

			Calories	Protein	Vitamin A	Vitamin C	Iron	Calcium	Total Fat	Sat Fat	Carbs	Fiber	Cholesterol	Sodium	Trans Fat
W1D1	Elem Br	CINNIS MINI (2015)	240	5	0	0	1.44	20	7	2	40	2	0	300	0
W1D1	Elem Br	BREAKFAST CHICKEN & BISCUIT	310.0001	14	104.8099	0.01	1.28	43.65	15.2	7	28	1.68	31.9999	841	0
W1D1	Elem Br	POPTART BROWN SUGAR CINN	180	2	500	0	1.8	100	2.5	1	37	3	0	190	0
W1D1	Elem Br	POPTART FUDGE FROSTED	180	3	500	0	1.8	100	3	1	38	3	0	190	0
W1D1	Elem Br	POPTART STRAWBERRY WG	180	2	500	0	1.8	100	2.5	1	38	3	0	190	0
W1D1	Elem Br	YOGURT/STRAWB BREAKFAST	278.9999	5.72	799.9998	1.7339	0.4807	100	3.4285	0.9399	56.6099	3.7801	2.4999	138.5001	0
W1D1	Elem Br	CEREAL COCOA PUFFS R-S WG	110	2	500	6	4.5	100	1.5	0	25	2	0	160	0
W1D1	Elem Br	CEREAL TRIX R-S WG	110	1	400	4.8	4.5	80	1	0	24	1	0	140	0
W1D1	Elem Br	CEREAL LUCKY CHARMS WG	110	2	500	6	4.5	100	1	0	23	2	0	180	0
W1D1	Elem Br	CEREAL FROOT LOOPS	110	2	400	12	3.6	0	1	0.5	24	3	0	170	0
W1D1	Elem Br	CEREAL APPLE JACKS R-S WG	100	3	500	6	8.1	100	2	0.5	20	3	0	140	0
W1D1	Elem Br	CEREAL RICE CHEX	100	2	500	6	9	100	0.5	0	24	1	0	250	0
W1D1	Elem Br	CEREAL HONEYNUT CHEERIOS	110	2	500	6	0	0	1.5	0	22	2	0	160	0
W1D1	Elem Br	Toasted Bread	113.984	3.0472	117.9528	0	0.72	61.1328	4.8232	2.4072	16	2	10.148	140	0.9204
W1D1	Elem Br	GRAB-GO BK BAG-CHEEZ-IT	270	11.0001	600	9.0001	1.0801	300	6	3.5	44	5.0001	10	360	0
W1D1	Elem Br	APPLE JUICE	60.0001	0	0	0	0.36	100	0	0	14	0	0	10	0
W1D1	Elem Br	FRESH RED GRAPES 2015	90	0.9999	100	15	0.36	20.0001	0.9999	0	24	0.9999	0	0	0
W1D1	Elem Br	Choc milk 1% half pint	140	7.9999	749.9999	0	0	250.0001	2.5	1.5001	19.9999	0	15.0001	180	0
W1D1	Elem Br	MILK HALF PINT 1% SWEET	110	7.9999	500.0001	2.4	0	299.9999	2.5	1.5001	12.9999	0	10.0001	129.9999	0
W1D1	Elem Br	MILK HALF PINT SKIM	89.9999	7.9999	500.0001	2.4	0	299.9999	0	0	12.9999	0	5	129.9999	0
W1D1	Elem Br	MILK HALF PINT STRAWBERRY	110	7.9999	1750	1.2	0	299.9999	0	0	18.9999	0	5	124.9999	0
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			Calories	Protein	Vitamin A	Vitamin C	Iron	Calcium	Total Fat	Sat Fat	Carbs	Fiber	Cholesterol	Sodium	Trans Fat
W1D2	Elem Br	SAUSAGE & BISCUIT	360	11	0.81	0.01	2	32.65	24	11	23	0.68	40	1020	0
W1D2	Elem Br	FRENCH TOAST STKS-W-SYRUP 2015	257.7656	7.6625	232.8658	0.074	1.4552	73.1467	8.7888	2.0965	38.61	2.5158	104.9392	281.7919	0
W1D2	Elem Br	POPTART BROWN SUGAR CINN	180	2	500	0	1.8	100	2.5	1	37	3	0	190	0
W1D2	Elem Br	POPTART FUDGE FROSTED	180	3	500	0	1.8	100	3	1	38	3	0	190	0
W1D2	Elem Br	POPTART STRAWBERRY WG	180	2	500	0	1.8	100	2.5	1	38	3	0	180	0
W1D2	Elem Br	YOGURT/STRAWB BREAKFAST	278.9999	5.72	799.9998	1.7339	0.4807	100	3.4285	0.9399	56.6099	3.7801	2.4999	138.5001	0
W1D2	Elem Br	CEREAL COCOA PUFFS R-S WG	110	2	500	6	4.5	100	1.5	0	25	2	0	160	0
W1D2	Elem Br	CEREAL FROOT LOOPS	110	2	400	12	3.6	0	1	0.5	24	3	0	170	0
W1D2	Elem Br	CEREAL LUCKY CHARMS WG	110	2	500	6	4.5	100	1	0	23	2	0	180	0
W1D2	Elem Br	CEREAL TRIX R-S WG	110	1	400	4.8	4.5	80	1	0	24	1	0	140	0
W1D2	Elem Br	CEREAL APPLE JACKS R-S WG	100	3	500	6	8.1	100	2	0.5	20	3	0	140	0
W1D2	Elem Br	CEREAL HONEYNUT CHEERIOS	110	2	500	6	0	0	1.5	0	22	2	0	160	0
W1D2	Elem Br	CEREAL RICE CHEX	100	2	500	6	9	100	0.5	0	24	1	0	250	0
W1D2	Elem Br	Toasted Bread	113.984	3.0472	117.9528	0	0.72	61.1328	4.8232	2.4072	16	2	10.148	140	0.9204
W1D2	Elem Br	GRAB-GO-BK CIN-TOAST CRUNC BAR	290.0001	12.0001	400	162	2.1599	400	5.5	3	49.9999	4	10.0001	325.0001	0
W1D2	Elem Br	FRESH BANANA	110	1.0001	0	9	0.36	0	0	0	29	4	0	0	0
W1D2	Elem Br	ORANGE JUICE	50	1	0	0	0	0	0	0	12.9999	0	0	10	0
W1D2	Elem Br	MILK HALF PINT 1% SWEET	110	7.9999	500.0001	2.4	0	299.9999	2.5	1.5001	12.9999	0	10.0001	129.9999	0
W1D2	Elem Br	MILK HALF PINT SKIM	89.9999	7.9999	500.0001	2.4	0	299.9999	0	0	12.9999	0	5	129.9999	0
W1D2	Elem Br	MILK HALF PINT STRAWBERRY	110	7.9999	1750	1.2	0	299.9999	0	0	18.9999	0	5	124.9999	0
W1D2	Elem Br	Choc milk 1% half pint	140	7.9999	749.9999	0	0	250.0001	2.5	1.5001	19.9999	0	15.0001	180	0

			Calories	Protein	Vitamin A	Vitamin C	Iron	Calcium	Total Fat	Sat Fat	Carbs	Fiber	Cholesterol	Sodium	Trans Fat
W1D3	Elem Br	COUNTRY BREAKFAST STEAK & BISCUIT	440	11	0.81	0.01	2.72	32.65	20	9.5	31	1.68	15	1030	0
W1D3	Elem Br	PIZZA BREAKFAST BACON SCRA	190	10	100	0	1.8	150	8	2	20	2	45	300	0
W1D3	Elem Br	POPART FUDGE FROSTED	180	3	500	0	1.8	100	3	1	38	3	0	190	0
W1D3	Elem Br	POPART BROWN SUGAR CINN	180	2	500	0	1.8	100	2.5	1	37	3	0	190	0
W1D3	Elem Br	POPART STRAWBERRY WG	180	2	500	0	1.8	100	2.5	1	38	3	0	180	0
W1D3	Elem Br	YOGURT/STRAWB BREAKFAST	278.9999	5.72	799.9998	1.7339	0.4807	100	3.4285	0.9399	56.6099	3.7801	2.4999	138.5001	0
W1D3	Elem Br	CEREAL COCOA PUFFS R-S WG	110	2	500	6	4.5	100	1.5	0	25	2	0	160	0
W1D3	Elem Br	CEREAL FROOT LOOPS	110	2	400	12	3.6	0	1	0.5	24	3	0	170	0
W1D3	Elem Br	CEREAL LUCKY CHARMS WG	110	2	500	6	4.5	100	1	0	23	2	0	180	0
W1D3	Elem Br	CEREAL TRIX R-S WG	110	1	400	4.8	4.5	80	1	0	24	1	0	140	0
W1D3	Elem Br	CEREAL APPLE JACKS R-S WG	100	3	500	6	8.1	100	2	0.5	20	3	0	140	0
W1D3	Elem Br	CEREAL HONEYNUT CHEERIOS	110	2	500	6	0	0	1.5	0	22	2	0	160	0
W1D3	Elem Br	CEREAL RICE CHEX	100	2	500	6	9	100	0.5	0	24	1	0	250	0
W1D3	Elem Br	Toasted Bread	113.984	3.0472	117.9528	0	0.72	61.1328	4.8232	2.4072	16	2	10.148	140	0.9204
W1D3	Elem Br	GRAB-GO BK GRAHAM CRACKER	270	9.9999	650	4.7999	0.9	309.9999	6.5	3.5001	45.7999	4.4001	9.9999	315.9998	0
W1D3	Elem Br	FRESH ORANGES	70	1.0001	100	78	0.36	60	0	0	21	7	0	0	0
W1D3	Elem Br	GRAPE JUICE	80	0.8818	0	0	0	0	0	0	15.8731	0	0	15	0
W1D3	Elem Br	Choc milk 1% half pint	140	7.9999	749.9999	0	0	250.0001	2.5	1.5001	19.9999	0	15.0001	180	0
W1D3	Elem Br	MILK HALF PINT STRAWBERRY	110	7.9999	1750	1.2	0	299.9999	0	0	18.9999	0	5	124.9999	0
W1D3	Elem Br	MILK HALF PINT 1% SWEET	110	7.9999	500.0001	2.4	0	299.9999	2.5	1.5001	12.9999	0	10.0001	129.9999	0
W1D3	Elem Br	MILK HALF PINT SKIM	89.9999	7.9999	500.0001	2.4	0	299.9999	0	0	12.9999	0	5	129.9999	0
W1D4	Elem Br	SAUSAGE & BISCUIT	360	11	0.81	0.01	2	32.65	24	11	23	0.68	40	1020	0
W1D4	Elem Br	WAFFLE (GINNYS) 2017	290	4	500	0	1.44	0	14	6	37	2	15	160	0
W1D4	Elem Br	POPART BROWN SUGAR CINN	180	2	500	0	1.8	100	2.5	1	37	3	0	190	0
W1D4	Elem Br	POPART FUDGE FROSTED	180	3	500	0	1.8	100	3	1	38	3	0	190	0
W1D4	Elem Br	POPART STRAWBERRY WG	180	2	500	0	1.8	100	2.5	1	38	3	0	180	0
W1D4	Elem Br	YOGURT/STRAWB BREAKFAST	278.9999	5.72	799.9998	1.7339	0.4807	100	3.4285	0.9399	56.6099	3.7801	2.4999	138.5001	0
W1D4	Elem Br	CEREAL COCOA PUFFS R-S WG	110	2	500	6	4.5	100	1.5	0	25	2	0	160	0
W1D4	Elem Br	CEREAL LUCKY CHARMS WG	110	2	500	6	4.5	100	1	0	23	2	0	180	0
W1D4	Elem Br	CEREAL FROOT LOOPS	110	2	400	12	3.6	0	1	0.5	24	3	0	170	0
W1D4	Elem Br	CEREAL TRIX R-S WG	110	1	400	4.8	4.5	80	1	0	24	1	0	140	0
W1D4	Elem Br	CEREAL APPLE JACKS R-S WG	100	3	500	6	8.1	100	2	0.5	20	3	0	140	0
W1D4	Elem Br	CEREAL RICE CHEX	100	2	500	6	9	100	0.5	0	24	1	0	250	0
W1D4	Elem Br	CEREAL HONEYNUT CHEERIOS	110	2	500	6	0	0	1.5	0	22	2	0	160	0
W1D4	Elem Br	Toasted Bread	113.984	3.0472	117.9528	0	0.72	61.1328	4.8232	2.4072	16	2	10.148	140	0.9204
W1D4	Elem Br	GRAB-GO BK FRUITY CHEERIOS BAR	259.9999	11.0001	200.0001	40.8	1.8001	399.9999	5.4999	3	43.9999	3	10.0001	325.0001	0
W1D4	Elem Br	FRESH RED GRAPES 2015	90	0.9999	100	15	0.36	20.0001	0.9999	0	24	0.9999	0	0	0
W1D4	Elem Br	ORANGE JUICE	50	1	0	36	0	0	0	0	12.9999	0	0	10	0
W1D4	Elem Br	MILK HALF PINT 1% SWEET	110	7.9999	500.0001	2.4	0	299.9999	2.5	1.5001	12.9999	0	10.0001	129.9999	0
W1D4	Elem Br	Choc milk 1% half pint	140	7.9999	749.9999	0	0	250.0001	2.5	1.5001	19.9999	0	15.0001	180	0
W1D4	Elem Br	MILK HALF PINT SKIM	89.9999	7.9999	500.0001	2.4	0	299.9999	0	0	12.9999	0	5	129.9999	0
W1D4	Elem Br	MILK HALF PINT STRAWBERRY	110	7.9999	1750	1.2	0	299.9999	0	0	18.9999	0	5	124.9999	0
W1D5	Elem Br	EGGO PANCAKE CONFETTI	220	4	1000	0	3.6	60	7	1	38	4	10	300	0
W1D5	Elem Br	EGGO PANCAKE BLUEBERRY	210	4	500	0	2.7	60	6	1	35	4	10	310	0
W1D5	Elem Br	EGGO PANCAKE MAPLE	210	4	500	0	2.7	60	6	1	35	4	10	320	0
W1D5	Elem Br	BREAKFAST CHICKEN & BISCUIT	310.0001	14	104.8099	0.01	1.28	43.65	15.2	7	28	1.68	31.9999	841	0
W1D5	Elem Br	POPART BROWN SUGAR CINN	180	2	500	0	1.8	100	2.5	1	37	3	0	190	0
W1D5	Elem Br	POPART FUDGE FROSTED	180	3	500	0	1.8	100	3	1	38	3	0	190	0
W1D5	Elem Br	POPART STRAWBERRY WG	180	2	500	0	1.8	100	2.5	1	38	3	0	180	0
W1D5	Elem Br	YOGURT/STRAWB BREAKFAST	278.9999	5.72	799.9998	1.7339	0.4807	100	3.4285	0.9399	56.6099	3.7801	2.4999	138.5001	0
W1D5	Elem Br	CEREAL APPLE JACKS R-S WG	100	3	500	6	8.1	100	2	0.5	20	3	0	140	0
W1D5	Elem Br	CEREAL TRIX R-S WG	110	1	400	4.8	4.5	80	1	0	24	1	0	140	0
W1D5	Elem Br	CEREAL LUCKY CHARMS WG	110	2	500	6	4.5	100	1	0	23	2	0	180	0
W1D5	Elem Br	CEREAL COCOA PUFFS R-S WG	110	2	500	6	4.5	100	1.5	0	25	2	0	160	0
W1D5	Elem Br	CEREAL RICE CHEX	100	2	500	6	9	100	0.5	0	24	1	0	250	0
W1D5	Elem Br	CEREAL FROOT LOOPS	110	2	400	12	3.6	0	1	0.5	24	3	0	170	0
W1D5	Elem Br	CEREAL HONEYNUT CHEERIOS	110	2	500	6	0	0	1.5	0	22	2	0	160	0
W1D5	Elem Br	Toasted Bread	113.984	3.0472	117.9528	0	0.72	61.1328	4.8232	2.4072	16	2	10.148	140	0.9204
W1D5	Elem Br	GRAB-GO BK CHO KRISPIE BAR	299.9999	11	699.9999	14.9999	1.08	320	7.9999	3.4999	51.9999	3.9999	10.0001	350.0001	0
W1D5	Elem Br	FRUIT PUNCH	52.9101	0	0	3.1746	0	0	0	0	12.3457	0	0	8.8183	0
W1D5	Elem Br	FRESH APPLE RED DELICIOUS 201	90	0	50	4.7999	0.18	9.9999	0	0	23.8	3.4001	0	0.9999	0
W1D5	Elem Br	Choc milk 1% half pint	140	7.9999	749.9999	0	0	250.0001	2.5	1.5001	19.9999	0	15.0001	180	0
W1D5	Elem Br	MILK HALF PINT STRAWBERRY	110	7.9999	1750	1.2	0	299.9999	0	0	18.9999	0	5	124.9999	0
W1D5	Elem Br	MILK HALF PINT SKIM	89.9999	7.9999	500.0001	2.4	0	299.9999	0	0	12.9999	0	5	129.9999	0
W1D5	Elem Br	MILK HALF PINT 1% SWEET	110	7.9999	500.0001	2.4	0	299.9999	2.5	1.5001	12.9999	0	10.0001	129.9999	0

			Calories	Protein	Vitamin A	Vitamin C	Iron	Calcium	Total Fat	Sat Fat	Carbs	Fiber	Cholesterol	Sodium	Trans Fat
W2D5	Elem Br	BREAKFAST CHICKEN & BISCUIT	310.0001	14	104.8099	0.01	1.28	43.65	15.2	7	28	1.68	31.9999	841	0
W2D5	Elem Br	PILLSBURY FILLED CRESCENT CHOC	230	6	0	0	1.44	20	8	1.5	37	2	0	270	0
W2D5	Elem Br	POPART BROWN SUGAR CINN	180	2	500	0	1.8	100	2.5	1	37	3	0	190	0
W2D5	Elem Br	POPART FUDGE FROSTED	180	3	500	0	1.8	100	3	1	38	3	0	190	0
W2D5	Elem Br	POPART STRAWBERRY WG	180	2	500	0	1.8	100	2.5	1	38	3	0	180	0
W2D5	Elem Br	YOGURT/STRAWB BREAKFAST	278.9999	5.72	799.9998	1.7339	0.4807	100	3.4285	0.9399	56.6099	3.7801	2.4999	138.5001	0
W2D5	Elem Br	CEREAL APPLE JACKS R-S WG	100	3	500	6	8.1	100	2	0.5	20	3	0	140	0
W2D5	Elem Br	CEREAL TRIX R-S WG	110	1	400	4.8	4.5	80	1	0	24	1	0	140	0
W2D5	Elem Br	CEREAL LUCKY CHARMS WG	110	2	500	6	4.5	100	1	0	23	2	0	180	0
W2D5	Elem Br	CEREAL COCOA PUFFS R-S WG	110	2	500	6	4.5	100	1.5	0	25	2	0	160	0
W2D5	Elem Br	CEREAL RICE CHEX	100	2	500	6	9	100	0.5	0	24	1	0	250	0
W2D5	Elem Br	CEREAL FROOT LOOPS	110	2	400	12	3.6	0	1	0.5	24	3	0	170	0
W2D5	Elem Br	CEREAL HONEYNUT CHEERIOS	110	2	500	6	0	0	1.5	0	22	2	0	160	0
W2D5	Elem Br	Toasted Bread	113.984	3.0472	117.9528	0	0.72	61.1328	4.8232	2.4072	16	2	10.148	140	0.9204
W2D5	Elem Br	GRAB-GO BK CHO. KRISPIE BAR	299.9999	11	699.9999	14.9999	1.08	320	7.9999	3.4999	51.9999	3.9999	10.0001	350.0001	0
W2D5	Elem Br	FRUIT PUNCH	52.9101	0	0	3.1746	0	0	0	0	12.3457	0	0	8.8183	0
W2D5	Elem Br	FRESH APPLE RED DELICIOUS 201	90	0	50	4.7999	0.18	9.9999	0	0	23.8	3.4001	0	0.9999	0
W2D5	Elem Br	Choc milk 1% half pint	140	7.9999	749.9999	0	0	250.0001	2.5	1.5001	19.9999	0	15.0001	180	0
W2D5	Elem Br	MILK HALF PINT STRAWBERRY	110	7.9999	1750	1.2	0	299.9999	0	0	18.9999	0	5	124.9999	0
W2D5	Elem Br	MILK HALF PINT SKIM	89.9999	7.9999	500.0001	2.4	0	299.9999	0	0	12.9999	0	5	129.9999	0
W2D5	Elem Br	MILK HALF PINT 1% SWEET	110	7.9999	500.0001	2.4	0	299.9999	2.5	1.5001	12.9999	0	10.0001	129.9999	0