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|-------------------------|---------|-----|--------|---------|--------|-------|------|---------|-------|--------|--------|-------|--------|---------|---|--|--|---|--|--|--|--|--|--|
| Steamed Corn | 1/4 cup | 46 | 10 g | 1 g | 0.46 g | 0 g | 0 mg | 0 mg | 0 g | n/a | 0 | 1.66 | 0 mg | 0 mg | | | | | | | | | | |
| Steamed Peas | 1/2 cup | 74 | 13 g | 5 g | 0 g | 0 g | 0 mg | 106 mg | 4 g | n/a | 426 | 6.38 | 0 mg | 1.15 mg | | | | | | | | | | |
| Sweet Potato Fries | 1/2 cup | 152 | 23.287 | 2.025 g | 6.075 | 0.506 | 0 mg | 172.122 | 2 g | 5.062 | 33 | 5.4 | 0 mg | 2.025 | | | | | | | | | | |
| Sweet Potato Tots | 1/2 cup | 142 | 23.625 | 1.181 | 4.134 | 0 | 0 | 236.246 | 3.544 | 10.631 | 4134.3 | 1.417 | 23.625 | 0.472 | | | | | | | | | | |
| Warm Cinnamon Apples | 1/2 cup | 81 | 21 g | 0 g | 0 g | 0 g | 0 mg | 7 mg | 1 g | n/a | 0 | 1.36 | 5 mg | 1.66 mg | | | | | | | | | | |
| Whole Grain Dinner Roll | 1 each | 80 | 14 g | 4 g | 1 g | 0 g | 0 mg | 105 mg | 2 g | n/a | 5 | 0 | 20 mg | 0.72 mg | X | | | X | | | | | | |