

























2009-2010 SanDi Coast Café Lunch Nutrition Information



Food Item Milk = Available Daily Menu = 2 Week Cycle (If an item is indented under an entrée, it is served with the entrée.)		Portion Size	Nutrient Breakdown												
			Calories	Carbo- hydrate (gm)	Fiber (gm)	Total Fat (gm)	Sat.Fat (gm)	% Calories from Fat	Protein (gm)	Chol (mg)	Sodium (mg)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
ENTRÉES, WEEK 1 (6 Daily Choices)															
Monday, Week 1															
	Chicken Patty Sandwich (No Cheese)	1 ea	393.00	42.00	3.00	17.00	3.00	38.93%	22.00	35.00	750.00	3.00	62.00	98.00	2.00
	Cheeseburger	1 ea	344.00	31.73	4.20	13.93	5.69	36.44%	26.94	58.00	765.00	4.06	172.32	213.00	0.00
	Turkey Sandwich on Focaccia	1 ea	325.00	23.00	2.18	15.78	6.12	43.70%	22.82	54.00	1366.00	0.85	209.83	310.00	1.18
	Mini Pretzels	1 pkg	110.00	23.00	0.00	0.00	0.00	0.00%	3.00	0.00	240.00	0.36	0.00	0.00	0.00
	Kung Pao Chicken Bowl (No Cheese)	2-#10 chix + 2-#6 rice	597.00	102.18	2.41	9.46	3.29	14.26%	21.36	54.00	544.00	5.18	56.63	744.00	26.00
	Mozzarella Breadsticks with Marinara Sauce (No Meat)	2 ea + 1/4 cup	345.00	43.00	5.80	12.90	4.00	33.65%	15.80	10.00	1172.00	3.13	335.99	470.00	8.10
	Chicken, Cheese, and Rice Burrito	1 ea	321.00	43.16	1.80	11.69	4.90	32.78%	15.24	36.00	916.00	2.55	299.88	403.00	7.35
	Cornmeal Star	1 ea	135.00	21.00	1.00	4.50	0.90	30.00%	2.50	10.00	150.00	1.00	11.00	22.00	0.00
Tuesday, Week 1															
	Buffalo Chicken Sandwich (No Cheese)	1 ea	366.00	42.60	4.34	12.80	2.20	31.48%	23.10	36.00	947.00	3.36	83.90	102.00	0.11
	Cheeseburger	1 ea	344.00	31.73	4.20	13.93	5.69	36.44%	26.94	58.00	765.00	4.06	172.32	213.00	0.00
	Chicken Ranch Wrap	1 ea	365.00	31.59	1.68	16.78	6.25	41.38%	22.85	64.00	807.00	2.15	327.17	1453.00	18.87
	Shrimp Popper Bowl (No Cheese)	#6 shrimp + 2-#6 rice	790.00	144.07	3.55	15.39	3.74	17.53%	16.58	87.00	1160.00	4.46	67.66	435.00	13.38
	Cheese Ravioli Bowl (No Meat)	1 bowl	292.00	36.68	4.56	6.94	3.14	21.39%	21.17	68.00	1213.00	3.11	309.32	1000.00	17.08
	Dinner Roll	1 ea	90.00	16.00	1.50	2.00	0.25	20.00%	2.50	0.00	120.00	0.72	10.00	0.00	0.00
	Taco Salad	1 ea	583.00	51.49	6.93	35.52	10.56	54.83%	15.86	33.00	1432.00	2.72	198.90	633.00	4.78







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Wednesday, Week 1															
	Chicken Patty Sandwich (No Cheese)	1 ea	393.00	42.00	3.00	17.00	3.00	38.93%	22.00	35.00	750.00	3.00	62.00	98.00	2.00
	Cheeseburger	1 ea	344.00	31.73	4.20	13.93	5.69	36.44%	26.94	58.00	765.00	4.06	172.32	213.00	0.00
	Turkey and Cheese Deli Sub	1 ea	386.00	40.69	4.23	16.38	6.56	38.19%	23.20	49.00	1383.00	2.62	246.70	856.00	7.29
	Tri-Color Tortilla Chips	1 oz	142.00	17.21	1.01	7.09	2.03	44.94%	2.03	0.00	152.00	0.36	20.25	0.00	0.00
	Beef and Broccoli Bowl (No Cheese)	5 ea + 2-#6 rice	642.00	98.16	3.06	16.66	6.73	23.36%	23.10	44.00	535.00	6.46	101.20	560.00	37.93
	Fortune Cookie	1 ea	35.00	7.00	0.00	1.00	0.00	25.71%	0.00	0.00	0.00	0.18	0.00	50.00	0.00
	Uno's Cheese Pizza (No Meat)	1 slice	310.00	32.00	2.00	12.00	6.00	34.84%	18.00	25.00	790.00	2.70	300.00	750.00	3.60
	Diego Wrap	1 ea	314.00	29.42	3.61	13.34	6.04	38.24%	21.13	66.00	878.00	2.24	274.78	1032.00	33.16
Thursday, Week 1															
	Buffalo Chicken Sandwich (No Cheese)	1 ea	366.00	42.60	4.34	12.80	2.20	31.48%	23.10	36.00	947.00	3.36	83.90	102.00	0.11
	Cheeseburger	1 ea	344.00	31.73	4.20	13.93	5.69	36.44%	26.94	58.00	765.00	4.06	172.32	213.00	0.00
	Cheese and Fruit Plate (No Meat)	1 ea	453.00	61.11	1.95	18.18	8.25	36.12%	12.29	62.00	284.00	1.38	277.21	398.00	84.60
	Spicy Chicken Ramen Soup (No Cheese)	1 ea	290.00	38.00	3.00	11.00	5.00	34.14%	8.00	3.00	1310.00	2.70	20.00	200.00	0.00
	Cornmeal Star	1 ea	135.00	21.00	1.00	4.50	0.90	30.00%	2.50	10.00	150.00	1.00	11.00	22.00	0.00
	Pasta and Meatball Bowl	1 bowl	668.00	76.64	6.11	27.10	11.20	36.51%	30.95	51.00	1982.00	6.25	291.81	943.00	13.06
	Chorizo and Egg Burrito	1 ea	326.00	31.89	1.80	14.99	5.59	41.38%	16.11	151.00	775.00	3.16	224.24	1078.00	2.81

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Friday, Week 1															
	Chicken Patty Sandwich (No Cheese)	1 ea	393.00	42.00	3.00	17.00	3.00	38.93%	22.00	35.00	750.00	3.00	62.00	98.00	2.00
	Cheeseburger	1 ea	344.00	31.73	4.20	13.93	5.69	36.44%	26.94	58.00	765.00	4.06	172.32	213.00	0.00
	Chicken Caesar Salad	1 ea	391.00	14.18	1.93	25.06	7.69	57.68%	25.58	65.00	1213.00	1.86	396.04	3130.00	27.22
	Dinner Roll	1 ea	90.00	16.00	1.50	2.00	0.25	20.00%	2.50	0.00	120.00	0.72	10.00	0.00	0.00
	Mandarin Chicken Bowl (No Cheese)	#6 chix + 2-#6 rice	601.00	99.89	1.34	12.21	3.11	18.28%	18.77	48.00	303.00	5.07	35.27	292.00	0.00
	Fortune Cookie	1 ea	35.00	7.00	0.00	1.00	0.00	25.71%	0.00	0.00	0.00	0.18	0.00	50.00	0.00
	Turkey Pepperoni Pizza	1 slice	327.00	32.34	2.00	12.86	6.26	35.39%	19.71	32.00	879.00	2.88	303.43	750.00	6.68
	Chile Cheese Quesadilla (No Meat)	1 ea	385.00	30.04	1.30	22.08	11.16	51.62%	17.36	51.00	699.00	2.24	527.75	660.00	5.94













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MILK														
Milk, Low-Fat 1% White, Cartor	8 oz	120.00	16.00	0.00	2.50	1.50	18.75%	11.00	15.00	150.00	0.00	400.00	500.00	2.40
Milk, Nonfat Chocolate, Cartor	8 oz	140.00	28.00	0.00	0.00	0.00	0.00%	8.00	5.00	170.00	0.00	250.00	500.00	2.40
CONDIMENTS														
Catsup	1 Tbsp	15.00	3.00	0.00	0.00	0.00	0.00%	0.00	0.00	150.00	0.00	0.00	0.00	0.00
Mustard	1 tsp	0.00	0.00	0.00	0.00	0.00	0.00%	0.00	0.00	65.00	0.00	0.00	0.00	0.00
Hot Sauce	1 Tbsp	10.00	1.00	0.25	0.00	0.00	0.00%	0.50	0.00	132.50	0.00	0.00	0.00	0.00
SIDES - Week 1 (Manager's Choice; 2 of 5 options to be offered with each entrée.)														
Deli Roasted Potatoes (Monday)	4 oz	160.00	28.00	2.67	4.00	0.00	22.50%	2.67	0.00	493.00	0.96	0.00	0.00	4.80
Lettuce and Pickle Cup (Daily)	1 ea	6.00	1.25	0.56	0.08	0.01	12.00%	0.36	0.00	235.00	0.22	6.23	113.00	1.29
Fruit Bowl (Daily)														
Fresh Apple	1 ea	72.00	19.06	3.31	0.23	0.04	2.88%	0.36	0.00	1.00	0.17	8.28	75.00	6.35
Banana	1 ea	139.00	35.39	3.63	0.73	0.28	4.73%	1.56	0.00	2.00	0.47	9.06	122.00	13.75
Fresh Orange	1 ea	75.00	18.85	3.85	0.19	0.03	2.28%	1.51	0.00	0.00	0.16	64.18	361.00	85.36
Fresh Pear	1 ea	96.00	25.66	5.15	0.20	0.02	1.88%	0.63	0.00	2.00	0.28	14.94	38.00	6.97
Spinach Salad with Fruit and Nuts (Monday)	1/2 cup	82.00	10.33	1.42	4.46	0.30	48.95%	1.90	0.00	364.00	1.22	45.93	3807.00	23.96
Banana Mini Loaf (Monday)	1 ea	180.00	30.00	2.00	6.00	1.00	30.00%	3.00	10.00	170.00	1.44	0.00	0.00	0.00
Julio's Carrots (Tuesday)	1/2 cup	38.00	7.51	2.11	0.80	0.07	18.95%	0.81	0.00	218.00	0.58	25.68	9463.00	5.62
Black Bean and Corn Salad (Tuesday)	1/2 cup	117.00	22.86	6.41	0.67	0.12	5.15%	6.61	0.00	283.00	1.60	21.12	115.00	3.21
Mini Pretzels (Tuesday)	1 pkg	110.00	23.00	0.00	0.00	0.00	0.00%	3.00	0.00	240.00	0.36	0.00	0.00	0.00
Potato Rounds (Wednesday, Friday)	1/2 cup	125.00	14.88	1.57	6.27	1.57	45.14%	1.57	0.00	259.00	0.56	0.00	0.00	7.05
Cusabi Broccoli Slaw (Wednesday)	1/2 cup	120.00	6.46	3.56	9.60	1.60	72.00%	2.37	2.00	163.00	0.85	47.43	2965.00	85.38
Cornmeal Star (Wednesday)	1 ea	135.00	21.00	1.00	4.50	0.90	30.00%	2.50	10.00	150.00	1.00	11.00	22.00	0.00
Strawberry Fruit Single, Frozen (Thursday)	1 ea	73.00	17.39	0.70	0.00	0.00	0.00%	0.50	0.00	8.00	0.26	51.82	10.00	13.89
Side Salad (Thursday)	1/2 cup	145.00	7.48	0.87	13.12	1.77	81.43%	0.74	5.00	369.00	0.75	13.20	991.00	10.85
Orange Dream Mini Loaf (Thursday)	1 ea	180.00	28.00	2.00	7.00	1.00	35.00%	3.00	10.00	180.00	1.44	0.00	0.00	0.00
Cherry Tomato and Cucumber Salad (Friday)	1/2 cup	20.00	3.69	0.42	0.71	0.02	31.95%	0.41	0.00	153.00	0.16	7.94	197.00	3.46
Goldfish Grahams (Friday)	1 pkg	120.00	19.00	0.00	4.00	1.00	30.00%	1.00	0.00	110.00	0.72	100.00	0.00	0.00










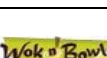


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			Calories	Carbo- hydrate (gm)	Fiber (gm)	Total Fat (gm)	Sat.Fat (gm)	% Calories from Fat	Protein (gm)	Chol (mg)	Sodium (mg)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
ENTRÉES, WEEK 2 (6 Daily Choices)															
Monday, Week 2															
	Chicken Patty Sandwich (No Cheese)	1 ea	393.00	42.00	3.00	17.00	3.00	38.93%	22.00	35.00	750.00	3.00	62.00	98.00	2.00
	Cheeseburger	1 ea	344.00	31.73	4.20	13.93	5.69	36.44%	26.94	58.00	765.00	4.06	172.32	213.00	0.00
	Yogurt Parfait (No Meat)	1 ea	473.00	65.06	4.77	20.68	2.81	39.35%	11.42	6.00	104.00	1.80	204.32	1837.00	3.86
	Orange Dream Mini Loaf	1 ea	180.00	28.00	2.00	7.00	1.00	35.00%	3.00	10.00	180.00	1.44	0.00	0.00	0.00
	Teriyaki Chicken with Asian Vegetables and Rice (No Cheese)	4.5 oz chick + 2-#6 rice	524.00	90.80	2.66	7.09	2.70	12.18%	19.38	44.00	360.00	5.34	61.65	469.00	16.01
	Fortune Cookie	1 ea	35.00	7.00	0.00	1.00	0.00	25.71%	0.00	0.00	0.00	0.18	0.00	50.00	0.00
	Turkey Pepperoni Hot Pocket	1 ea	360.00	37.00	4.00	16.00	7.00	40.00%	18.00	40.00	770.00	3.60	350.00	750.00	0.00
	Southwestern Chicken Wrap	1 ea	494.00	53.69	7.99	21.62	6.78	39.39%	22.78	39.00	1123.00	4.26	288.90	422.50	4.62
Tuesday, Week 2															
	Buffalo Chicken Sandwich (No Cheese)	1 ea	366.00	42.60	4.34	12.80	2.20	31.48%	23.10	36.00	947.00	3.36	83.90	102.00	0.11
	Cheeseburger	1 ea	344.00	31.73	4.20	13.93	5.69	36.44%	26.94	58.00	765.00	4.06	172.32	213.00	0.00
	Turkey and Swiss Sandwich on Kaiser Roll	1 ea	417.00	39.67	3.18	16.46	6.37	35.53%	30.91	66.00	1368.00	2.62	286.58	1282.00	2.55
	Tri-Color Tortilla Chips	1 oz	142.00	17.21	1.01	7.09	2.03	44.94%	2.03	0.00	152.00	0.36	20.25	0.00	0.00
	Hawaiian Pizza	1 slice	338.00	35.13	2.15	12.75	6.22	33.95%	20.33	34.00	887.00	2.91	303.82	763.00	5.71
	Pasta Alfredo Bowl (No Meat)	1 bowl	539.00	80.01	2.63	17.15	6.90	28.64%	15.48	24.00	1985.00	3.09	383.38	1109.00	9.43
	Dinner Roll	1 ea	90.00	16.00	1.50	2.00	0.25	20.00%	2.50	0.00	120.00	0.72	10.00	0.00	0.00
	Ranchero Steak and Cheese Tornado	1 ea	190.00	24.00	1.00	7.00	2.00	33.16%	6.00	15.00	390.00	1.80	50.00	150.00	0.60
	Cornmeal Star	1 ea	135.00	21.00	1.00	4.50	0.90	30.00%	2.50	10.00	150.00	1.00	11.00	22.00	0.00







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Wednesday, Week 2															
	Chicken Patty Sandwich (No Cheese)	1 ea	393.00	42.00	3.00	17.00	3.00	38.93%	22.00	35.00	750.00	3.00	62.00	98.00	2.00
	Cheeseburger	1 ea	344.00	31.73	4.20	13.93	5.69	36.44%	26.94	58.00	765.00	4.06	172.32	213.00	0.00
	Chicken Caesar Salad	1 ea	391.00	14.18	1.93	25.06	7.69	57.68%	25.58	65.00	1213.00	1.86	396.04	3130.00	27.22
	Dinner Roll	1 ea	90.00	16.00	1.50	2.00	0.25	20.00%	2.50	0.00	120.00	0.72	10.00	0.00	0.00
	Teriyaki Dunkers and Fried Rice (No Cheese)	5 ea + 2-#6 rice	643.00	81.21	2.91	25.32	7.10	35.44%	21.91	44.00	877.00	6.27	106.99	121.00	8.72
	Chicken Pesto Sandwich on Foccacia	1 ea	333.00	21.81	2.12	15.88	5.80	42.92%	25.74	68.00	894.00	0.16	210.14	367.90	1.11
	Mini Pretzels	1 pkg	110.00	23.00	0.00	0.00	0.00	0.00%	3.00	0.00	240.00	0.36	0.00	0.00	0.00
	Bean and Cheese Burrito (No Meat)	1 ea	355.00	53.63	6.13	7.96	4.02	20.18%	16.31	18.00	587.00	4.19	172.04	350.00	1.85
Thursday, Week 2															
	Chicken Patty Sandwich (No Cheese)	1 ea	393.00	42.00	3.00	17.00	3.00	38.93%	22.00	35.00	750.00	3.00	62.00	98.00	2.00
	Cheeseburger	1 ea	344.00	31.73	4.20	13.93	5.69	36.44%	26.94	58.00	765.00	4.06	172.32	213.00	0.00
	Cured Turkey and Cheese Sub	1 ea	413.00	39.81	4.23	18.09	7.13	39.42%	25.22	67.00	1424.00	3.76	246.70	856.00	7.29
	Mini Pretzels	1 pkg	110.00	23.00	0.00	0.00	0.00	0.00%	3.00	0.00	240.00	0.36	0.00	0.00	0.00
	Spicy Chicken Ramen Soup (No Cheese)	1 ea	290.00	38.00	3.00	11.00	5.00	34.14%	8.00	3.00	1310.00	2.70	20.00	200.00	0.00
	Fortune Cookie	1 ea	35.00	7.00	0.00	1.00	0.00	25.71%	0.00	0.00	0.00	0.18	0.00	50.00	0.00
	Pasta Marinara Bowl	1 bowl	499.00	70.75	5.11	16.54	4.66	29.83%	18.20	11.00	1761.00	4.26	265.95	939.00	12.09
	Dinner Roll	1 ea	90.00	16.00	1.50	2.00	0.25	20.00%	2.50	0.00	120.00	0.72	10.00	0.00	0.00
	Chicken Fajita Bowl	1 bowl	521.00	78.14	7.82	12.72	5.06	21.97%	24.85	59.00	1288.00	8.45	184.98	1614.00	13.78

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Friday, Week 2															
	Buffalo Chicken Sandwich (No Cheese)	1 ea	366.00	42.60	4.34	12.80	2.20	31.48%	23.10	36.00	947.00	3.36	83.90	102.00	0.11
	Cheeseburger	1 ea	344.00	31.73	4.20	13.93	5.69	36.44%	26.94	58.00	765.00	4.06	172.32	213.00	0.00
	Cusabi Tuna Wrap	1 ea	292.00	30.78	2.51	10.59	1.77	32.64%	18.79	25.00	610.00	3.33	147.86	3411.00	29.31
	Tri-Color Tortilla Chips	1 oz	142.00	17.21	1.01	7.09	2.03	44.94%	2.03	0.00	152.00	0.36	20.25	0.00	0.00
	Mandarin Chicken Bowl	#6 chix + 2- #6 rice	601.00	99.89	1.34	12.21	3.11	18.28%	18.77	48.00	303.00	5.07	35.27	292.00	0.00
	Uno's Cheese Pizza	1 slice	310.00	32.00	2.00	12.00	6.00	34.84%	18.00	25.00	790.00	2.70	300.00	750.00	3.60
	Pork Salsa Verde Burrito	1 ea	506.00	35.50	1.00	23.01	7.07	40.93%	40.65	118.00	1396.00	3.45	250.00	350.00	11.40

2009-2010 SanDi Coast Café Lunch Nutrition Information



Food Item Milk = Available Daily Menu = 2 Week Cycle (If an item is indented under an entrée, it is served with the entrée.)	Portion Size	Nutrient Breakdown												
		Calories	Carbo- hydrate (gm)	Fiber (gm)	Total Fat (gm)	Sat.Fat (gm)	% Calories from Fat	Protein (gm)	Chol (mg)	Sodium (mg)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
MILK														
Milk, Low-Fat 1% White, Cartor	8 oz	120.00	16.00	0.00	2.50	1.50	18.75%	11.00	15.00	150.00	0.00	400.00	500.00	2.40
Milk, Nonfat Chocolate, Cartor	8 oz	140.00	28.00	0.00	0.00	0.00	0.00%	8.00	5.00	170.00	0.00	250.00	500.00	2.40
CONDIMENTS														
Catsup	1 Tbsp	15.00	3.00	0.00	0.00	0.00	0.00%	0.00	0.00	150.00	0.00	0.00	0.00	0.00
Mustard	1 tsp	0.00	0.00	0.00	0.00	0.00	0.00%	0.00	0.00	65.00	0.00	0.00	0.00	0.00
Hot Sauce	1 Tbsp	10.00	1.00	0.25	0.00	0.00	0.00%	0.50	0.00	132.50	0.00	0.00	0.00	0.00
SIDES - Week 2 (Manager's Choice; 2 of 5 options to be offered with each entrée.)														
Deli Roasted Potatoes (Monday)	4 oz	160.00	28.00	2.67	4.00	0.00	22.50%	2.67	0.00	493.00	0.96	0.00	0.00	4.80
Lettuce and Pickle Cup (Daily)	1 ea	6.00	1.25	0.56	0.08	0.01	12.00%	0.36	0.00	235.00	0.22	6.23	113.00	1.29
Fruit Bowl (Daily)														
Fresh Apple	1 ea	72.00	19.06	3.31	0.23	0.04	2.88%	0.36	0.00	1.00	0.17	8.28	75.00	6.35
Banana	1 ea	139.00	35.39	3.63	0.73	0.28	4.73%	1.56	0.00	2.00	0.47	9.06	122.00	13.75
Fresh Orange	1 ea	75.00	18.85	3.85	0.19	0.03	2.28%	1.51	0.00	0.00	0.16	64.18	361.00	85.36
Fresh Pear	1 ea	96.00	25.66	5.15	0.20	0.02	1.88%	0.63	0.00	2.00	0.28	14.94	38.00	6.97
Spinach Salad with Fruit and Nuts (Monday)	1/2 cup	82.00	10.33	1.42	4.46	0.30	48.95%	1.90	0.00	364.00	1.22	45.93	3807.00	23.96
Banana Mini Loaf (Monday)	1 ea	180.00	30.00	2.00	6.00	1.00	30.00%	3.00	10.00	170.00	1.44	0.00	0.00	0.00
Julio's Carrots (Tuesday)	1/2 cup	38.00	7.51	2.11	0.80	0.07	18.95%	0.81	0.00	218.00	0.58	25.68	9463.00	5.62
Black Bean and Corn Salad (Tuesday)	1/2 cup	117.00	22.86	6.41	0.67	0.12	5.15%	6.61	0.00	283.00	1.60	21.12	115.00	3.21
Mini Pretzels (Tuesday)	1 pkg	110.00	23.00	0.00	0.00	0.00	0.00%	3.00	0.00	240.00	0.36	0.00	0.00	0.00
Potato Rounds (Wednesday, Friday)	1/2 cup	125.00	14.88	1.57	6.27	1.57	45.14%	1.57	0.00	259.00	0.56	0.00	0.00	7.05
Cusabi Broccoli Slaw (Wednesday)	1/2 cup	120.00	6.46	3.56	9.60	1.60	72.00%	2.37	2.00	163.00	0.85	47.43	2965.00	85.38
Cornmeal Star (Wednesday)	1 ea	135.00	21.00	1.00	4.50	0.90	30.00%	2.50	10.00	150.00	1.00	11.00	22.00	0.00
Peach Fruit Single, Frozen (Thursday)	1 ea	65.00	15.77	0.80	0.00	0.00	0.00%	0.59	0.00	6.00	0.16	7.80	102.00	36.14
Side Salad (Thursday)	1/2 cup	145.00	7.48	0.87	13.12	1.77	81.43%	0.74	5.00	369.00	0.75	13.20	991.00	10.85
Orange Dream Mini Loaf (Thursday)	1 ea	180.00	28.00	2.00	7.00	1.00	35.00%	3.00	10.00	180.00	1.44	0.00	0.00	0.00
Cherry Tomato and Cucumber Salad (Friday)	1/2 cup	20.00	3.69	0.42	0.71	0.02	31.95%	0.41	0.00	153.00	0.16	7.94	197.00	3.46
Goldfish Grahams (Friday)	1 pkg	120.00	19.00	0.00	4.00	1.00	30.00%	1.00	0.00	110.00	0.72	100.00	0.00	0.00