

Fruits	Serving Size	Calories	Carbohydrates (grams)	Total Fat (grams)	Saturated Fat (grams)	Fiber (grams)	Protein (grams)	Allergens*
Apple (fresh)	1	71	19	0	0	3	0	none
Applesauce	1/2 cup	50	14	0	0	1	0	none
Banana (fresh)	1	90	23	0	0	3		none
Blueberries (frozen)	1/2 cup	40	9	1	0	2	0	none
Cranberries (dried)	1 oz	110	28	0	0	3	0	none
Fruit mix (canned)	1/2 cup	69	18	0	0	1	1	none
Grapes (fresh)	1/2 cup	30	8	0	0	1	0	none
Kiwi (fresh)	1	46	11	0	0	2	1	none
Orange (fresh)	1	55	14	0	0	3	1	none
Peaches (canned)	1/2 cup	60	14	0	0	0	0	none
Peach (fresh)	1	60	14	0	0	2	1	none
Pears (canned)	1/2 cup	70	18	0	0	3	0	none
Pears (fresh)	1	96	26	0	0	5	1	none
Plums (fresh)	1	41	10	0	0	1	1	none
Raisins	1 box	80	21	0	0	1	1	none
Strawberries (fresh)	6 each	23	6	0	0	2	0	none
Strawberry cup (frozen)	1/2 cup	90	22	0	0	2	1	none
Tangerines (fresh)	1	47	12	0	0	2	1	none

Vegetables

Mediterranean Chickpea Salad	1/2 cup	123	15	5	1	5	5	D
Broccoli	1/2 cup	11	2	0	0	1	1	none
Carrots	1/2 cup	20	5	0	0	2	0	none
Corn	1/2 cup	64	14	1	0	2	2	none
Cucumber	1/2 cup	12	2	0	0	1	1	none
Lettuce, romaine	1 cup	6	2	0	0	1	0	none
Mixed Green Salad	1 cup	15	3	0	0	2	1	none
Onion, slices	1/8 cup	5	1	0	0	0	0	none
Peppers, bells	1/4 cup	12	2	0	0	1	0	none
Pickles, dill	4 slices	3	1	0	0	0	0	none
Tomatoes, cherry	1/2 cup	13	3	0	0	1	1	none
Tomato slices	1/2 cup	16	4	0	0	1	1	none

Juice (100% juice)

Apple	4 oz	55	15	0	0	0	0	none
Appleberry	4 oz	60	15	0	0	0	0	none

Milk

Milk, Fat Free Chocolate	8 oz	110	20	0	0	0	8	D
Milk, 1% White	8 oz	120	16	3	2	0	11	D
Milk, Nonfat White	8 oz	90	12	0	0	0	9	D

Extra

BBQ Sauce	1 Tbsp	30	8	0	0	0	0	none
Chili Lime Seasoning	1/4 tsp	0	0	0	0	0	0	none
Choc Chip Cookie (Fat Cat)	1	147	24	5	2	2	2	D,E,W
Italian Dressing	1 oz	117	1	14	2	0	0	S
Ketchup	1 Tbsp	17	5	0	0	0	0	none
Mayonnaise	1 Tbsp	100	0	11	2	0	0	E,S
Mustard	1 tsp	0	0	0	0	0	0	none
Ranch Dressing	1 oz	62	1	7	1	0	0	D,E,S
Salsa (red)	1/4 cup	11	2	0	0	1	0	none
Syrup	1.25 oz	120	30	0	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, Pork=Pork, Oats=Oats