

Fruits	Serving Size	Calories	Carbohydrates (grams)	Total Fat (grams)	Saturated Fat (grams)	Fiber (grams)	Protein (grams)	Allergens*
Apple (fresh)	1	55	14	0	0	2.5		none
Applesauce	1/2 cup	50	14	0	0	1	0	none
Banana (fresh)	1	90	23	0	0	2.5		none
Blueberries (frozen)	1/2 cup	40	9	1	0	2	0	none
Cranberries (dried)	1 oz	92	22.5	0	0	1		none
Fruit mix (canned)	1/2 cup	69	18	0	0	1		none
Grapes (fresh)	1/2 cup	31	8	0	0	0.5		none
Kiwi (fresh)	1	46	11	0	0	2		none
Nectarine (fresh)	1	57	14	0	0	2		none
Orange (fresh)	1	62	15	0	0	3		none
Peaches (canned)	1/2 cup	68	18	0	0	1.5		none
Peaches (fresh)	1	51	12	0	0	2		none
Pears (canned)	1/2 cup	72	19	0	0	2		none
Pears (fresh)	1	96	26	0	0	5		none
Plums (fresh)	30	30	8	0	0	1		none
Raisins	1 box	129	34	0	0	1.5		none
Sidekicks (100% juice, froz)	4 oz	80	20	0	0	0		none
Strawberries (fresh)	6 each	23	6	0	0	1.5		none
Strawberry cup (frozen)	1/2 cup	90	22	0	0	2	1	none
Tangerines (fresh)	1	47	12	0	0	1.5		none
Watermelon	1/2 cup	23	6	0	0	0.5		none
Vegetables								
Black Bean Corn Salad	1/2 cup	150	18.8	7	1	5	4.5	none
Broccoli	1/4 cup	8	1.5	0	0	0.5		none
Carrots	1/4 cup	13	3	0	0	1		none
Cauliflower	1/4 cup	6	1	0	0	0.5		none
Celery	1/4 cup	5	1	0	0	0.5		none
Corn	1/4 cup	33	8	0	0	1		none
Cucumber	1/4 cup	4	0.5	0	0	0		none
Garbanzo beans	1/4 cup	60	10	1	0	3		none
Garbanzo beans, roasted	1/2 cup	109	15	3.7	0	4	4	none
Jalapenos	1 oz	10	2	0	0	1		none
Jicama	1/4 cup	22	5	0	0	3		none
Lettuce, romaine	1/2 cup	4	1	0	0	0.5		none
Mixed Green Salad	1 cup	17	3	0	0	1.5	1	none
Peppers, bells	1/4 cup	12	2	0	0	1		none
Pickles, dill	4 slices	3	0.5	0	0	0		none
Pinto Beans	1/2 cup	103	18	1	0	5		none
Potatoes, oven fries	1/2 cup	120	20	4	0.5	2	1	S
Refried Beans w/cheese	1/2 c	139	19	2.5	1.5	7.5	8	D
Tomato	2 slices	7	1.5	0	0	0.5		none
Juice (100% juice)								
Apple	4 oz	55	15	0	0	0	0	none
Appleberry	4 oz	60	15	0	0	0	0	none
Grape	4 oz	60	15	0	0	0	0	none
Orange	4 oz	55	14	0	0	0	0	none
Milk								
Milk Fat Free Chocolate	8 oz	120	20	0	0	0	8	D
Milk 1%	8 oz	120	14	3	1.5	0	8	D
Milk nonfat	8 oz	90	12	0	0	0	9	D
Extra								
BBQ sauce	1 oz	39	10	0	0	0		none
Choc Chip Cookie (Fat Cat)	1	147	24	5	1.5	1.6	2	D,E,W
Italian dressing	1 oz	126	1	14	2	0	0	S
Ketchup	1 oz	33	7	0	0	0		none
Mayonnaise	1 Tbsp.	42	1	5	1	0		E,S
Mustard	1 tsp	4	0.5	0	0	0		none
Ranch dressing	1 oz	57	2	6	1	0		D,E,S
Salsa	1 oz	8	1.5	0	0	0.5		none
Syrup	1.25 oz	83	22	0	0	0		none
Tapatio	1 packet	5	0	0	0	0	0	none
*ALLERGENS NOTED: D = Dairy, E = Eggs, F= Fish, P = Peanuts, S = Soy, T = Treenuts, W = Wheat								