0.63	25.66	0.2	0.01	0
MILK,1% Lowfat	HALF PIN	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Salad dressing packets	1 each	14	0	127	0.07	0.01	2.8	8	0.05	0.07	3.15	0.07	0.02	0
Saturated Fat % of Total Calories													6.10%	

Fri - 5/25/2012

Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Turkey & Cheddar Sub	1 each	193	26	381	1.79	1.2	142.5	1540	6.86	12.86	16.28	6.73	3.26	0
Carrot Sticks	6-8 sticks	14	0	11	0.95	0.16	8.6	8931	2.95	0.33	3.22	0	0	0
Mixed Berry 100% Juice	4 oz	60	0	5	0	0	0	500	60	0	14	0	0	0
MILK,1% Lowfat	HALF PIN	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Salad dressing packets	1 each	14	0	127	0.07	0.01	2.8	8	0.05	0.07	3.15	0.07	0.02	0
Mustard, 5 gm pc	1 each	4	0	63	0.05	0.1	4.2	0	0	0.24	0.32	0.22	0.01	0
Mayo, Light PC	1 packet	37	4	75	0	0	0	0	0	0	1.66	3.33	0.42	0
Saturated Fat % of Total Calories													10.80%	

Tues- 5/29/2012

Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Turkey Ham & Swiss Sandwich	50 each	312	43	750	6.76	2	354.3	741	8.79	18.72	34.41	11.48	5.51	0
Pear, fresh	1 EACH	96	0	2	5.15	0.28	14.9	38	6.97	0.63	25.66	0.2	0.01	0
MILK,1% Lowfat	HALF PIN	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Mustard, 5 gm pc	1 each	4	0	63	0.05	0.1	4.2	0	0	0.24	0.32	0.22	0.01	0
Mayo, Light PC	1 packet	37	4	75	0	0	0	0	0	0	1.66	3.33	0.42	0
Saturated Fat % of Total Calories													12.00%	

Wed - 5/30/2012

Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Spicy Chicken Taco Bowl w/ Chi	1 each	337	43	549	5.29	2.26	260.5	5490	12.17	16.99	40.29	13.3	6.63	0
Orange Juice Box	4 oz	60	0	15	0	0.54	100	500	60	0	15	0	0	0
MILK,1% Lowfat	HALF PIN	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Salad dressing packets	1 each	14	0	127	0.07	0.01	2.8	8	0.05	0.07	3.15	0.07	0.02	0
Saturated Fat % of Total Calories													14.10%	

Thurs - 5/31/2012

Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Pesto Chicken WW Wrap	1 each	348	57	545	2.77	1.63	256.7	765	12.51	19.66	22.45	20.08	6.09	0
Peach Cup	1/2 Cup	55	0	5	1.63	0.34	7.5	476	4.5	0.79	14.46	0.04	0	0
MILK,1% Lowfat	HALF PIN	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Saturated Fat % of Total Calories													13.30%	