



Nutritional Profile 2016/2017

Note:

*Dear Parents - Menu items and values can vary from region to region and provincial guidelines are calculated a little differently in each province. While we are committed to providing the most complete data we can, we cannot guarantee 100% accuracy. However, we do review this listing several times throughout the school year and modify as necessary.

*This report is divided into 2 sections - meals and side options. You may need to refer to both to get a complete nutritional picture of the meal. This is indicated for identified meals. For Ontario, food items deemed as minor ingredients are indicated by an * and the meal status under the guidelines indicated. We calculate our meals using the Mixed Dish with NO FACTS table Method.

*Most ingredients are based on the nutritional information provided by our food suppliers. Some are based on Health Canada's Canadian Nutrient File (CNF) database.

*If you have additional questions about a particular food item, please contact your Lunch Lady kitchen directly or contact our Head Office via info@thelunchlady.ca

Last updated - July 2016

MEALS AND ENTREES

Food Item	Port Size	Cal	Fat g	Sat Fat g	TFat g	Sod mg	Carb g	Sugar g	Protein g	Fiber g	Iron (%)
All Day Breakfast with Pancakes and Sausage - scroll down for sides as per your menu											
Pancakes - whole grain	2	153.00	2.34	0.34	0.00	406.00	31.34	5.34	3.34	4.00	10.00%
Syrup - ind packet	16 ml	60.00	0.00	0.00	0.00	3.00	14.00	13.00	0.00	0.00	0.00%
Turkey - Sausage	2	70.00	3.00	1.00	0.00	370.00	4.00	0.50	7.00	0.00	4.00%
Ont - M TOTAL		283.00	5.34	1.34	0.00	779.00	49.34	18.84	10.34	4.00	14.00%
All Day Breakfast with Pancakes, Egg and Sausage - scroll down for sides as per your menu											
Pancakes - whole grain	2	153.00	2.34	0.34	0.00	406.00	31.34	5.34	3.34	4.00	10.00%
Egg -scrambled	1 large	76.00	5.27	1.60	0.04	66.00	0.52	0.41	6.22	0.00	5.21%
Milk -1%*	5 ml	2.00	0.05	0.03	0.00	2.30	0.24	0.22	0.18	0.00	0.00%
Turkey - Sausage	1	35.00	1.50	0.50	0.00	185.00	2.00	0.25	3.50	0.00	2.00%
Syrup - ind packet	16 ml	60.00	0.00	0.00	0.00	3.00	14.00	13.00	0.00	0.00	0.00%
Ont - M TOTAL		326.00	9.16	2.47	0.04	662.30	48.10	19.22	13.24	4.00	17.21%
Bagel with Cream Cheese and Sliced Cucumbers											
Bagel - WW	85 g	210.00	2.50	0.00	0.00	230.00	41.00	4.00	8.00	4.00	10.00%
Cheese - Cream lite	30 ml	59.70	4.35	2.73	0.15	148.50	2.46	2.46	2.61	0.06	0.00%
Cucumbers - Sliced	66 g	10.00	0.07	0.00	0.00	1.00	2.38	0.55	0.41	0.50	1.29%
Ont - L TOTAL		279.70	6.92	2.73	0.15	379.50	45.84	7.01	11.02	4.56	11.29%
Bean and Corn Burrito											
Tortilla - Whole Grain	1	190.00	5.00	0.50	0.00	160.00	31.00	0.00	6.00	3.00	10.00%
Rice - Brown (CNF)	125 ml	115.00	0.86	0.17	0.00	1.00	24.22	0.36	2.39	2.00	3.93%
Black Beans	30 ml	31.20	0.24	0.02	0.00	86.40	5.52	0.24	2.16	1.44	3.60%
Corn	30 ml	19.00	0.17	0.28	0.00	0.75	4.50	0.50	0.67	0.40	1.00%
Salsa	30 ml	13.00	0.00	0.00	0.00	270.00	3.00	1.00	0.50	0.50	2.00%
Cheese - Mozz Shred	10 g	27.00	1.67	1.17	0.03	67.00	0.00	0.00	2.67	0.00	0.00%
No Fat Sour Cream	1 oz	20.00	0.40	0.30	0.00	30.00	3.00	2.00	2.00	0.00	0.00%
Ont - M TOTAL		415.20	8.34	2.44	0.03	615.15	71.24	4.10	16.39	7.34	20.53%
Beef Hamburger 3 oz											
Beef - Burger cooked	92 g	153.00	9.00	4.07	0.41	357.00	3.51	0.17	14.45	2.42	19.00%
Bun - WW Burger	1	160.00	2.00	0.50	0.00	220.00	29.00	3.00	6.00	3.00	10.00%
Ont - M TOTAL		313.00	11.00	4.57	0.41	577.00	32.51	3.17	20.45	5.42	29.00%
Beef and Cheese Taco											
Ground beef - cooked (CNF)	60g	154.80	8.91	3.58	0.33	55.80	0.00	0.00	17.40	0.00	12.09%
Spices and Seasonings *	DASH										
Whole Grain Rice	30 ml	37.15	2.14	0.86	0.08	13.39	0.00	0.00	4.18	0.00	0.66%
Tortilla - Whole Grain	1	190.00	5.00	0.50	0.00	160.00	31.00	0.00	6.00	3.00	10.00%
Cheese - Mozz Shred	15 ml	27.00	1.67	1.17	0.03	67.00	0.00	0.00	2.67	0.00	0.00%
Tomato Sauce	30 ml	8.00	0.06	0.01	0.00	43.50	1.90	1.36	0.17	0.36	1.38%
No Fat Sour Cream	1 oz	20.00	0.40	0.30	0.00	30.00	3.00	2.00	2.00	0.00	0.00%
Ont - M TOTAL		436.95	18.18	6.42	0.44	369.69	35.90	3.36	32.42	3.36	24.13%
BBQ Chicken Drumstick Dinner with Potato Wedges											
Chicken Drumstick(s)	105g	201.00	10.66	2.88	0.58	129.00	0.00	0.00	24.52	0.00	8.36%
Corn - Frozen	125 ml	76.00	0.68	0.10	0.00	3.00	18.00	2.17	2.62	1.60	2.60%
Potato Wedges	80g	110.00	2.00	0.30	0.06	292.00	19.00	0.00	0.00	0.00	5.00%
BBQ Sauce*	1 tbsps	25.00	0.15	0.00	0.00	190.00	6.00	5.00	0.15	0.00	0.70%
Spices and Seasonings*	DASH										
Ont - M TOTAL		412.00	13.49	3.28	0.64	614.00	43.00	7.17	27.29	1.60	16.66%
BBQ Chicken Drumstick Dinner with Rice											
Chicken Drumstick(s)	105 g	201.00	10.66	2.88	0.58	129.00	0.00	0.00	24.52	0.00	8.36%
Corn - Frozen	117 ml	76.00	0.68	0.10	0.00	3.00	18.00	2.17	2.62	1.60	2.60%
Rice - Brown (CNF)	125 ml	115.00	0.86	0.17	0.00	1.00	24.22	0.36	2.39	2.00	3.93%
BBQ Sauce*	15 ml	25.00	0.15	0.00	0.00	190.00	6.00	5.00	0.15	0.00	0.70%
Spices and Seasonings*	DASH										
Ont - M TOTAL		417.00	12.35	3.15	0.58	323.00	48.22	7.53	29.68	3.60	15.59%

	Food Item	Port Size	Cal	Fat g	Sat Fat g	TFat g	Sod mg	Carb g	Sugar g	Protein g	Fiber g	Iron (%)
BBQ Crunchy Chicken Wrap	Tortilla - Whole Grain	1	190.00	5.00	0.50	0.00	160.00	31.00	0.00	6.00	3.00	10.00%
	Chicken - Fingers	2 (80g)	174.80	6.08	3.42	0.00	288.80	14.44	0.76	13.68	0.76	7.60%
	BBQ Sauce*	15 ml	25.00	0.15	0.00	0.00	190.00	6.00	5.00	0.15	0.00	0.70%
Ont - M	TOTAL		389.80	11.23	3.92	0.00	638.80	51.44	5.76	19.83	3.76	18.30%
California Sushi	Food Item	Port Size	Cal	Fat g	Sat Fat g	TFat g	Sod mg	Carb g	Sugar g	Protein g	Fiber g	Iron (%)
	Nishiki Rice	75 g	266.00	0.00	0.00	0.00	0.00	60.00	0.00	5.00	1.00	0.00%
	Rice Vinegar*	1 tbsp	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00%
	Spices and Seasonings	DASH										
	Seaweed Paper	1 each	10.00	0.00	0.00	0.00	5.00	0.00	0.00	1.00	1.00	0.00%
	Cucumber Sticks	2	2.00	0.00	0.00	0.00	0.36	0.38	0.00	0.10	0.00	0.00%
	Fake Crab	30 g	30.00	0.20	0.06	0.00	159.00	4.50	1.90	2.30	0.15	0.80%
	Carrot	3 tsp	2.00	0.00	0.00	0.00	3.70	0.52	0.00	0.05	0.16	0.01%
Soy Sauce*	9 ml	5.00	0.00	0.00	0.00	520.00	1.00	0.00	0.00	0.00	0.80%	
Ont - L	TOTAL		315.00	0.20	0.06	0.00	688.06	66.40	1.90	8.45	2.31	1.61%
Campfire Chili Mac and Cheese with Apple Slices - SMARTER MEAL	Food Item	Port Size	Cal	Fat g	Sat Fat g	TFat g	Sod mg	Carb g	Sugar g	Protein g	Fiber g	Iron (%)
	Canola Oil*	5 ml	41.00	4.59	0.34	0.16	0.00	0.00	0.00	0.00	0.00	0.00%
	Onion	15 ml	6.00	0.02	0.01	0.00	0.60	1.40	0.63	0.17	0.26	0.00%
	Cumin*	pinch	*minor	*minor	*minor	*minor	*minor	*minor	*minor	*minor	*minor	*minor
	Garlic Powder*	pinch	*minor	*minor	*minor	*minor	*minor	*minor	*minor	*minor	*minor	*minor
	Chili Powder*	pinch	*minor	*minor	*minor	*minor	*minor	*minor	*minor	*minor	*minor	*minor
	Power Veggie Mix	117 ml	90.00	1.50	0.00	0.00	0.00	14.00	4.00	5.00	4.00	6.00%
	Diced tomatoes	60 ml	8.50	0.10	0.00	0.00	2.50	1.85	1.25	0.42	0.60	0.91%
	Tomato Paste	30 ml	28.00	0.16	0.03	0.00	20.00	6.60	4.24	1.50	1.40	7.42%
	Corn - frozen	30 ml	19.00	0.17	0.03	0.00	0.75	4.50	0.54	0.65	0.40	0.65%
	Cheese - Mozz Shred	15 ml	27.00	1.67	1.17	0.03	67.00	0.00	0.00	2.67	0.00	0.00%
Pasta - Macaroni cooked	117 ml	90.00	0.25	0.00	0.00	0.00	19.00	0.75	3.25	1.00	8.00%	
Apples - Sliced	66 g	33.00	0.14	0.00	0.00	0.00	9.00	6.50	0.20	1.58	0.00%	
Ont - M	TOTAL		342.50	8.60	1.58	0.19	90.85	56.35	17.91	13.86	9.24	22.98%
Carrot and Cucumber Sushi	Food Item	Port Size	Cal	Fat g	Sat Fat g	TFat g	Sod mg	Carb g	Sugar g	Protein g	Fiber g	Iron (%)
	Nishiki Rice	75 g	266.00	0.00	0.00	0.00	0.00	60.00	0.00	5.00	1.00	0.00%
	Rice Vinegar*	15ml	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00%
	Spices and Seasonings*	DASH										
	Seaweed Paper	1 each	10.00	0.00	0.00	0.00	5.00	0.00	0.00	1.00	1.00	0.00%
	Cucumber Sticks	2	2.00	0.00	0.00	0.00	0.36	0.38	0.00	0.10	0.00	0.00%
	Shredded Carrot	3 tsp	2.00	0.00	0.00	0.00	3.70	0.52	0.00	0.05	0.16	0.01%
	Soy Sauce	9ml	5.00	0.00	0.00	0.00	520.00	1.00	0.38	0.02	0.00	0.12%
Ont - L	TOTAL		285.00	0.00	0.00	0.00	529.06	61.90	0.38	6.17	2.16	0.13%
Cheese Burger 3 oz	Food Item	Port Size	Cal	Fat g	Sat Fat g	TFat g	Sod mg	Carb g	Sugar g	Protein g	Fiber g	Iron (%)
	Beef - Burger cooked	92 g	153.00	9.00	4.07	0.41	357.00	3.51	0.17	14.45	2.42	19.00%
	Cheese - Cheddar Slice	14 g	60.00	4.50	3.00	0.10	95.00	0.00	0.00	3.00	0.00	0.00%
Bun - WW Burger	1	160.00	2.00	0.50	0.00	220.00	29.00	3.00	6.00	3.00	10.00%	
Ont - L	TOTAL		373.00	15.50	7.57	0.51	672.00	32.51	3.17	23.45	5.42	29.00%
Cheese Tortellini	Food Item	Port Size	Cal	Fat g	Sat Fat g	TFat g	Sod mg	Carb g	Sugar g	Protein g	Fiber g	Iron (%)
	Cheese Tortellini - frozen	100 g	310.00	6.00	0.50	0.10	420.00	53.00	5.00	9.00	3.00	0.08%
	Tomato Sauce	125 ml	32.00	0.23	0.03	0.00	174.00	7.59	5.42	0.68	1.45	5.50%
Cheese - Parmesan	15 ml	30.00	0.75	0.50	0.25	150.00	0.00	0.00	1.50	0.00	0.00%	
Ont - M	TOTAL		372.00	6.98	1.03	0.35	744.00	60.59	10.42	11.18	4.45	5.58%
Chicken Burger	Food Item	Port Size	Cal	Fat g	Sat Fat g	TFat g	Sod mg	Carb g	Sugar g	Protein g	Fiber g	Iron (%)
	Chicken - Burger	92 g	180.00	6.00	3.50	0.00	360.00	16.00	1.00	14.00	1.00	6.43%
Bun - WW Burger	1	160.00	2.00	0.50	0.00	220.00	29.00	3.00	6.00	3.00	10.00%	
Ont - M	TOTAL		340.00	8.00	4.00	0.00	580.00	45.00	4.00	20.00	4.00	16.43%
Chicken Caesar Salad and Bun	Food Item	Port Size	Cal	Fat g	Sat Fat g	TFat g	Sod mg	Carb g	Sugar g	Protein g	Fiber g	Iron (%)
	Chicken Breast cooked	45 g	36.00	0.45	0.18	0.00	108.00	0.18	0.18	9.60	0.00	0.00%
	Romaine Lettuce	1 1/2 c	15.00	0.27	0.03	0.00	7.50	2.93	1.05	1.10	1.80	6.10%
	Croutons	15 ml	7.75	0.13	0.03	0.00	13.25	1.40	0.00	0.23	0.10	0.55%
	Cheese - Parmesan	5 ml	10.00	0.25	0.17	0.08	50.00	0.00	0.00	0.50	0.00	0.00%
	Caesar dressing	18 ml	70.00	8.00	1.00	0.00	175.00	1.00	1.00	0.00	0.00	0.00%
Bun - WW Dinner	1	100.00	1.50	0.40	0.00	210.00	19.00	2.00	4.00	2.00	4.00%	
Ont - M	TOTAL		238.75	10.60	1.81	0.08	563.75	24.51	4.23	15.43	3.90	10.65%
Chicken Fingers with Rice and Corn	Food Item	Port Size	Cal	Fat g	Sat Fat g	TFat g	Sod mg	Carb g	Sugar g	Protein g	Fiber g	Iron (%)
	Chicken - Fingers (2)	76 g	174.80	6.08	3.42	0.00	288.80	14.44	0.76	13.68	0.76	7.60%
	Corn - frozen	125 ml	76.00	0.68	0.10	0.00	3.00	18.00	2.17	2.62	1.60	2.60%
	Rice - Brown (CNF)	125 ml	115.00	0.86	0.17	0.00	1.00	24.22	0.36	2.39	2.00	3.93%
Sauce - Plum ind	11g	23.68	0.00	0.00	0.00	84.90	5.85	4.95	0.01	0.00	0.00%	
Ont - M	TOTAL		389.48	7.62	3.69	0.00	377.70	62.51	8.24	18.70	4.36	14.13%
Chicken Nuggets - Little Lunch - Bun and plum sauce - scroll down	Food Item	Port Size	Cal	Fat g	Sat Fat g	TFat g	Sod mg	Carb g	Sugar g	Protein g	Fiber g	Iron (%)
	Chicken - Nuggets (3 pcs)	60 g	120.00	4.20	2.40	0.00	222.00	9.60	0.60	8.40	0.60	3.00%
Bun - WW Dinner	1	100.00	1.50	0.40	0.00	210.00	19.00	2.00	4.00	2.00	4.00%	

for sides as per your menu	Margarine - Becel bulk	1 tsp	35.00	4.00	0.50	0.00	35.00	0.00	0.00	0.00	0.00	0.00%
	Sauce - Plum ind	11g	23.68	0.00	0.00	0.00	84.90	5.85	4.95	0.01	0.00	0.00%
Ont - M	TOTAL		278.68	9.70	3.30	0.00	551.90	34.45	7.55	12.41	2.60	7.00%
Chicken Teriyaki Noodle Bowl and Orange Slices - SMARTER MEAL	Food Item	Port Size	Cal	Fat g	Sat Fat g	TFat g	Sod mg	Carb g	Sugar g	Protein g	Fiber g	Iron (%)
	Chicken Breast sliced	60g	48.00	0.60	0.24	0.00	144.00	0.24	0.18	9.60	0.00	0.00%
	Pasta - Spaghetti WW	125 ml	126.00	0.70	0.14	0.00	1.75	25.20	1.05	4.05	3.50	0.00%
	California Mix Veg	125 ml	18.75	0.00	0.00	0.00	22.50	3.75	1.50	1.50	2.25	3.00%
	Diluted Teriyaki Sauce 3:1	4 tbsp	25.00	0.00	0.00	0.00	240.00	6.00	3.50	0.50	0.00	1.00%
Ont - M	TOTAL		246.75	1.42	0.38	0.00	410.05	50.19	11.03	16.51	8.72	4.50%
Chicken Teriyaki Rice Bowl and Orange Slices - SMARTER MEAL	Food Item	Port Size	Cal	Fat g	Sat Fat g	TFat g	Sod mg	Carb g	Sugar g	Protein g	Fiber g	Iron (%)
	Chicken Breast sliced	60 g	48.00	0.60	0.24	0.00	144.00	0.24	0.18	9.60	0.00	0.00%
	Rice - Brown (CNF)	125 ml	115.00	0.86	0.17	0.00	1.00	24.22	0.36	2.39	2.00	3.93%
	California Mix Veg	125 ml	18.75	0.00	0.00	0.00	22.50	3.75	1.50	1.50	2.25	3.00%
	Diluted Teriyaki Sauce 3:1	4 tbsp	25.00	0.00	0.00	0.00	240.00	6.00	3.50	0.50	0.00	1.00%
Ont - M	TOTAL		235.75	1.58	0.41	0.00	409.30	49.21	10.34	14.85	7.22	8.43%
Crunchy Chicken Ranch Wrap	Food Item	Port Size	Cal	Fat g	Sat Fat g	TFat g	Sod mg	Carb g	Sugar g	Protein g	Fiber g	Iron (%)
	Tortilla - Whole Grain	1	190.00	5.00	0.50	0.00	160.00	31.00	0.00	6.00	3.00	10.00%
	Lettuce - Romaine	250 ml	10.00	0.18	0.02	0.00	5.00	1.84	0.70	0.73	1.20	4.00%
	Chicken - Fingers (2)	76 g	174.80	6.08	3.42	0.00	288.80	14.44	0.76	13.68	0.76	7.60%
Ont - M	TOTAL		394.54	12.38	4.17	0.00	637.70	48.58	2.26	21.53	5.05	22.25%
Crunchy Chicken Apple Salad with Harvest Dressing and a Whole Wheat Bun - SMARTER MEAL	Food Item	Port Size	Cal	Fat g	Sat Fat g	TFat g	Sod mg	Carb g	Sugar g	Protein g	Fiber g	Iron (%)
	Lettuce - Romaine	250 ml	10.00	0.18	0.02	0.00	5.00	1.84	0.70	0.73	1.20	4.00%
	Apples - Sliced	33 g	17.00	0.07	0.00	0.00	0.33	4.65	3.30	0.10	0.77	0.00%
	Dried Cranberries	15 ml	32.50	0.00	0.00	0.00	0.00	8.25	7.25	0.00	0.75	0.00%
	Cucumber - Sliced	33 g	5.00	0.04	0.00	0.00	0.50	1.20	0.28	0.21	0.25	1.00%
	Chicken - Breaded Strips	76 g	174.80	6.08	3.42	0.00	288.80	14.44	0.76	13.68	0.76	7.60%
	House Maple Balsamic	30 ml	66.54	0.04	0.00	0.00	5.48	16.18	14.44	0.08	0.00	2.58%
Ont - M	TOTAL		405.84	7.91	3.84	0.00	510.11	65.56	28.73	18.80	5.73	19.18%
Farm and Field Plate - NO EGG - SMARTER MEAL	Food Item	Port Size	Cal	Fat g	Sat Fat g	TFat g	Sod mg	Carb g	Sugar g	Protein g	Fiber g	Iron (%)
	Carrots	25g	8.75	0.03	0.00	0.00	19.50	2.06	1.19	0.16	0.73	0.02%
	Apples - Sliced	33 g	17.00	0.07	0.00	0.00	0.33	4.65	3.30	0.10	0.77	0.00%
	Cucumber - Sliced	33 g	5.00	0.04	0.00	0.00	0.50	1.20	0.28	0.21	0.25	1.00%
	Bun - WW Dinner	1	100.00	1.50	0.40	0.00	210.00	19.00	2.00	4.00	2.00	4.00%
	Dried Cranberries (approx 7g)	1 tbsp	7.00	0.00	0.00	0.00	0.00	0.00	1.89	0.00	0.21	0.00%
	Cheese Slice	1 1/2	90.00	6.00	4.50	0.00	143.00	0.00	0.00	4.50	0.00	0.00%
	Cherry Tomatoes	3	9.00	0.09	0.00	0.00	3.00	1.98	1.35	0.45	0.60	1.07%
	Chickpeas	25 g	29.75	0.29	0.03	0.00	74.75	5.65	0.00	1.24	1.10	10.00%
Ont - M	TOTAL		305.98	10.27	5.39	0.00	818.87	37.15	11.61	12.89	5.84	17.39%
Farm and Field Plate WITH EGG - SMARTER MEAL	Food Item	Port Size	Cal	Fat g	Sat Fat g	TFat g	Sod mg	Carb g	Sugar g	Protein g	Fiber g	Iron (%)
	Hard-boiled Egg, Med	1	69.00	4.32	1.33	0.01	46.50	0.55	0.00	6.99	0.15	6.43%
	Apples - Sliced	66 g	33.00	0.14	0.00	0.00	0.00	9.00	6.50	0.20	1.58	0.00%
	Assorted Veggies	66 g	50.00	0.00	0.00	0.00	3.60	8.40	4.80	0.00	1.20	2.40%
	Cherry Tomatoes	3	9.00	0.09	0.00	0.00	3.00	1.98	1.35	0.45	0.60	1.07%
	Soda Crackers (4)	12 g	50.00	1.00	0.20	10.00	50.00	10.00	0.00	1.00	0.00	14.28%
	Cheddar Cheese Slice	1/2 sl (7 g)	30.00	2.25	1.50	0.05	47.50	0.00	0.00	1.50	0.00	0.00%
Ont - M	TOTAL		280.48	10.05	3.49	10.06	518.39	32.54	14.25	12.37	3.71	25.48%
French Toast and Sausages	Food Item	Port Size	Cal	Fat g	Sat Fat g	TFat g	Sod mg	Carb g	Sugar g	Protein g	Fiber g	Iron (%)
	French Toast - Whole Grain	1 x 73 g	170.00	4.00	1.00	0.00	380.00	29.00	4.00	5.00	1.00	10.00%
	Turkey Sausage	2	70.00	3.00	1.00	0.00	370.00	4.00	0.50	7.00	0.00	4.00%
	Apples - Fruit Sauce Syrup*	113 g / 16 ml	60.00	0.00	0.00	0.00	25.00	17.00	13.00	0.00	2.00	0.00%
Ont - M	TOTAL		360.00	7.00	2.00	0.00	778.00	64.00	30.50	12.00	3.00	14.00%
Garden Veggie and Cheese Wrap	Food Item	Port Size	Cal	Fat g	Sat Fat g	TFat g	Sod mg	Carb g	Sugar g	Protein g	Fiber g	Iron (%)
	Tortilla - Whole Grain	1	190.00	5.00	0.50	0.00	160.00	31.00	0.00	6.00	3.00	10.00%
	Carrot (shredded)	1/4 cup	8.00	0.00	0.00	0.00	14.80	2.08	0.00	0.20	0.64	0.01%
	Lettuce - Romaine	1/2 cup	5.00	0.09	0.01	0.00	2.50	0.98	0.35	0.37	0.60	2.00%
	Sweet Red Pepper	6 slices	95.00	0.22	0.00	0.00	3.00	4.46	3.11	0.73	1.00	3.00%
	Cheese - Mozz Shred	15 ml	27.00	1.67	1.17	0.03	67.00	0.00	0.00	2.67	0.00	0.00%
Ont - M	TOTAL		369.00	10.98	1.68	0.03	435.30	39.52	4.46	9.97	5.24	15.01%
Garlic Chicken	Food Item	Port Size	Cal	Fat g	Sat Fat g	TFat g	Sod mg	Carb g	Sugar g	Protein g	Fiber g	Iron (%)
	Pasta - Penne	250 ml	213.00	0.71	0.21	0.00	0.70	45.00	2.80	8.00	2.00	14.20%
	Chicken Breast cooked	45 g	36.00	0.45	0.18	0.00	108.00	0.18	0.18	9.60	0.00	0.00%

Penne SMARTER MEAL	Cheese - Parmesan	15 ml	30.00	0.75	0.50	0.25	150.00	0.00	0.00	1.50	0.00	0.00%
	Peas and Carrots	125 ml	38.00	0.00	0.00	0.00	1.00	8.00	2.00	2.00	2.00	3.00%
	Margarine - Becel bulk	1 tsp	35.00	4.00	0.50	0.00	35.00	0.00	0.00	0.00	0.00	0.00%
	Garlic Powder*	DASH										
	Apple Slices	66 g	33.00	0.14	0.00	0.00	0.00	9.00	6.50	0.20	1.58	0.00%
Ont - M	TOTAL		385.00	6.05	1.39	0.25	294.70	62.18	11.48	21.30	5.58	17.20%
Garlic Chicken Penne	Food Item	Port Size	Cal	Fat g	Sat Fat g	TFat g	Sod mg	Carb g	Sugar g	Protein g	Fiber g	Iron (%)
	Pasta - Penne	250 ml	213.00	0.71	0.21	0.00	0.70	45.00	2.80	8.00	2.00	14.20%
	Chicken Breast cooked	45 g	36.00	0.45	0.18	0.00	108.00	0.18	0.18	9.60	0.00	0.00%
	Cheese - Parmesan	15 ml	30.00	0.75	0.50	0.25	150.00	0.00	0.00	1.50	0.00	0.00%
	Margarine - Becel bulk	1 tsp	35.00	4.00	0.50	0.00	35.00	0.00	0.00	0.00	0.00	0.00%
	Garlic Powder*	DASH										
Ont - M	TOTAL		314.00	5.91	1.39	0.25	293.70	45.18	2.98	19.10	2.00	14.20%
Gluten Free BBQ Chicken Drumstick Dinner with Potato Wedges	Food Item	Port Size	Cal	Fat g	Sat Fat g	TFat g	Sod mg	Carb g	Sugar g	Protein g	Fiber g	Iron (%)
	Chicken Drumstick(s)	105 g	201.00	10.66	2.88	0.58	129.00	0.00	0.00	24.52	0.00	8.36%
	Corn - frozen	125 ml	76.00	0.68	0.10	0.00	3.00	18.00	2.17	2.62	1.60	2.60%
	Potato Wedges	80 g	110.00	2.00	0.30	0.06	292.00	19.00	0.00	0.00	0.00	5.00%
	Sauce - BBQ	15 ml	25.00	0.15	0.00	0.00	190.00	6.00	5.00	0.15	0.00%	0.70%
	Spices and Seasonings*	DASH										
Ont - M	TOTAL		412.00	13.49	3.28	0.64	614.00	43.00	7.17	27.29	1.60	16.66%
Gluten Free Chicken Fingers with Rice and Corn	Food Item	Port Size	Cal	Fat g	Sat Fat g	TFat g	Sod mg	Carb g	Sugar g	Protein g	Fiber g	Iron (%)
	GF Chicken Fingers	2 (76g)	167.00	8.36	1.52	0.00	494.00	14.40	0.76	7.60	0.00	2.00%
	Corn - frozen	125 ml	76.00	0.68	0.10	0.00	3.00	18.00	2.17	2.62	1.60	2.60%
	Rice - Brown (CNF)	125 ml	115.00	0.86	0.17	0.00	1.00	24.22	0.36	2.39	2.00	3.93%
	Sauce - Plum ind	11g	23.68	0.00	0.00	0.00	84.90	5.85	4.95	0.01	0.00	0.00%
Ont - L	TOTAL		381.68	9.90	1.79	0.00	582.90	62.47	8.24	12.62	3.60	8.53%
Gluten Free Grilled Cheese with Mozzarella	Food Item	Port Size	Cal	Fat g	Sat Fat g	TFat g	Sod mg	Carb g	Sugar g	Protein g	Fiber g	Iron (%)
	Rice Bread	2 slices	140.00	1.00	0.00	0.00	300.00	29.00	0.00	3.00	8.00	6.00%
	Mozz Cheese	45 ml	81.00	5.01	3.51	0.12	201.00	0.00	0.00	8.01	0.00	0.00%
	Margarine - Becel bulk	1 tsp	35.00	4.00	0.50	0.00	35.00	0.00	0.00	0.00	0.00	0.00%
Ont - L	TOTAL		256.00	10.01	4.01	0.12	536.00	29.00	0.00	11.01	8.00	6.00%
Gluten Free Pasta and Tomato Sauce with Meatless Ground [soy]	Food Item	Port Size	Cal	Fat g	Sat Fat g	TFat g	Sod mg	Carb g	Sugar g	Protein g	Fiber g	Iron (%)
	Rice Pasta	250 ml	220.00	1.30	0.02	0.00	0.00	46.00	0.06	4.60	2.00	5.00%
	Tomato Sauce	125 ml	32.00	0.23	0.03	0.00	174.00	7.59	5.42	0.68	1.45	5.50%
	Meatless Ground	40 gm	120.00	1.00	0.05	0.00	170.00	4.00	0.05	9.00	2.50	15.00%
Ont - L	TOTAL		372.00	2.53	0.10	0.00	344.00	57.59	5.53	14.28	5.95	25.50%
Gluten Free Pasta Parmesan	Food Item	Port Size	Cal	Fat g	Sat Fat g	TFat g	Sod mg	Carb g	Sugar g	Protein g	Fiber g	Iron (%)
	Rice Pasta	250 ml	220.00	1.30	0.02	0.00	0.00	46.00	0.06	4.60	2.00	5.00%
	Margarine - Becel bulk	1 tsp	35.00	4.00	0.50	0.00	35.00	0.00	0.00	0.00	0.00	0.00%
	Parm Cheese*	3 tsp	30.00	2.00	1.20	0.00	190.00	0.00	0.00	3.00	0.00	0.00%
Ont - L	TOTAL		285.00	7.30	1.72	0.00	225.00	46.00	0.06	7.60	2.00	5.00%
Gluten Free Waffles	Food Item	Port Size	Cal	Fat g	Sat Fat g	TFat g	Sod mg	Carb g	Sugar g	Protein g	Fiber g	Iron (%)
	Gluten Free Waffles	2 (85g)	230.00	7.00	1.00	0.00	400.00	38.00	4.00	2.00	1.00	5.00%
	Syrup - ind packet	16 ml	60.00	0.00	0.00	0.00	3.00	14.00	13.00	0.00	0.00	0.00%
Ont - L	TOTAL		290.00	7.00	1.00	0.00	403.00	52.00	17.00	2.00	1.00	5.00%
Grilled Mozzarella Cheese Sandwich	Food Item	Port Size	Cal	Fat g	Sat Fat g	TFat g	Sod mg	Carb g	Sugar g	Protein g	Fiber g	Iron (%)
	Whole Wheat sliced bread	2 slices	140.00	4.00	0.00	0.00	220.00	22.00	3.00	4.00	2.00	2.00%
	Mozz Cheese	45 ml	81.00	5.01	3.51	0.12	201.00	0.00	0.00	8.01	0.00	0.00%
	Margarine - Becel bulk *minor	1 tsp	35.00	4.00	0.50	0.00	35.00	0.00	0.00	0.00	0.00	0.00%
Ont - M	TOTAL		256.00	13.01	4.01	0.12	456.00	22.00	3.00	12.01	2.00	2.00%
Grilled Cheddar Cheese Sandwich	Food Item	Port Size	Cal	Fat g	Sat Fat g	TFat g	Sod mg	Carb g	Sugar g	Protein g	Fiber g	Iron (%)
	Bread - Whole Wheat Texas	2 slices	210.00	2.50	1.00	0.00	340.00	40.00	3.00	9.00	4.00	10.00%
	Cheese - Cheddar Slice (2)	28 g	120.00	9.00	6.00	0.20	190.00	0.00	0.00	6.00	0.00	0.00%
	Margarine - Becel bulk *minor	1 tsp	35.00	4.00	0.50	0.00	35.00	0.00	0.00	0.00	0.00	0.00%
Ont - L	TOTAL		365.00	15.50	7.50	0.20	565.00	40.00	3.00	15.00	4.00	10.00%
Grilled Cheddar Cheese Wedges - Little Lunch - scroll down for sides per menu	Food Item	Port Size	Cal	Fat g	Sat Fat g	TFat g	Sod mg	Carb g	Sugar g	Protein g	Fiber g	Iron (%)
	Cheese - Cheddar Slice	21 g	90.00	6.75	4.50	0.15	142.50	0.00	0.00	4.50	0.00	0.00%
	Whole Wheat Bread	1.5 sl	154.00	1.50	0.45	0.00	255.00	30.00	3.00	6.00	3.00	9.00%
	Margarine - Becel bulk *minor	1 tsp	35.00	4.00	0.50	0.00	35.00	0.00	0.00	0.00	0.00	0.00%
Ont - L	TOTAL		279.00	12.25	5.45	0.15	432.50	30.00	3.00	10.50	3.00	9.00%
Halal Chicken Burger	Food Item	Port Size	Cal	Fat g	Sat Fat g	TFat g	Sod mg	Carb g	Sugar g	Protein g	Fiber g	Iron (%)
	Breaded Halal Burger	1 (92g)	200.00	6.00	3.50	0.30	490.00	19.00	1.00	15.00	1.00	10.00%
	Bun - WW Burger	1	160.00	2.00	0.50	0.00	220.00	29.00	3.00	6.00	3.00	10.00%
Ont - M	TOTAL		360.00	8.00	4.00	0.30	710.00	48.00	4.00	21.00	4.00	20.00%
Halal Chicken Fingers with Rice and Corn	Food Item	Port Size	Cal	Fat g	Sat Fat g	TFat g	Sod mg	Carb g	Sugar g	Protein g	Fiber g	Iron (%)
	Halal Chicken Fingers	3 (75g)	157.50	7.50	1.13	0.00	390.00	14.25	3.00	9.00	3.00	15.00%
	Corn - frozen	125 ml	76.00	0.68	0.10	0.00	3.00	18.00	2.17	2.62	1.60	2.60%

Rice and Corn	Rice - Brown (CNF)	125 ml	115.00	0.86	0.17	0.00	1.00	24.22	0.36	2.39	2.00	3.93%
	Sauce - Plum ind	11g	23.68	0.00	0.00	0.00	84.90	5.85	4.95	0.01	0.00	0.00%
Ont - M	TOTAL		372.18	9.04	1.40	0.00	478.90	62.32	10.48	14.02	6.60	3.93%
Halal Chicken Nuggets with a Bun and Plum Sauce BFL Meal - scroll down for sides per menu	Food Item	Port Size	Cal	Fat g	Sat Fat g	TFat g	Sod mg	Carb g	Sugar g	Protein g	Fiber g	Iron (%)
	Halal Chicken Nuggets	3(75g)	150	6.75	2.25	0	352.5	13.5	3	9	3	11.25%
	Bun - WW Dinner	1	100.00	1.50	0.40	0.00	210.00	19.00	2.00	4.00	2.00	4.00%
	Margarine - Becel bulk *minor	1 tsp	35.00	4.00	0.50	0.00	35.00	0.00	0.00	0.00	0.00	0.00%
Ont - M	TOTAL		308.68	12.25	3.15	0	682.4	38.35	9.95	13.01	5	15.25%
Halal Hot Dog [Chicken]	Food Item	Port Size	Cal	Fat g	Sat Fat g	TFat g	Sod mg	Carb g	Sugar g	Protein g	Fiber g	Iron (%)
	Halal Chicken Dog	37 g	80.00	6.00	1.50	0.00	390.00	2.00	0.00	4.00	1.00	4.00%
	Bun - WW Dog	1	150.00	2.00	0.50	0.00	200.00	27.00	3.00	5.00	3.00	8.00%
Ont - M	TOTAL		230.00	8.00	2.00	0.00	590.00	29.00	3.00	9.00	4.00	12.00%
Halal Spaghetti and Meatballs [beef]	Food Item	Port Size	Cal	Fat g	Sat Fat g	TFat g	Sod mg	Carb g	Sugar g	Protein g	Fiber g	Iron (%)
	Pasta - Spaghetti WW	165 ml	166.32	0.92	0.18	0.00	2.31	33.26	1.40	6.00	4.62	0.00%
	Halal Meatballs	50g	77.00	5.00	2.00	0.00	180.00	2.00	0.00	2.00	0.00	6.00%
	Tomato Sauce	125 ml	32.00	0.23	0.03	0.00	174.00	7.59	5.42	0.68	1.45	5.50%
Ont - L	TOTAL		275.32	6.15	2.21	0.00	356.31	42.85	6.82	8.68	6.07	11.50%
Halal Spaghetti and Meatballs [beef] - Little Lunch - scroll down for sides per menu	Food Item	Port Size	Cal	Fat g	Sat Fat g	TFat g	Sod mg	Carb g	Sugar g	Protein g	Fiber g	Iron (%)
	Pasta - Spaghetti WW	165 ml	166.32	0.92	0.18	0.00	2.31	33.26	1.40	6.00	4.62	0.00%
	Halal Meatballs	30 g	90.00	6.50	2.50	0.00	210.00	2.50	0.00	5.00	0.50	6.00%
	Tomato Sauce	60 ml	16.00	0.12	0.02	0.00	87.00	3.80	2.71	0.34	0.73	2.75%
Ont - M	TOTAL		272.32	7.54	2.70	0.00	299.31	39.56	4.11	11.34	5.85	8.75%
Hot Dog [Turkey]	Food Item	Port Size	Cal	Fat g	Sat Fat g	TFat g	Sod mg	Carb g	Sugar g	Protein g	Fiber g	Iron (%)
	Turkey Frank	56 g	100.00	7.00	2.00	0.00	470.00	4.00	1.00	6.00	0.00	6.00%
	Bun - WW Dog	1	150.00	2.00	0.50	0.00	200.00	27.00	3.00	5.00	3.00	8.00%
Ont - M	TOTAL		250.00	9.00	2.50	0.00	670.00	31.00	4.00	11.00	3.00	14.00%
Macaroni and Cheese - Homemade	Food Item	Port Size	Cal	Fat g	Sat Fat g	TFat g	Sod mg	Carb g	Sugar g	Protein g	Fiber g	Iron (%)
	Pasta - Macaroni cooked	125 ml	90.00	0.25	0.00	0.00	0.00	19.00	0.75	3.25	1.00	8.00%
	Margarine - Becel bulk *minor	1 tsp	35.00	4.00	0.50	0.00	35.00	0.00	0.00	0.00	0.00	0.00%
	All-Purpose Flour *minor	1 tsp	3.64	0.02	0.00	0.00	0.00	0.71	0.00	0.12	0.03	2.60%
	1% Milk* minor	89 ml	36.70	0.80	0.50	0.00	44.40	4.20	0.00	2.97	0.00	1.00%
	Shredded Medium Cheddar	36 g	144.00	10.00	6.00	0.36	264.00	1.00	0.00	8.00	0.00	0.00%
	Mincned Onion	DASH	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00%
Cheddar Slice *minor	7 g	30.00	2.25	1.50	0.05	47.50	0.00	0.00	1.50	0.00	0.00%	
Ont - L	TOTAL		339.34	17.32	8.50	0.41	390.90	24.91	0.75	15.84	1.03	11.60%
Macaroni and Cheese - Homemade - Little Lunches - scroll down for sides per menu	Food Item	Port Size	Cal	Fat g	Sat Fat g	TFat g	Sod mg	Carb g	Sugar g	Protein g	Fiber g	Iron (%)
	Pasta - Macaroni cooked	82.5 ml	60.00	0.17	0.00	0.00	0.00	12.54	0.50	2.14	0.66	5.28%
	Margarine - Becel bulk *	1 tsp	35.00	4.00	0.50	0.00	35.00	0.00	0.00	0.00	0.00	0.00%
	All-Purpose Flour *	1 tsp	3.64	0.02	0.00	0.00	0.00	0.71	0.00	0.12	0.03	2.60%
	1% Milk	58.7 ml	24.20	0.52	0.33	0.00	29.00	2.77	0.00	1.96	0.00	0.00%
	Medium Cheddar	23.7 g	95.00	6.60	4.62	0.23	174.24	0.66	0.00	5.28	0.00	0.00%
	Spices and Seasonings*	DASH	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00%
	Med/Old Cheddar	7 g	30.00	2.25	1.50	0.05	47.50	0.00	0.00	1.50	0.00	0.00%
Ont - L	TOTAL		247.84	13.56	6.95	0.28	285.74	16.68	0.50	11.00	0.69	7.88%
Meatballs [Beef] and Mashed Potato	Food Item	Port Size	Cal	Fat g	Sat Fat g	TFat g	Sod mg	Carb g	Sugar g	Protein g	Fiber g	Iron (%)
	Beef Meatballs	50 g	120.00	8.00	3.50	0.20	290.00	3.00	0.00	9.00	0.00	11.00%
	Mashed Potatoes	125 ml	85.34	2.08	0.27	0.00	204.65	15.70	0.68	1.46	1.56	1.71%
	Corn - frozen	125 ml	76.00	0.68	0.10	0.00	3.00	18.00	2.17	2.62	1.60	2.60%
	Low Sodium Beef Gravy*	4 tbsp	20.00	0.10	0.00	0.00	135.00	5.00	1.00	0.30	0.00	0.00%
Ont - M	TOTAL		301.34	10.86	3.87	0.20	632.65	41.70	3.85	13.38	3.16	15.31%
Meatball [Beef] Sub with Cheese	Food Item	Port Size	Cal	Fat g	Sat Fat g	TFat g	Sod mg	Carb g	Sugar g	Protein g	Fiber g	Iron (%)
	Beef Meatballs	50 g	120.00	8.00	3.50	0.20	290.00	3.00	0.00	9.00	0.00	11.00%
	Tomato Sauce	60 ml	16.00	0.12	0.02	0.00	87.00	3.80	2.71	0.34	0.73	2.75%
	Whole Grain Hoagie Bun	1 (100 g)	260.00	3.00	0.50	0.00	130.00	47.00	5.00	10.00	4.00	18.71%
Ont - M	TOTAL		423.00	12.79	5.19	0.23	574.00	53.80	7.71	22.01	4.73	32.46%
Pancakes and Side Syrup	Food Item	Port Size	Cal	Fat g	Sat Fat g	TFat g	Sod mg	Carb g	Sugar g	Protein g	Fiber g	Iron (%)
	Pancakes - whole grain	3	203.00	3.11	0.45	0.00	540.00	41.60	7.10	4.44	6.00	15.00%
	Syrup - ind packet	16 ml	60.00	0.00	0.00	0.00	3.00	14.00	13.00	0.00	0.00	0.00%
Ont - M	TOTAL		263.00	3.11	0.45	0.00	543.00	55.60	20.10	4.44	6.00	15.00%
Pancakes -Little Lunch - scroll down to see sides per menu	Food Item	Port Size	Cal	Fat g	Sat Fat g	TFat g	Sod mg	Carb g	Sugar g	Protein g	Fiber g	Iron (%)
	Pancakes - whole grain	2	153.00	2.34	0.34	0.00	406.00	31.34	5.34	3.34	4.00	10.00%
	Syrup* - ind packet	16 ml	60.00	0.00	0.00	0.00	3.00	14.00	13.00	0.00	0.00	0.00%
Ont - M	TOTAL		213.00	2.34	0.34	0.00	409.00	45.34	18.34	3.34	4.00	10.00%
Pancakes with Greek Yogurt and Berry	Food Item	Port Size	Cal	Fat g	Sat Fat g	TFat g	Sod mg	Carb g	Sugar g	Protein g	Fiber g	Iron (%)
	Pancakes - whole grain	3	203.00	3.11	0.45	0.00	540.00	41.60	7.10	4.44	6.00	15.00%

Parfait - SMARTER MEAL	Greek Yogurt	100g	80.00	0.00	0.00	0.00	45.00	13.00	12.00	8.00	0.00	0.00%
	Berries - Mixed Frozen	66g	33.00	0.33	0.33	0.00	0.66	7.26	4.62	0.66	2.64	2.64%
	Syrup* - ind packet	16 ml	60.00	0.00	0.00	0.00	3.00	14.00	13.00	0.00	0.00	0.00%
Ont - M	TOTAL		376.00	3.44	0.78	0.00	588.66	75.86	36.72	13.10	8.64	17.64%
Pasta Alfredo with Chicken and Green Beans	Food Item	Port Size	Cal	Fat g	Sat Fat g	TFat g	Sod mg	Carb g	Sugar g	Protein g	Fiber g	Iron (%)
	Pasta - Spaghetti WW	185 ml	189.00	1.05	0.21	0.00	2.63	37.80	1.58	6.83	5.25	0.00%
	Chicken Breast sliced	60 g	48.00	0.60	0.24	0.00	144.00	0.24	0.18	9.60	0.00	0.00%
	Green Beans	125 ml	76.00	0.30	0.06	0.00	82.00	10.36	3.80	4.00	3.40	8.28%
	Alfredo Sauce	60 ml	110.00	10.00	3.00	0.20	310.00	3.00	2.00	3.00	0.00	0.00%
Ont - M	TOTAL		423.00	11.95	3.51	0.20	538.63	51.40	7.56	23.43	8.65	8.28%
Pasta Parmesan	Food Item	Port Size	Cal	Fat g	Sat Fat g	TFat g	Sod mg	Carb g	Sugar g	Protein g	Fiber g	Iron (%)
	Pasta - Penne	250 ml	213.00	0.71	0.21	0.00	0.70	45.00	2.80	8.00	2.00	14.20%
	Cheese - Parmesan	15 ml	30.00	0.75	0.50	0.25	150.00	0.00	0.00	1.50	0.00	0.00%
	Milk -1%*	5 ml	35.00	4.00	0.50	0.00	35.00	0.00	0.00	0.00	0.00	0.00%
Ont - M	TOTAL		278.00	5.46	1.21	0.25	185.70	45.00	2.80	9.50	2.00	14.20%
Pasta Parmesan and Power Mix SMARTER MEAL	Food Item	Port Size	Cal	Fat g	Sat Fat g	TFat g	Sod mg	Carb g	Sugar g	Protein g	Fiber g	Iron (%)
	Pasta - Penne	250 ml	213.00	0.71	0.21	0.00	0.70	45.00	2.80	8.00	2.00	14.20%
	Cheese - Parmesan	15 ml	30.00	0.75	0.50	0.25	150.00	0.00	0.00	1.50	0.00	0.00%
	Margarine - Becel bulk	5 ml	35.00	4.00	0.50	0.00	35.00	0.00	0.00	0.00	0.00	0.00%
	Power mix Veggies	1/2 cup	90.00	1.50	0.00	0.00	0.00	14.00	4.00	5.00	4.00	6.00%
	Apples - Sliced	66 g	33.00	0.14	0.00	0.00	0.00	9.00	6.50	0.20	1.58	0.00%
Ont - M	TOTAL		401.00	7.10	1.21	0.25	185.70	68.00	13.30	14.70	7.58	20.20%
Perogies and Sour Cream	Food Item	Port Size	Cal	Fat g	Sat Fat g	TFat g	Sod mg	Carb g	Sugar g	Protein g	Fiber g	Iron (%)
	Perogies - Potato/Cheese	12 small	297.35	2.70	0.00	0.00	567.67	58.12	1.35	8.11	2.70	20.27%
	Margarine - Becel bulk	1 tsp	35.00	4.00	0.50	0.00	35.00	0.00	0.00	0.00	0.00	0.00%
	No Fat Sour Cream*	1 oz	20.00	0.40	0.30	0.00	30.00	3.00	2.00	2.00	0.00	0.00%
Ont - M	TOTAL		352.35	7.10	0.80	0.00	632.67	61.12	3.35	10.11	2.70	20.27%
Perogies with Power Mix Veggies and Sour Cream - SMARTER MEAL	Food Item	Port Size	Cal	Fat g	Sat Fat g	TFat g	Sod mg	Carb g	Sugar g	Protein g	Fiber g	Iron (%)
	Perogies - Potato/Cheese	12 small	297.35	2.70	0.00	0.00	567.67	58.12	1.35	8.11	2.70	20.27%
	Margarine - Becel bulk	5 ml	35.00	4.00	0.50	0.00	35.00	0.00	0.00	0.00	0.00	0.00%
	Power mix Veggies	1/2 cup	90.00	1.50	0.00	0.00	0.00	14.00	4.00	5.00	4.00	6.00%
	No Fat Sour Cream*	1 oz	20.00	0.40	0.30	0.00	30.00	3.00	2.00	2.00	0.00	0.00%
	Apples - Fruit Sauce	113 g	60.00	0.00	0.00	0.00	25.00	17.00	13.00	0.00	2.00	0.00%
Ont - M	TOTAL		502.35	8.60	0.80	0.00	657.67	92.12	20.35	15.11	8.70	26.27%
Pizza Rolls [Pork]	Food Item	Port Size	Cal	Fat g	Sat Fat g	TFat g	Sod mg	Carb g	Sugar g	Protein g	Fiber g	Iron (%)
Pizza Rolls	2.00	350.00	11.00	3.50	0.50	570.00	52.00	9.00	12.00	2.00	20.00%	
Ont - L	TOTAL	2.00	350.00	11.00	3.50	0.50	570.00	52.00	9.00	12.00	2.00	20.00%
PIZZETTE - CHEESE	Food Item	Port Size	Cal	Fat g	Sat Fat g	TFat g	Sod mg	Carb g	Sugar g	Protein g	Fiber g	Iron (%)
	Pizza Crust	1	190.00	4.00	0.00	0.00	240.00	29.00	0.00	6.00	1.00	14.30%
	Tomato Sauce	30 ml	8.00	0.06	0.01	0.00	43.50	1.90	1.36	0.17	0.36	1.38%
	Mozzarella Cheese (Shredded)	20g	54.00	3.00	2.34	0.06	134.00	0.00	0.00	5.34	0.00	0.00%
	House Ranch Dip*	15 ml	40.00	2.26	0.46	0.00	218.00	2.64	1.60	2.26	0.20	1.30%
	Carrot - Sticks or Baby	66 g	23.10	0.08	0.00	0.00	51.48	5.44	3.14	0.42	1.93	3.30%
Ont - L	TOTAL		315.10	9.40	2.81	0.06	686.98	38.98	6.10	14.19	3.49	20.28%
PIZZETTE - HAWAIIAN	Food Item	Port Size	Cal	Fat g	Sat Fat g	TFat g	Sod mg	Carb g	Sugar g	Protein g	Fiber g	Iron (%)
	Pizza Crust	1	190.00	4.00	0.00	0.00	240.00	29.00	0.00	6.00	1.00	14.30%
	Tomato Sauce	30 ml	8.00	0.06	0.01	0.00	43.50	1.90	1.36	0.17	0.36	1.38%
	Mozzarella Cheese (Shredded)	20 g	54.00	3.00	2.34	0.06	134.00	0.00	0.00	5.34	0.00	0.00%
	Deli Ham	1 slice (14g)	2.50	0.02	0.00	0.00	0.25	0.60	0.14	0.10	0.13	3.20%
	Diced Pineapple	1 tbsp	9.00	0.00	0.00	0.00	0.00	1.97	1.80	0.00	0.00	0.00%
	House Ranch Dip*	15 ml	40.00	2.26	0.46	0.00	218.00	2.64	1.60	2.26	0.20	1.30%
	Carrot - Sticks or Baby	66 g	23.10	0.08	0.00	0.00	51.48	5.44	3.14	0.42	1.93	3.30%
Ont - L	TOTAL		326.60	9.42	2.81	0.06	687.23	41.55	8.04	14.29	3.62	23.48%
PIZZETTE - PEPPERONI	Food Item	Port Size	Cal	Fat g	Sat Fat g	TFat g	Sod mg	Carb g	Sugar g	Protein g	Fiber g	Iron (%)
	Pizza Crust	1	190.00	4.00	0.00	0.00	240.00	29.00	0.00	6.00	1.00	14.30%
	Tomato Sauce	30 ml	8.00	0.06	0.01	0.00	43.50	1.90	1.36	0.17	0.36	1.38%
	Mozzarella Cheese (Shredded)	20 g	54.00	3.34	2.34	0.06	134.00	0.00	0.00	5.34	0.00	0.00%
	Deli - Pepperoni	15 g	19.50	2.25	0.23	0.00	108.00	1.05	0.00	2.40	0.00	2.00%
	House Ranch Dip*	15 ml	19.98	1.13	0.23	0.00	109.12	1.32	0.80	1.13	0.09	0.65%
Carrot - Sticks or Baby	66 g	23.10	0.08	0.00	0.00	51.48	5.44	3.14	0.42	1.93	3.30%	
Ont - L	TOTAL		314.58	10.86	2.81	0.06	686.10	38.71	5.30	15.46	3.38	21.63%
Smiling Shepherd's Pie with Apple Slices - SMARTER MEAL	Food Item	Port Size	Cal	Fat g	Sat Fat g	TFat g	Sod mg	Carb g	Sugar g	Protein g	Fiber g	Iron (%)
	Mashed Potatoes	125 ml	85.34	2.08	0.27	0.00	204.65	15.70	0.68	1.46	1.56	1.71%
	Ground beef - cooked [CNF]	50 g	128.48	7.40	2.97	0.27	46.31	0.00	0.00	14.44	0.00	10.03%
	peas and corn	125 ml	38.00	0.00	0.00	0.00	1.00	8.00	2.00	2.00	2.00	3.00%
	Gravy and Seasonings*	3/4 tsp	38.00	0.00	0.00	0.00	11.25	8.00	2.00	2.00	2.00	3.00%
Apples - Sliced	66 g	33.00	0.14	0.00	0.00	0.00	9.00	6.50	0.20	1.58	0.00%	

Ont - M	TOTAL			322.82	9.62	3.24	0.27	263.21	40.70	11.18	20.10	7.14	17.74%
Spaghetti and Meatballs [beef]	Food Item	Port Size	Cal	Fat g	Sat Fat g	TFat g	Sod mg	Carb g	Sugar g	Protein g	Fiber g	Iron (%)	
	Pasta - Spaghetti WW	250 ml	252.00	1.40	0.28	0.00	3.50	50.40	2.10	9.10	7.00	0.00%	
	Beef Meatballs	50 g	120.00	8.00	3.50	0.20	290.00	3.00	0.00	9.00	0.00	11.00%	
	Tomato Sauce	125 ml	32.00	0.23	0.03	0.00	174.00	7.59	5.42	0.68	1.45	5.50%	
Ont - M	TOTAL			404.00	9.63	3.81	0.20	467.50	60.99	7.52	18.78	8.45	16.50%
Spaghetti and Meatballs [beef] - Little Lunches	Food Item	Port Size	Cal	Fat g	Sat Fat g	TFat g	Sod mg	Carb g	Sugar g	Protein g	Fiber g	Iron (%)	
	Pasta - Spaghetti WW	165 ml	166.32	0.92	0.18	0.00	2.31	33.26	1.40	6.00	4.62	0.00%	
	Beef Meatballs	30 g	72.00	4.80	2.10	0.12	174.00	1.80	0.00	5.40	0.00	6.60%	
	Tomato Sauce	60 ml	16	0.12	0.02	0	87	3.8	2.71	0.34	0.73	2.75%	
Ont - M	TOTAL			254.32	5.84	2.30	0.12	263.31	38.86	4.11	11.74	5.35	9.35%
Spaghetti and Tomato Sauce	Food Item	Port Size	Cal	Fat g	Sat Fat g	TFat g	Sod mg	Carb g	Sugar g	Protein g	Fiber g	Iron (%)	
	Pasta - Spaghetti WW	250 ml	252.00	1.40	0.28	0.00	3.50	50.40	2.10	9.10	7.00	0.00%	
	Tomato Sauce	125 ml	32.00	0.23	0.03	0.00	174.00	7.59	5.42	0.68	1.45	5.50%	
	Cheese - Parmesan	15 ml	30.00	0.75	0.50	0.25	150.00	0.00	0.00	1.50	0.00	0.00%	
Ont - M	TOTAL			314.00	2.38	0.81	0.25	327.50	57.99	7.52	11.28	8.45	5.50%
Spaghetti and Tomato Sauce with Meatless Ground [soy]	Food Item	Port Size	Cal	Fat g	Sat Fat g	TFat g	Sod mg	Carb g	Sugar g	Protein g	Fiber g	Iron (%)	
	Pasta - Spaghetti WW	250 ml	252.00	1.40	0.28	0.00	3.50	50.40	2.10	9.10	7.00	0.00%	
	Tomato Sauce	125 ml	32.00	0.23	0.03	0.00	174.00	7.59	5.42	0.68	1.45	5.50%	
	Meatless Ground	40 gm	120.00	1.00	0.05	0.00	170.00	4.00	0.05	9.00	2.50	15.00%	
Ont - M	TOTAL			404.00	2.63	0.36	0.00	347.50	61.99	7.57	18.78	10.95	20.50%
Sunshine Sandwich with Fresh Egg and Mozz Cheese - SMARTER MEAL	Food Item	Port Size	Cal	Fat g	Sat Fat g	TFat g	Sod mg	Carb g	Sugar g	Protein g	Fiber g	Iron (%)	
	Egg - fresh	1 egg	76.00	5.27	1.60	0.04	66.00	0.52	0.41	6.22	0.00	5.21%	
	Cheese - Mozzarella, Shredded	1 tbsp	27.00	1.67	1.17	0.03	67.00	0.00	0.00	2.67	0.00	0.00%	
	English Muffin - Whole Wheat	57g	130.00	2.00	0.50	0.00	210.00	22.00	1.00	6.00	3.00	6.00%	
	Salsa* minor	30 ml	13.00	0.00	0.00	0.00	270.00	3.00	1.00	0.50	0.50	2.00%	
	Orange - Slices	66 g	29.00	0.12	0.00	0.00	1.80	15.00	4.80	0.86	2.97	0.50%	
Ont - M	TOTAL			275.00	9.06	3.27	0.07	614.80	40.52	7.21	16.25	6.47	13.71%
Sweet Plum Chicken Wrap with Fresh Veggies - SMARTER MEAL	Food Item	Port Size	Cal	Fat g	Sat Fat g	TFat g	Sod mg	Carb g	Sugar g	Protein g	Fiber g	Iron (%)	
	Tortilla - Whole Grain	1	190.00	5.00	0.50	0.00	160.00	31.00	0.00	6.00	3.00	10.00%	
	Chicken Breast sliced	60 g	48.00	0.60	0.24	0.00	144.00	0.24	0.18	9.60	0.00	0.00%	
	Lettuce - Romaine	250 ml	10.00	0.18	0.02	0.00	5.00	1.84	0.70	0.73	1.20	4.00%	
	Sauce - Plum ind	11 g	23.68	0.00	0.00	0.00	84.90	5.85	4.95	0.01	0.00	0.00%	
	Assorted Veggies	66 g	37.00	0.00	0.00	0.00	3.60	8.40	4.80	0.00	1.20	2.40%	
Ont - M	TOTAL			308.68	5.78	0.76	0.00	397.50	47.33	10.63	16.34	5.40	16.40%
Lunch-a -Roni with Carrot Sticks and House Dip - SMARTER MEAL	Food Item	Port Size	Cal	Fat g	Sat Fat g	TFat g	Sod mg	Carb g	Sugar g	Protein g	Fiber g	Iron (%)	
	Pasta - Rotini	250 ml	213.00	0.71	0.21	0.00	0.70	45.00	2.80	8.00	2.00	14.20%	
	Tomato Paste	15 ml	14.00	0.08	0.02	0.00	10.00	3.30	2.12	0.75	0.70	3.71%	
	Diced Tomatoes	125 ml	17.00	0.19	0.00	0.00	5.00	3.70	2.50	0.84	1.20	1.82%	
	Cheese - mozz shred	15 ml	27.00	1.67	1.17	0.03	67.00	0.00	0.00	2.67	0.00	0.00%	
	Beef - Lean Grd, cooked	40 g	102.17	5.88	2.36	0.22	36.83	0.00	0.00	11.48	0.00	8.00%	
	House Ranch Dip*	15 ml	19.98	1.13	0.23	0.00	109.12	1.32	0.80	1.13	0.09	0.65%	
	Carrot - Sticks or Baby	66 g	23.10	0.08	0.00	0.00	51.48	5.44	3.14	0.42	1.93	3.30%	
Ont - M	TOTAL			416.25	9.74	3.99	0.25	280.13	58.76	11.36	25.29	5.92	31.68%
Turkey Holiday Dinner	Food Item	Port Size	Cal	Fat g	Sat Fat g	TFat g	Sod mg	Carb g	Sugar g	Protein g	Fiber g	Iron (%)	
	Turkey (Butterball) - slices	75g	82.50	0.75	0.30	0.00	105.00	2.25	0.00	16.50	0.00	6.00%	
	Mashed Potatoes	125 ml	85.34	2.08	0.27	0.00	204.65	15.70	0.68	1.46	1.56	1.71%	
	Corn - frozen	125 ml	76.00	0.68	0.10	0.00	3.00	18.00	2.17	2.62	1.60	2.60%	
	Stuffing*	15ml	55.20	0.45	0.00	0.00	270.30	1.80	0.60	1.80	0.60	9.00%	
	Low Sodium Beef Gravy*	4 tbsp (60 ml)	16.00	0.32	0.02	0.00	15.00	5.44	1.86	0.50	0.50	2.00%	
Ont - M	TOTAL			315.04	4.28	0.69	0.00	597.95	43.19	5.31	22.88	4.26	21.31%
Turkey Sub	Food Item	Port Size	Cal	Fat g	Sat Fat g	TFat g	Sod mg	Carb g	Sugar g	Protein g	Fiber g	Iron (%)	
	Bun - Hoagie Whole Grain	1	260.00	3.00	0.50	0.00	130.00	47.00	5.00	10.00	4.00	19.00%	
	Deli -Roasted Turkey	56 g	54.00	0.63	0.20	0.01	344.00	2.06	0.62	10.00	0.00	1.93%	
	Lettuce	1 leaf	2.00	0.03	0.00	0.00	1.00	0.33	0.12	0.13	0.20	0.71%	
	Mayo - lite bulk	1 tbsp	40.00	4.00	0.30	0.00	135.00	1.00	0.00	0.10	0.00	0.00%	
Ont - M	TOTAL			356.00	7.66	1.00	0.01	610.00	50.39	5.74	20.23	4.20	21.64%
Turkey Wrap	Food Item	Port Size	Cal	Fat g	Sat Fat g	TFat g	Sod mg	Carb g	Sugar g	Protein g	Fiber g	Iron (%)	
	Tortilla - Whole Grain	1	190.00	5.00	0.50	0.00	160.00	31.00	0.00	6.00	3.00	10.00%	
	Deli -Roasted Turkey	56 g	54.00	0.63	0.20	0.01	344.00	2.06	0.62	10.00	0.00	1.93%	
	Lettuce	1 leaf	2.00	0.03	0.00	0.00	1.00	0.33	0.12	0.13	0.20	0.71%	
	Mayo - lite bulk	1 tbsp	40.00	4.00	0.30	0.00	135.00	1.00	0.00	0.10	0.00	0.00%	
Ont - M	TOTAL			286.00	9.66	1.00	0.01	640.00	34.39	0.74	16.23	3.20	12.64%
Veggie Burger	Food Item	Port Size	Cal	Fat g	Sat Fat g	TFat g	Sod mg	Carb g	Sugar g	Protein g	Fiber g	Iron (%)	
	Soy Based Veggie Burger	1-75 g	120.00	3.50	0.30	0.00	480.00	8.00	1.00	14.00	2.00	25.00%	
	Bun - WW Burger	1	160.00	2.00	0.50	0.00	220.00	29.00	3.00	6.00	3.00	10.00%	
Ont - M	TOTAL			280.00	5.50	0.80	0.00	700.00	37.00	4.00	20.00	5.00	35.00%

Veggie Hot Dog	Food Item	Port Size	Cal	Fat g	Sat Fat g	TFat g	Sod mg	Carb g	Sugar g	Protein g	Fiber g	Iron (%)
	Veggie Dog	1	70	1.50	0.00	0.00	390.00	4.00	1.00	9.00	0.00	20.00%
	Bun - WW Dog	1	150.00	2.00	0.50	0.00	200.00	27.00	3.00	5.00	3.00	8.00%
Ont - M	TOTAL		220.00	3.50	0.50	0.00	590.00	31.00	4.00	14.00	3.00	28.00%

HOT and COLD SIDES, FIXINGS AND DRINKS

Cold Sides	Food Item	Port Size	Cal	Fat g	Sat Fat g	TFat g	Sod mg	Carb g	Sugar g	Protein g	Fiber g	Iron (%)
	Apples - Sliced	66 g	33.00	0.14	0.00	0.00	0.00	9.00	6.50	0.20	1.58	0.00%
	Banana Choco Chip Muffin (SFTE)	56 g	150.00	5.00	0.50	0.00	120.00	25.00	10.00	2.00	2.00	6.00%
	Cookie - Brownie Cookie	38 g	140.00	5.00	1.00	0.00	40.00	24.00	15.00	2.00	2.00	8.00%
	Cookie - Oatmeal	1-42 g	170.00	5.00	1.50	0.10	5.00	26.00	11.00	3.00	2.00	8.00%
	Cucumber - Sliced	66 g	10.00	0.07	0.00	0.00	1.00	2.38	0.55	0.41	0.50	1.29%
	Edamame - Shelled Cold	60 g	73.00	3.12	0.36	0.00	3.60	5.96	1.30	6.53	3.12	16.20%
	Gingerbread Cookie	27 g	130.00	5.00	1.50	0.00	140.00	18.00	7.00	2.00	2.00	8.00%
	Greek Yogurt Cup	100 g	110.00	0.00	0.00	0.00	90.00	7.00	7.00	18.00	0.00	0.00%
	Kettle Popcorn	28 g	97.60	1.83	0.00	0.00	140.30	19.52	8.54	2.44	2.44	12.20%
	Lunchie Snack Mix	125 ml	134.00	2.00	0.00	0.00	115.00	28.00	16.20	1.40	2.50	8.00%
	Orange - Slices	66 g	29.00	0.12	0.00	0.00	1.80	15.00	4.80	0.86	2.97	0.50%
	Orange Sorbet Cup	115 ml	70.00	0.00	0.00	0.00	10.00	18.00	14.00	0.00	0.00	1.07%
	Peaches in Juice	113 ml	60.00	0.00	0.00	0.00	0.00	13.00	11.00	1.00	0.00	0.00%
	Side Caesar Salad/dressing	small	97.00	8.70	1.40	0.00	316.00	3.30	3.00	0.00	1.00	8.00%
	Side Garden Salad/House Ranch	small	55.00	1.71	0.01	0.00	104.00	8.69	1.60	2.68	2.13	12.00%
	Vanilla Frozen Yogurt	115 ml	90.00	2.00	1.00	0.10	55.00	20.00	13.00	2.00	0.00	0.00%
	Vanilla Ice Cream	115 ml	110.00	6.00	3.50	0.20	35.00	10.00	10.00	1.00	0.00	0.00%
	Veggies- Assorted raw	66 g	50.00	2.00	0.01	0.00	135.00	7.90	4.80	2.00	2.00	1.00%
	Yogurt - Berry Bottom Parfait	175 ml	117.00	0.00	0.00	0.00	49.00	21.00	19.00	8.00	1.20	2.00%
Yogurt - Chunky Monkey Parfait	175 ml	167.00	1.50	1.00	0.00	46.00	31.00	22.00	8.64	1.53	6.00%	
Yogurt Tube	60 g	50.00	1.50	1.00	0.00	35.00	8.00	7.00	2.00	0.00	0.00%	

Hot Sides	Food Item	Port Size	Cal	Fat g	Sat Fat g	TFat g	Sod mg	Carb g	Sugar g	Protein g	Fiber g	Iron (%)
	Chicken Fingers	2	174.80	6.08	3.42	0.00	288.80	14.44	0.76	13.68	0.76	7.60%
	Chicken Noodle Soup/Crackers	1 cup	113.00	3.00	0.50	0.00	323.80	4.00	3.00	15.68	2.30	7.60%
	Corn on the Cob	1 med	99.00	1.54	0.20	0.00	1.00	22.00	4.68	3.50	2.50	3.30%
	Garlic Breadstick	1	120.00	5.00	1.00	0.00	210.00	15.00	1.00	1.00	1.00	6.00%
	Milk - Chocolate served hot	250 ml	160.00	2.50	1.50	0.00	130.00	27.00	25.00	7.00	0.00	0.00%
	Pork Sausage Pattie	50 g	160.00	12.00	4.00	0.00	430.00	5.00	1.00	7.00	0.00	1.00%
	Potato Wedges/sea salt	80 g	110.00	2.00	0.30	0.06	292.00	19.00	0.00	0.00	0.00	5.00%
	Turkey Sausage	2	70.00	3.00	1.00	0.00	370.00	4.00	0.50	7.00	0.00	4.00%
Bun - WW Dinner	1	100.00	1.50	0.40	0.00	210.00	19.00	2.00	4.00	2.00	4.00%	

Fixings	Food Item	Port Size	Cal	Fat g	Sat Fat g	TFat g	Sod mg	Carb g	Sugar g	Protein g	Fiber g	Iron (%)
	Margarine - Becel Cup	7 g	50.00	6.00	1.00	0.00	50.00	0.00	0.00	0.00	0.00	0.00%
	Caesar Dressing [Hellmans]	18 ml	62.50	6.13	1.07	0.08	163.86	1.01	0.41	0.41	0.08	0.00%
	Cranberry Sauce	30 g	36.00	0.00	0.00	0.00	3.00	0.00	7.20	0.00	0.30	0.00%
	Hot Sauce	9 ml	11.00	0.10	0.00	0.00	152.00	3.00	2.00	0.00	0.00	1.00%
	House Maple Balsamic	30 ml	66.54	0.04	0.00	0.00	5.48	16.18	14.44	0.08	0.00	2.58%
	House Maple Dip	33 ml	33.70	0.02	0.00	0.00	14.37	5.62	5.15	2.92	0.00	0.70%
	House Ranch Dip/Dressing	15 ml	19.74	1.12	0.23	0.00	183.90	1.30	0.80	1.12	0.09	0.65%
	Italian Dressing [Kraft]	18 ml	44.00	4.00	0.00	0.00	188.00	1.00	1.00	0.00	0.00	0.00%
	Ketchup	8 ml	10.00	0.00	0.00	0.00	95.00	3.00	2.00	0.10	0.00	0.00%
	Lettuce and Tomato	sl/leaf	15.00	0.00	0.00	0.00	2.40	1.00	1.00	0.00	0.04	0.40%
	Mayonnaise [Hellmans]	18 ml	115.00	12.60	1.80	0.00	83.00	0.00	0.00	0.00	0.00	0.00%
	Mustard	7 ml	4.00	0.20	0.00	0.00	75.00	0.00	0.00	0.20	0.00	0.00%
	Pickles	3	3.00	0.03	0.00	0.00	3.00	0.42	0.18	0.06	0.30	0.42%
	Plum Sauce	11 ml	23.68	0.40	0.00	0.00	84.90	5.85	4.95	0.00	0.01	0.00%
	Relish	8 ml	9.00	0.00	0.00	0.00	48.00	2.00	1.00	0.00	0.00	0.00%
	Ranch Dressing [Kraft]	16 ml	36.70	2.39	0.38	0.03	154.59	3.46	0.69	0.12	0.07	0.00%
Syrup - ind packet	16 ml	60.00	0.00	0.00	0.00	3.00	14.00	13.00	0.00	0.00	0.00%	
Sauce - Soy	9 g	5.00	0.00	1.80	0.00	520.00	1.00	0.38	0.02	0.00	0.12%	

Drinks	Food Item	Port Size	Cal	Fat g	Sat Fat g	TFat g	Sod mg	Carb g	Sugar g	Protein g	Fiber g	Iron (%)
	Juice - Apple	200 ml	90.00	0.00	0.00	0.00	20.00	21.00	19.00	0.20	0.00	2.00%
	Smothie - VeryBerry	175 ml	128.00	0.00	0.00	0.00	31.00	22.00	19.00	4.00	1.00	3.00%
	Milk - Chocolate	250 ml	160.00	2.50	1.50	0.00	180.00	27.00	25.00	7.00	0.00	6.00%
	Chocolate Soy Milk	200 ml	130.00	4.50	0.70	0.00	110.00	16.00	15.00	6.00	1.00	8.00%
	Juice - Fieldberry	200 ml	90.00	0.00	0.00	0.00	25.00	21.00	19.00	0.00	0.00	2.00%
	Milk 1%	250 ml	100.00	2.50	1.50	0.00	120.00	12.00	11.00	9.00	0.00	0.00%
	Juice - Orange	200 ml	90.00	0.00	0.00	0.00	20.00	21.00	19.00	0.00	0.00	2.00%
Yogurt Drink	200 ml	140.00	3.50	2.00	0.10	90.00	21.00	21.00	7.00	0.00	0.00%	