

Preschool Lunch

Wednesday, Nov 1, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Chicken Chow Mein	342	73	423	0.71	2.84	33.44	0	0.00	7.31	23.75	47.21	7.53	1.04
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Caesar Salad	144	9	484	0.99	0.46	42.03	4094	1.88	0.91	3.65	12.93	9.62	1.39
Dassi Family Farms Persian Cucumbers	3	0	0	0.33	0.06	5.00	17	0.20	0.00	0.00	0.67	0.00	0.00
Mandarin Oranges	64	0	7	0.71	0.26	18.43	0	0.00	15.59	0.71	16.30	0.00	0.00
Banana	90	0	1	2.60	2.70	40.00	650	9.00	12.00	1.10	23.00	0.30	0.10
1% Milk 1-1/2 Gallon	87	11	109	0.00	0.00	254.55	364	1.75	10.18	8.00	11.64	1.82	1.09

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Preschool Lunch

Thursday, Nov 2, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Bean&Cheese Burrito/WGR	350	15	480	6.00	5.40	150.00	100	0.00	4.00	14.00	45.00	11.00	0.00
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Broccoli Florets	18	0	4	0.00	0.00	12.59	0	24.55	0.00	2.52	2.52	0.00	0.00
Garden Fresh Salad	12	0	9	0.73	0.65	36.25	834	4.79	1.45	0.73	2.18	0.00	0.00
Orange Smiles	43	0	0	1.62	0.00	32.34	54	42.04	7.55	0.54	10.24	0.00	0.00
Diced Pears	60	0	5	2.00	0.00	0.00	0	1.20	12.00	0.00	16.00	0.00	0.00
Ranch Dressing	105	11	471	0.00	0.00	36.10	0	0.00	1.48	1.11	3.52	9.43	1.21
1% Milk 1-1/2 Gallon	87	11	109	0.00	0.00	254.55	364	1.75	10.18	8.00	11.64	1.82	1.09

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Preschool Lunch

Friday, Nov 3, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Turkey & Cheese on Roll WGR	230	25	680	2.00	2.00	160.00	0	0.00	4.00	17.00	29.00	6.00	2.00
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Roasted Garbanzo Beans	57	0	188	1.74	0.00	0.00	0	5.40	1.74	2.18	9.16	0.87	0.00
Baby Carrots	30	0	67	3.04	9.11	0.76	11728	2.28	4.56	0.00	7.59	0.00	0.00
Asian Pear	85	0	1	4.60	0.18	10.00	0	6.00	14.00	0.50	23.00	0.20	0.00
Assorted Raisels Flavor	160	0	5	2.00	0.40	30.00	0	0.00	18.00	1.00	38.00	0.00	0.00
1% Milk 1-1/2 Gallon	87	11	109	0.00	0.00	254.55	364	1.75	10.18	8.00	11.64	1.82	1.09

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Preschool Lunch

Monday, Nov 6, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
PB & J Grape Sandwich WGR	600	0	540	7.00	3.00	78.00	0	0.00	29.00	18.00	64.00	34.00	6.00
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Baby Carrots	30	0	67	3.04	9.11	0.76	11728	2.28	4.56	0.00	7.59	0.00	0.00
Garden Fresh Salad	12	0	9	0.73	0.65	36.25	834	4.79	1.45	0.73	2.18	0.00	0.00
Assorted Raisels Flavor	160	0	5	2.00	0.40	30.00	0	0.00	18.00	1.00	38.00	0.00	0.00
Plums	58	0	0	1.74	2.09	57.99	387	11.60	12.37	0.97	14.50	0.39	0.00
Ranch Dressing	105	11	471	0.00	0.00	36.10	0	0.00	1.48	1.11	3.52	9.43	1.21
1% Milk 1-1/2 Gallon	87	11	109	0.00	0.00	254.55	364	1.75	10.18	8.00	11.64	1.82	1.09

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Preschool Lunch

Tuesday, Nov 7, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Mega Mini Chix w/ Cheeze Its	281	41	492	2.01	1.01	111.37	0	0.00	0.00	19.04	24.17	12.54	2.51
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Dassi Family Farms Cherry Tomatoes	2	0	0	0.13	0.03	1.17	5	1.43	0.30	0.10	0.44	0.02	0.00
Yellow Corn	76	0	9	0.94	0.00	0.00	0	2.27	4.73	2.83	17.95	0.94	0.00
Sliced Apples	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
Diced Peaches	40	0	0	0.80	0.00	7.20	80	4.80	8.00	0.80	9.60	0.00	0.00
1% Milk 1-1/2 Gallon	87	11	109	0.00	0.00	254.55	364	1.75	10.18	8.00	11.64	1.82	1.09

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Preschool Lunch

Wednesday, Nov 8, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Spaghetti & Meatballs with Garlic Bread	650	40	841	10.30	6.15	140.24	848	13.07	8.90	30.92	102.13	12.91	3.03
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Caesar Salad	144	9	484	0.99	0.46	42.03	4094	1.88	0.91	3.65	12.93	9.62	1.39
Dassi Family Farms Persian Cucumbers	3	0	0	0.33	0.06	5.00	17	0.20	0.00	0.00	0.67	0.00	0.00
Mandarin Oranges	64	0	7	0.71	0.26	18.43	0	0.00	15.59	0.71	16.30	0.00	0.00
Banana	90	0	1	2.60	2.70	40.00	650	9.00	12.00	1.10	23.00	0.30	0.10
1% Milk 1-1/2 Gallon	87	11	109	0.00	0.00	254.55	364	1.75	10.18	8.00	11.64	1.82	1.09

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Preschool Lunch

Thursday, Nov 9, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Garlic Cheese Sticks Marinara Sauce WGR	200	20	370	3.00	1.00	209.32	0	0.00	5.00	10.49	21.48	8.49	4.00
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Broccoli Florets	18	0	4	0.00	0.00	12.59	0	24.55	0.00	2.52	2.52	0.00	0.00
Garden Fresh Salad	12	0	9	0.73	0.65	36.25	834	4.79	1.45	0.73	2.18	0.00	0.00
Orange Smiles	43	0	0	1.62	0.00	32.34	54	42.04	7.55	0.54	10.24	0.00	0.00
Diced Pears	60	0	5	2.00	0.00	0.00	0	1.20	12.00	0.00	16.00	0.00	0.00
Ranch Dressing	105	11	471	0.00	0.00	36.10	0	0.00	1.48	1.11	3.52	9.43	1.21
1% Milk 1-1/2 Gallon	87	11	109	0.00	0.00	254.55	364	1.75	10.18	8.00	11.64	1.82	1.09

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Preschool Lunch

Friday, Nov 10, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
HOLIDAY	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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Preschool Lunch

Monday, Nov 13, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Pancake Brunch 4 Lunch	159	0	219	1.99	1.39	59.76	0	0.00	9.96	3.98	29.88	2.99	0.00
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Baby Carrots	30	0	67	3.04	9.11	0.76	11728	2.28	4.56	0.00	7.59	0.00	0.00
Garden Fresh Salad	12	0	9	0.73	0.65	36.25	834	4.79	1.45	0.73	2.18	0.00	0.00
Assorted Raisels Flavor	160	0	5	2.00	0.40	30.00	0	0.00	18.00	1.00	38.00	0.00	0.00
Plums	58	0	0	1.74	2.09	57.99	387	11.60	12.37	0.97	14.50	0.39	0.00
Ranch Dressing	105	11	471	0.00	0.00	36.10	0	0.00	1.48	1.11	3.52	9.43	1.21
1% Milk 1-1/2 Gallon	87	11	109	0.00	0.00	254.55	364	1.75	10.18	8.00	11.64	1.82	1.09

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Preschool Lunch

Tuesday, Nov 14, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Chicken Quesadilla	320	50	709	3.95	2.64	106.67	47	2.83	1.46	16.36	26.15	16.13	7.72
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Dassi Family Farms Cherry Tomatoes	2	0	0	0.13	0.03	1.17	5	1.43	0.30	0.10	0.44	0.02	0.00
Yellow Corn	76	0	9	0.94	0.00	0.00	0	2.27	4.73	2.83	17.95	0.94	0.00
Sliced Apples	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
Diced Peaches	40	0	0	0.80	0.00	7.20	80	4.80	8.00	0.80	9.60	0.00	0.00
1% Milk 1-1/2 Gallon	87	11	109	0.00	0.00	254.55	364	1.75	10.18	8.00	11.64	1.82	1.09

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Preschool Lunch

Wednesday, Nov 15, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Chicken Strips w/ Emoji's	280	40	370	2.49	1.54	12.00	0	0.00	0.00	17.49	24.44	11.99	1.87
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Caesar Salad	144	9	484	0.99	0.46	42.03	4094	1.88	0.91	3.65	12.93	9.62	1.39
Dassi Family Farms Persian Cucumbers	3	0	0	0.33	0.06	5.00	17	0.20	0.00	0.00	0.67	0.00	0.00
Mandarin Oranges	64	0	7	0.71	0.26	18.43	0	0.00	15.59	0.71	16.30	0.00	0.00
Banana	90	0	1	2.60	2.70	40.00	650	9.00	12.00	1.10	23.00	0.30	0.10
1% Milk 1-1/2 Gallon	87	11	109	0.00	0.00	254.55	364	1.75	10.18	8.00	11.64	1.82	1.09

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Preschool Lunch

Thursday, Nov 16, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Mini Cheese Burger/WGR	273	45	339	2.60	2.90	82.00	25	0.00	3.40	19.70	31.10	8.00	2.90
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Broccoli Florets	18	0	4	0.00	0.00	12.59	0	24.55	0.00	2.52	2.52	0.00	0.00
Garden Fresh Salad	12	0	9	0.73	0.65	36.25	834	4.79	1.45	0.73	2.18	0.00	0.00
Orange Smiles	43	0	0	1.62	0.00	32.34	54	42.04	7.55	0.54	10.24	0.00	0.00
Diced Pears	60	0	5	2.00	0.00	0.00	0	1.20	12.00	0.00	16.00	0.00	0.00
Ranch Dressing	105	11	471	0.00	0.00	36.10	0	0.00	1.48	1.11	3.52	9.43	1.21
1% Milk 1-1/2 Gallon	87	11	109	0.00	0.00	254.55	364	1.75	10.18	8.00	11.64	1.82	1.09

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Preschool Lunch

Friday, Nov 17, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Grilled Cheese Sandwich	262	30	948	0.00	2.00	470.94	182	0.00	6.05	18.17	28.05	10.10	5.06
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Roasted Garbanzo Beans	57	0	188	1.74	0.00	0.00	0	5.40	1.74	2.18	9.16	0.87	0.00
Baby Carrots	30	0	67	3.04	9.11	0.76	11728	2.28	4.56	0.00	7.59	0.00	0.00
Asian Pear	85	0	1	4.60	0.18	10.00	0	6.00	14.00	0.50	23.00	0.20	0.00
Assorted Raisels Flavor	160	0	5	2.00	0.40	30.00	0	0.00	18.00	1.00	38.00	0.00	0.00
1% Milk 1-1/2 Gallon	87	11	109	0.00	0.00	254.55	364	1.75	10.18	8.00	11.64	1.82	1.09

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Preschool Lunch

Monday, Nov 20, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
HOLIDAY	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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Preschool Lunch

Tuesday, Nov 21, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
HOLIDAY	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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Preschool Lunch

Wednesday, Nov 22, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
HOLIDAY	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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Preschool Lunch

Thursday, Nov 23, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
HOLIDAY	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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Preschool Lunch

Friday, Nov 24, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
HOLIDAY	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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Preschool Lunch

Monday, Nov 27, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Macaroni & Cheese	432	43	560	4.80	2.17	315.45	152	0.15	5.06	22.46	52.69	14.00	7.87
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Baby Carrots	30	0	67	3.04	9.11	0.76	11728	2.28	4.56	0.00	7.59	0.00	0.00
Garden Fresh Salad	12	0	9	0.73	0.65	36.25	834	4.79	1.45	0.73	2.18	0.00	0.00
Assorted Raisels Flavor	160	0	5	2.00	0.40	30.00	0	0.00	18.00	1.00	38.00	0.00	0.00
Plums	58	0	0	1.74	2.09	57.99	387	11.60	12.37	0.97	14.50	0.39	0.00
Ranch Dressing	105	11	471	0.00	0.00	36.10	0	0.00	1.48	1.11	3.52	9.43	1.21
1% Milk 1-1/2 Gallon	87	11	109	0.00	0.00	254.55	364	1.75	10.18	8.00	11.64	1.82	1.09

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Preschool Lunch

Tuesday, Nov 28, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Baked Chicken & Garlic Knots	359	70	659	3.98	3.07	31.94	0	0.00	2.98	20.97	32.86	16.97	3.99
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Dassi Family Farms Cherry Tomatoes	2	0	0	0.13	0.03	1.17	5	1.43	0.30	0.10	0.44	0.02	0.00
Yellow Corn	76	0	9	0.94	0.00	0.00	0	2.27	4.73	2.83	17.95	0.94	0.00
Sliced Apples	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
Diced Peaches	40	0	0	0.80	0.00	7.20	80	4.80	8.00	0.80	9.60	0.00	0.00
1% Milk 1-1/2 Gallon	87	11	109	0.00	0.00	254.55	364	1.75	10.18	8.00	11.64	1.82	1.09

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Preschool Lunch

Wednesday, Nov 29, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Chicken Chow Mein	342	73	423	0.71	2.84	33.44	0	0.00	7.31	23.75	47.21	7.53	1.04
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Caesar Salad	144	9	484	0.99	0.46	42.03	4094	1.88	0.91	3.65	12.93	9.62	1.39
Dassi Family Farms Persian Cucumbers	3	0	0	0.33	0.06	5.00	17	0.20	0.00	0.00	0.67	0.00	0.00
Mandarin Oranges	64	0	7	0.71	0.26	18.43	0	0.00	15.59	0.71	16.30	0.00	0.00
Banana	90	0	1	2.60	2.70	40.00	650	9.00	12.00	1.10	23.00	0.30	0.10
1% Milk 1-1/2 Gallon	87	11	109	0.00	0.00	254.55	364	1.75	10.18	8.00	11.64	1.82	1.09

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Preschool Lunch

Thursday, Nov 30, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Bean&Cheese Burrito/WGR	350	15	480	6.00	5.40	150.00	100	0.00	4.00	14.00	45.00	11.00	0.00
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Broccoli Florets	18	0	4	0.00	0.00	12.59	0	24.55	0.00	2.52	2.52	0.00	0.00
Garden Fresh Salad	12	0	9	0.73	0.65	36.25	834	4.79	1.45	0.73	2.18	0.00	0.00
Orange Smiles	43	0	0	1.62	0.00	32.34	54	42.04	7.55	0.54	10.24	0.00	0.00
Diced Pears	60	0	5	2.00	0.00	0.00	0	1.20	12.00	0.00	16.00	0.00	0.00
Ranch Dressing	105	11	471	0.00	0.00	36.10	0	0.00	1.48	1.11	3.52	9.43	1.21
1% Milk 1-1/2 Gallon	87	11	109	0.00	0.00	254.55	364	1.75	10.18	8.00	11.64	1.82	1.09

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