

SIDE DISHES	SERVING SIZE	CALORIES	grams FAT	gram SAT FAT	mg SODIUM	gram CARBS	gram FIBER
Beans - Chili	1/4 cup	83	3.37	1.27	188	6.68	1.89
Beans - Refried Beans	1/4 cup	60	0	0	37.5	11	3.5
Beans - Vegetarian	1/2 cup	130	0	0	140	24	9
Blueberry Crisp	1/3 cup	200	7.97	1.59	113	31.75	2.3
Chips-Doritos 1/2 oz	1	80	5	0.5	90	8	0
Chips-Lay's Potato 1/2 o	1	80	4.5	1	100	10	1
Cookie Choc. Animals	1	120	3.5	0	45	19	0.5
Cookie Mini Choc. Chip	1	120	4	1.5	35	19	0
Corn Frozen	1/2 cup	75	0.75	0	0	15.75	0.75
Fortune Cookie	1	22	0	0	27	5	0
Fruit Iccee	1	60	0	0	10	15	0
Graham Crackers	1	112	3	1	140	20	1
Macaroni & Cheese	1/3 cup	195	12	7	502.5	12	0.25
Milk Choc. Fat Free	1 cup	120	0	0	180	21	0
Milk White 1%	1 cup	130	2.5	1.5	160	16	0
Potatoes - Crisscut	3 oz	150	6	0.5	180	23	2
Potatoes - Mashed	1/4 cup	100	0	0	25	22	2
Potatoes - Oven	3 oz	120	4	1	60	19	1
Potatoes - Smiles	4 pieces	160	6	1	230	24	2
Potatoes - Spudsters	5 pieces	150	6	1.5	380	23	2
Potatoes - String	3 oz	190	8	2	270	26	3
Potatoes - Tator Tots	9 pieces	150	8	2	330	18	2
Pudding - Chocolate	1/2 cup	140	3.5	0.5	180	24	1
Rice Brown	1/2 cup	85	0.75	0	0	18	1
Roll WW	1	80	1	0	140	15	1
Sherbert Mango	1	120	1.5	1	20	26	0
Sherbert Orange	1	110	1.5	1	20	23	0
Veggies Mix Frozen	1/2 cup	59	0.1	0	32	11.9	4
SNACKS	SIZE	CALORIES	FAT	SAT FAT	SODIUM	CARBS	FIBER
Chips - Baked Lays SCO	1 1/8 oz	140	3.5	0.5	240	24	2
Chips - Cheetos	1 1/2 oz	200	8	1.5	350	30	1
Chips - Cheetos Hot	1 1/2 oz	200	8	1	330	30	1
Chips - Doritos	1 3/8 oz	170	5	1	320	29	2
Chips - Fries BBQ	1 oz	130	4.5	0	190	21	1
Chips - Ruffles SC & O	1 1/8 oz	140	4	0.5	300	24	2
Juice Apple	4 oz	50	0	0	10	13	0
Juice Orange	4 oz	50	0	0	20	13	0
Mozz. String Cheese	1	80	6	3.5	210	1	0
Propel-Berry	1	0	0	0	80	0	0
Propel-Kiwi Strawberry	1	0	0	0	80	0	0
Switch-green Wat/Straw	1	120	0	0	5	29	0
Switch-orange Oran/Tan	1	120	0	0	5	30	0
Switch-pink Kiwi Berry	1	120	0	0	5	30	0
Switch-red Black Cherry	1	120	0	0	5	30	0

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