Monday, May 9, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Coffee 1 mug (8 fl oz)	2	0.05	0.005	0.09	0	0	0.28	5	0	111
Sodexo Home Fried Potatoes 1/2 x 4 oz, 56.5 g	75	3.5	1.75	11	1	0	1	90	0	
Hostess Raspberry Muffin Loaf 1 loaf, 108 g	420	19	3.5	59	1	35	4	500	65	
Total	497	22.55	5.255	70.09	2	35	5.28	595	65	111
Lunch										
Great Value Saltine Crackers 5 crackers, 15 g	60	1.5	0	11	1	0	1	140	0	20
Kiwi Fruit 1 fruit	46	0.4	0.022	11.14	2.3	6.83	0.87	2	0	237
Watermelon 6 oz	51	0.26	0.027	12.84	0.7	10.55	1.04	2	0	191
Plums 1 fruit (2-1/8" dia)	30	0.18	0.011	7.54	0.9	6.55	0.46	0	0	104
Rienzi Chicken & Pasta Soup 1 cup	110	2.5	0.5	17	2	2	6	930	5	
Total	297	4.84	0.56	59.52	6.9	25.93	9.37	1074	5	552
Dinner										
Popsicle Sugar Free Popsicles 1 popsicle, 51 g	15	0	0	4	0	0	0	0	0	0
Hidden Valley Light Ranch Salad Dressing 1/2 x 2 tbsp, 15.5 g	40	3.5	0.5	1.5		1	0.5	145	2.5	

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Lettuce Salad with Assorted Vegetables 1 1/2 cups	17	0.17	0.023	3.49	1.2	2	0.82	22	0	180
Cabot New York Extra Sharp Vermont Cheddar Cheese 9 g	35	2.89	1.93	0.32	0	0	2.25	57.78	9.63	
Meat Loaf Made with Beef 2 oz	116	6.87	2.259	3.7	0.2	0.92	9.16	235	45	156
Corn On The Cob with Butter 1/2 ear	77	1.72	0.821	15.97			2.23	15	3	180
Total	**300**	**15.15**	**5.533**	**28.98**	**1.4**	**3.92**	**14.96**	**474.78**	**60.13**	**516**

Snacks/Other

Lancaster Vanilla & Caramel Soft Cremes 12 g	52	2.03	1.45	8.7	0	5.8	0.29	40.6	1.45	
Werther's Original Hard Candies 2/3 x 3 pieces, 11 g	40	0.67	0.67	8.71	0	7.37	0	40.2	0	
Hershey's Special Dark Chocolate Kisses 7 g	42	2.64	1.76	5.5	0.66	4.62	0.44	3.3	1.1	0
Reko Vanilla Pizzelle 1/3 x 5 cookies, 10 g	46	1.98	0.16	6.27		2.64	0.99	18.15	4.95	
Strawberries 1 cup sliced	53	0.5	0.025	12.75	3.3	7.74	1.11	2	0	254
Nestle Butterfinger Bar (Fun Size) 2 bars, 37 g	170	7	3.5	27	1	17	2	85	0	
Dunkin' Donuts Glazed Chocolate Cake Stick 1/4 x 1 stick	98	6.25	2.75	10	0.5	4.25	0.75	135	0	

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Total	501	21.07	10.315	78.93	5.46	49.42	5.58	324.25	7.5	254
Total	**1595**	**63.61**	**21.663**	**237.52**	**15.76**	**114.27**	**35.19**	**2468.03**	**137.63**	**1433**