



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										
Strawberry Topping	2 oz	20	5 g	0 g	0 g	0 g	0 mg	0 mg	1 g	n/a	14	16.4	6 mg	0.22 mg										
Tator Tots	1/2 cup	140	16	1	7	1	0	190	1	0	0	0	0	0.36										
Toasted Cheese Sandwich	1 sandwich	356	30 g	14 g	21.21 g	9.79 g	38 mg	995 mg	3 g	n/a	548	9.11	250 mg	1.8 mg	X		X		X					
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							
Whole Grain Dinner Roll	2 each	160	28g	8g	2g	0g	0mg	210mg	4g	2g	10	0	40mg	1.4mg	X		X							