

# Menu Cycle Week – Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
<b>23-24 DCPS Winter Core Breakfast Week 3 Day 1 :44890 - Day: 1</b>	100																		
<b>Category: Entrée/Combo; May Choose: 1</b>																			
Cereal, ready-to-eat, Cheerios, bowlpack 1 oz (CACFP) - SR1160 (1 bowl)	5	100.52	1.79	0.36	0.00	0.00	136.42	20.83	2.88	1.43	1.43	3.58	9.04	93.32	0.00(M)	0.00(M)	1.43	179.48	(M)
Cereal, ready-to-eat, Cinnamon Chex, bowlpack 1 oz (CACFP) - SR2336 (1 bowl)	5	120.00	2.50	0.00	0.00	0.00	170.00	23.00	1.00	6.00	6.00	1.00	7.20	60.00	300.00	3.60	1.20	0.00	(M)
Cereal, ready-to-eat, Raisin Bran, bowlpack 1.25 oz - SR1457 (1 bowl)	5	110.00	0.50	0.00	0.00	0.00	120.00	28.00	4.00	10.00	5.00	3.00	0.72	0.00	0.00(M)	0.00(M)	0.00	94.00	(M)
French Toast, sticks, whole grain (CACFP) - SR1910 (4 stick.)	65	257.36	9.90	1.49	0.00	0.00	296.95	37.61	2.97	8.91	7.92	5.94	1.98	39.59	0.00(M)	0.00(M)	0.00	148.48	(M)
<b>Category: Meat/MA; May Choose: 1</b>																			
Mozzarella String Cheese Stick, Polly-O 1 oz - SR4124 (1 stick.)	40	81.00	5.06	3.04	0.00	20.25	182.25	1.01	0.00	0.51	0.00	7.09	0.00	151.87	(M)	(M)	0.00	860.61	(M)
<b>Category: Grains; May Choose: 1</b>																			
Banana Muffin 2oz Ashley's Confections - SMR2100 (1 ea.)	40	150.00	4.50	1.00	0.00	0.00	160.00	21.00	1.00	12.00	9.00	3.00	0.50	30.00	(M)	(M)	0.00	120.00	(M)
Crackers, graham, honey, Keebler, 3 count (CACFP) - SR2366 (1 pkg.)	15	90.00	2.50	0.00	0.00	0.00	95.00	17.00	1.00	4.00	(M)	2.00	0.72	0.00	0.00	0.00	(M)	(M)	(M)
<b>Category: Fruit; May Choose: 2</b>																			
F - Apple, fresh, whole, unpeeled, ready-to-serve, 163 ct - SR1161 (1 extra smal)	100	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64
Tangerines, (mandarin oranges), raw, whole, 150 CT - SR3520 (1 ea.)	100	39.64	0.23	0.03	0.00	0.00	1.50	9.98	1.35	7.91	(M)	0.61	0.11	27.68	509.39	19.97	0.00	124.17	63.71
<b>Category: Milk; May Choose: 1</b>																			
Lactaid Milk - SMR1943 (1 Half Pint)	5	90.00	0.00	0.00	0.00	5.00	125.00	13.00	0.00	12.00	0.00	8.00	0.00	500.00	500.00	0.00	5.00	410.00	(M)
Milk, White, Lowfat 1%, Harrisburg Dairy - SMR1961 (1 Half Pint)	45	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	13.00	0.00	9.00	0.00	300.00	500.00	1.20	5.00	0.00(M)	(M)
Soy Milk - SMR1719 (1 ea.)	5	140.00	4.50	0.50	0.00	0.00	110.00	17.00	2.00	15.00	14.00	8.00	1.10	300.00	0.00(M)	0.00(M)	2.50	350.00	(M)

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Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)
White Milk, nonfat, fluid, Harrisburg Dairy - SMR1962 (1 Half Pint)	45	86.49	0.00	0.00	0.00	4.80	124.93	12.49	0.00	12.49	0.00	8.65	0.00	288.31	480.51	1.15	4.80	0.00(M)	(M)
<b>Category: Condiment; May Choose: 1</b>																			
Syrup, maple flavor, bulk - SR1158 (2 tbsp.)	35	105.00	0.00	0.00	0.00	0.00	47.50	26.00	0.00	14.50	(M)	0.00	0.01	0.50	2.75	0.01	0.00	10.50	(M)
<b>23-24 DCPS Winter Core Breakfast Week 3 Day 2 :44890 - Day: 2</b>																			
<b>Category: Entrée/Combo; May Choose: 1</b>																			
Blueberry Muffin, Ashley's Confections, WG 3.1oz - SMR1720 (1 ea.)	40	270.00	9.00	2.00	0.00	0.00	210.00	38.00	2.00	16.00	15.00	5.00	1.30	40.00	0.00(M)	0.00(M)	0.00	100.00	0.00(M)
Cereal, ready-to-eat, Cheerios, bowlpack 1 oz (CACFP) - SR1160 (1 bowl)	5	100.52	1.79	0.36	0.00	0.00	136.42	20.83	2.88	1.43	1.43	3.58	9.04	93.32	0.00(M)	0.00(M)	1.43	179.48	(M)
Cereal, ready-to-eat, Cinnamon Chex, bowlpack 1 oz (CACFP) - SR2336 (1 bowl)	5	120.00	2.50	0.00	0.00	0.00	170.00	23.00	1.00	6.00	6.00	1.00	7.20	60.00	300.00	3.60	1.20	0.00	(M)
Cereal, ready-to-eat, Raisin Bran, bowlpack 1.25 oz - SR1457 (1 bowl)	5	110.00	0.50	0.00	0.00	0.00	120.00	28.00	4.00	10.00	5.00	3.00	0.72	0.00	0.00(M)	0.00(M)	0.00	94.00	(M)
Hadley Farms, Strawberry Guava Danish, 3.2 oz, 2 WG, IW - SMR1967 (1 Danish)	30	260.00	7.00	1.50	0.00	0.00	260.00	45.00	3.00	19.00	18.00	4.00	1.40	40.00	(M)	(M)	0.00	110.00	(M)
Scrambled Eggs, scratch - SR1179 (1/4 c.)	30	93.18	5.99	2.00	0.00	226.30	86.53	0.00	0.00	0.00	0.00	7.99	1.33	34.61	0.00(M)	0.00(M)	1.33	83.86	0.00(M)
<b>Category: Meat/MA; May Choose: 1</b>																			
Mozzarella String Cheese Stick, Polly-O 1 oz - SR4124 (1 stick.)	40	81.00	5.06	3.04	0.00	20.25	182.25	1.01	0.00	0.51	0.00	7.09	0.00	151.87	(M)	(M)	0.00	860.61	(M)
<b>Category: Grains; May Choose: 1</b>																			
Crackers, graham, honey, Keebler, 3 count (CACFP) - SR2366 (1 pkg.)	15	90.00	2.50	0.00	0.00	0.00	95.00	17.00	1.00	4.00	(M)	2.00	0.72	0.00	0.00	0.00	(M)	(M)	(M)
Toast, wheat, buttered (CACFP) - SR1159 (1 slice)	30	89.05	3.10	0.86	0.00	0.00	180.95	13.00	1.00	1.00	1.00(M)	3.00	1.00	21.00	95.24 (M)	0.00(M)	0.00(M)	57.00 (M)	(M)
<b>Category: Fruit; May Choose: 1</b>																			

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Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
C - Pineapple, canned, tidbits, juice pack, drained - SR1495 (1/2 c.)	50	63.20	0.00	0.00	0.00	0.00	0.00	16.43	1.26	13.90	0.00	0.00	0.00	25.28	(M)	(M)	0.00	149.15	0.00(M)
<b>Category: Fruit Juice; May Choose: 1</b>																			
Juice, apple, 100% Ardmore 4 fl oz, plastic cup, frozen - SR4130 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	0.00	15.00	14.00	0.00	13.00	0.00	0.00	0.20	10.00	0.00(M)	0.00(M)	0.00	90.00	(M)
<b>Category: Milk; May Choose: 1</b>																			
Lactaid Milk - SMR1943 (1 Half Pint)	5	90.00	0.00	0.00	0.00	5.00	125.00	13.00	0.00	12.00	0.00	8.00	0.00	500.00	500.00	0.00	5.00	410.00	(M)
Milk, White, Lowfat 1%, Harrisburg Dairy - SMR1961 (1 Half Pint)	45	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	13.00	0.00	9.00	0.00	300.00	500.00	1.20	5.00	0.00(M)	(M)
Soy Milk - SMR1719 (1 ea.)	5	140.00	4.50	0.50	0.00	0.00	110.00	17.00	2.00	15.00	14.00	8.00	1.10	300.00	0.00(M)	0.00(M)	2.50	350.00	(M)
White Milk, nonfat, fluid, Harrisburg Dairy - SMR1962 (1 Half Pint)	45	86.49	0.00	0.00	0.00	4.80	124.93	12.49	0.00	12.49	0.00	8.65	0.00	288.31	480.51	1.15	4.80	0.00(M)	(M)
<b>23-24 DCPS Winter Core Breakfast Week 3 Day 3 :44890 - Day: 3</b>																			
<b>Category: Entrée/Combo; May Choose: 1</b>																			
Biscuit with Old Fashioned Country Gravy - SR1339 (1 ea.)	60	233.66	11.37	7.18	0.00	0.42	478.13	28.98	2.08	2.76	2.42	4.37	1.56	162.09	0.00(M)	0.00(M)	0.00	236.75	51.97 (M)
Oatmeal Raisin Round ICM 2 grain - SMR1723 (1 ea.)	15	280.00	4.50	4.50	0.00	15.00	160.00	41.00	4.00	16.00	(M)	6.00	1.44	0.00	300.00	0.00	(M)	(M)	(M)
<b>Category: Meat/MA; May Choose: 1</b>																			
Mozzarella String Cheese Stick, Polly-O 1 oz - SR4124 (1 stick.)	15	81.00	5.06	3.04	0.00	20.25	182.25	1.01	0.00	0.51	0.00	7.09	0.00	151.87	(M)	(M)	0.00	860.61	(M)
<b>Category: Grains; May Choose: 1</b>																			
Apple Muffin 2oz Ashley's Confections - SMR2099 (1 ea.)	15	150.00	5.00	1.50	0.00	0.00	140.00	22.00	2.00	10.00	8.00	3.00	0.70	30.00	(M)	(M)	0.00	70.00	(M)
Cereal, ready-to-eat, Cheerios, bowlpack 1 oz (CACFP) - SR1160 (1 bowl)	5	100.52	1.79	0.36	0.00	0.00	136.42	20.83	2.88	1.43	1.43	3.58	9.04	93.32	0.00(M)	0.00(M)	1.43	179.48	(M)
Cereal, ready-to-eat, Cinnamon Chex, bowlpack 1 oz (CACFP) - SR2336 (1 bowl)	5	120.00	2.50	0.00	0.00	0.00	170.00	23.00	1.00	6.00	6.00	1.00	7.20	60.00	300.00	3.60	1.20	0.00	(M)

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Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Cereal, ready-to-eat, Raisin Bran, bowlpack 1.25 oz - SR1457 (1 bowl)	5	110.00	0.50	0.00	0.00	0.00	120.00	28.00	4.00	10.00	5.00	3.00	0.72	0.00	0.00(M)	0.00(M)	0.00	94.00	(M)
Crackers, graham, honey, Keebler, 3 count (CACFP) - SR2366 (1 pkg.)	15	90.00	2.50	0.00	0.00	0.00	95.00	17.00	1.00	4.00	(M)	2.00	0.72	0.00	0.00	0.00	(M)	(M)	(M)
<b>Category: Fruit; May Choose: 2</b>																			
Bananas, fresh, petite or regular - SR1166 (1 medium (7"))	100	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	0.00	1.29	0.31	5.90	75.52	10.27	0.00	422.44	(M)
Blueberries, wild, frozen - SR2872 (1/2 c.)	100	39.34	0.00	0.00	0.00	0.00	0.00	8.85	2.95	4.92	0.00	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
<b>Category: Milk; May Choose: 1</b>																			
Lactaid Milk - SMR1943 (1 Half Pint)	5	90.00	0.00	0.00	0.00	5.00	125.00	13.00	0.00	12.00	0.00	8.00	0.00	500.00	500.00	0.00	5.00	410.00	(M)
Milk, White, Lowfat 1%, Harrisburg Dairy - SMR1961 (1 Half Pint)	45	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	13.00	0.00	9.00	0.00	300.00	500.00	1.20	5.00	0.00(M)	(M)
Soy Milk - SMR1719 (1 ea.)	5	140.00	4.50	0.50	0.00	0.00	110.00	17.00	2.00	15.00	14.00	8.00	1.10	300.00	0.00(M)	0.00(M)	2.50	350.00	(M)
White Milk, nonfat, fluid, Harrisburg Dairy - SMR1962 (1 Half Pint)	45	86.49	0.00	0.00	0.00	4.80	124.93	12.49	0.00	12.49	0.00	8.65	0.00	288.31	480.51	1.15	4.80	0.00(M)	(M)
<b>23-24 DCPS Winter Core Breakfast Week 3 Day 4 :44890 - Day: 4</b>																			
<b>Category: Entrée/Combo; May Choose: 1</b>																			
Bagel, wheat, bulk, Burry, 2.3 oz (CACFP) - SR1168 (1 bagel)	40	170.00	1.00	0.00	0.00	0.00	310.00	35.00	4.00	3.00	3.00	6.00	2.00	15.00	0.00(M)	0.00(M)	0.00	137.00	(M)
Breakfast Pizza, sausage, bulk Tonys (CACFP) - SR1167 (1 slice)	30	210.00	7.00	2.00	0.00	15.00	350.00	27.00	3.00	5.00	2.00	9.00	1.90	146.00	0.00	0.00	0.00	330.00	(M)
<b>Category: Meat/MA; May Choose: 1</b>																			
Mozzarella String Cheese Stick, Polly-O 1 oz - SR4124 (1 stick.)	20	81.00	5.06	3.04	0.00	20.25	182.25	1.01	0.00	0.51	0.00	7.09	0.00	151.87	(M)	(M)	0.00	860.61	(M)
<b>Category: Grains; May Choose: 1</b>																			
Banana Muffin 2oz Ashley's Confections - SMR2100 (1 ea.)	15	150.00	4.50	1.00	0.00	0.00	160.00	21.00	1.00	12.00	9.00	3.00	0.50	30.00	(M)	(M)	0.00	120.00	(M)
Cereal, ready-to-eat, Cheerios, bowlpack 1 oz (CACFP) - SR1160 (1 bowl)	5	100.52	1.79	0.36	0.00	0.00	136.42	20.83	2.88	1.43	1.43	3.58	9.04	93.32	0.00(M)	0.00(M)	1.43	179.48	(M)

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Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)
Cereal, ready-to-eat, Cinnamon Chex, bowlpack 1 oz (CACFP) - SR2336 (1 bowl)	5	120.00	2.50	0.00	0.00	0.00	170.00	23.00	1.00	6.00	6.00	1.00	7.20	60.00	300.00	3.60	1.20	0.00	(M)
Cereal, ready-to-eat, Raisin Bran, bowlpack 1.25 oz - SR1457 (1 bowl)	5	110.00	0.50	0.00	0.00	0.00	120.00	28.00	4.00	10.00	5.00	3.00	0.72	0.00	0.00(M)	0.00(M)	0.00	94.00	(M)
Crackers, graham, honey, Keebler, 3 count (CACFP) - SR2366 (1 pkg.)	15	90.00	2.50	0.00	0.00	0.00	95.00	17.00	1.00	4.00	(M)	2.00	0.72	0.00	0.00	0.00	(M)	(M)	(M)
<b>Category: Fruit; May Choose: 2</b>																			
C - Pineapple, canned, tidbits, juice pack, drained - SR1495 (1/2 c.)	100	63.20	0.00	0.00	0.00	0.00	0.00	16.43	1.26	13.90	0.00	0.00	0.00	25.28	(M)	(M)	0.00	149.15	0.00(M)
F - Oranges, fresh, slices, unpeeled - SR1172 (6 slice or w)	100	45.12	0.12	0.01	0.00	0.00	0.00	11.28	2.30	8.98	0.00	0.90	0.10	38.40	216.00	51.07	0.00	173.76	83.28
<b>Category: Milk; May Choose: 1</b>																			
Lactaid Milk - SMR1943 (1 Half Pint)	5	90.00	0.00	0.00	0.00	5.00	125.00	13.00	0.00	12.00	0.00	8.00	0.00	500.00	500.00	0.00	5.00	410.00	(M)
Milk, White, Lowfat 1%, Harrisburg Dairy - SMR1961 (1 Half Pint)	45	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	13.00	0.00	9.00	0.00	300.00	500.00	1.20	5.00	0.00(M)	(M)
Soy Milk - SMR1719 (1 ea.)	5	140.00	4.50	0.50	0.00	0.00	110.00	17.00	2.00	15.00	14.00	8.00	1.10	300.00	0.00(M)	0.00(M)	2.50	350.00	(M)
White Milk, nonfat, fluid, Harrisburg Dairy - SMR1962 (1 Half Pint)	45	86.49	0.00	0.00	0.00	4.80	124.93	12.49	0.00	12.49	0.00	8.65	0.00	288.31	480.51	1.15	4.80	0.00(M)	(M)
<b>Category: Condiment; May Choose: 1</b>																			
Light Cream Cheese, 0.75 portion cup - SR1169 (3/4 oz.)	40	44.54	3.55	2.25	0.13	12.80	80.37	1.71	0.05	1.10	(M)	1.57	0.05	23.60	275.35	0.00	(M)	(M)	(M)
<b>23-24 DCPS Winter Core Breakfast Week 3 Day 5 :44890 - Day: 5</b>																			
<b>Category: Entrée/Combo; May Choose: 1</b>																			
Breakfast Sandwich, English muffin, sausage, American - SR1189 (1 sandwich)	35	229.11	8.70	2.78	0.00	38.89	796.00	24.71	2.00	1.36	0.00(M)	12.78	1.66(M)	100.00 (M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)
Cereal, ready-to-eat, Cheerios, bowlpack 1 oz (CACFP) - SR1160 (1 bowl)	5	100.52	1.79	0.36	0.00	0.00	136.42	20.83	2.88	1.43	1.43	3.58	9.04	93.32	0.00(M)	0.00(M)	1.43	179.48	(M)

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Generated on: 11/9/2023 10:56:57 PM by Samantha Baker

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Cereal, ready-to-eat, Cinnamon Chex, bowlpack 1 oz (CACFP) - SR2336 (1 bowl)	5	120.00	2.50	0.00	0.00	0.00	170.00	23.00	1.00	6.00	6.00	1.00	7.20	60.00	300.00	3.60	1.20	0.00	(M)
Cereal, ready-to-eat, Raisin Bran, bowlpack 1.25 oz - SR1457 (1 bowl)	5	110.00	0.50	0.00	0.00	0.00	120.00	28.00	4.00	10.00	5.00	3.00	0.72	0.00	0.00(M)	0.00(M)	0.00	94.00	(M)
Vanilla Yogurt Cup, Dannon Creamy - SR3886 (1 Container)	40	70.00	0.00	0.00	0.00	2.50	70.00	12.00	0.00	9.00	5.00	4.00	0.00	100.00	0.00(M)	0.00(M)	2.00	188.00	(M)
<b>Category: Meat/MA; May Choose: 1</b>																			
Mozzarella String Cheese Stick, Polly-O 1 oz - SR4124 (1 stick.)	40	81.00	5.06	3.04	0.00	20.25	182.25	1.01	0.00	0.51	0.00	7.09	0.00	151.87	(M)	(M)	0.00	860.61	(M)
<b>Category: Grains; May Choose: 1</b>																			
Blueberry Muffin 2oz Ashley's Confections - SMR2101 (1 ea.)	30	170.00	6.00	1.50	0.00	0.00	135.00	25.00	2.00	11.00	10.00	3.00	0.80	30.00	(M)	(M)	0.00	60.00	(M)
Crackers, graham, honey, Keebler, 3 count (CACFP) - SR2366 (1 pkg.)	60	90.00	2.50	0.00	0.00	0.00	95.00	17.00	1.00	4.00	(M)	2.00	0.72	0.00	0.00	0.00	(M)	(M)	(M)
<b>Category: Fruit; May Choose: 2</b>																			
Apple Slices, fresh, 2oz IW Bag - SR2546 (1 pkg.)	100	30.00	0.00	0.00	0.00	0.00	0.00	7.00	1.00	6.00	(M)	0.00	0.00	20.00	0.00	21.00	(M)	(M)	(M)
Tangerines, (mandarin oranges), raw, whole, 150 CT - SR3520 (1 ea.)	100	39.64	0.23	0.03	0.00	0.00	1.50	9.98	1.35	7.91	(M)	0.61	0.11	27.68	509.39	19.97	0.00	124.17	63.71
<b>Category: Milk; May Choose: 1</b>																			
Lactaid Milk - SMR1943 (1 Half Pint)	5	90.00	0.00	0.00	0.00	5.00	125.00	13.00	0.00	12.00	0.00	8.00	0.00	500.00	500.00	0.00	5.00	410.00	(M)
Milk, White, Lowfat 1%, Harrisburg Dairy - SMR1961 (1 Half Pint)	45	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	13.00	0.00	9.00	0.00	300.00	500.00	1.20	5.00	0.00(M)	(M)
Soy Milk - SMR1719 (1 ea.)	5	140.00	4.50	0.50	0.00	0.00	110.00	17.00	2.00	15.00	14.00	8.00	1.10	300.00	0.00(M)	0.00(M)	2.50	350.00	(M)
White Milk, nonfat, fluid, Harrisburg Dairy - SMR1962 (1 Half Pint)	45	86.49	0.00	0.00	0.00	4.80	124.93	12.49	0.00	12.49	0.00	8.65	0.00	288.31	480.51	1.15	4.80	0.00(M)	(M)