

Elementary School Nutritionals  
2010-11

Menu Item	Calories	Prot gr	Calc mg	Iron mg	Vit A gr/IU	Vit C mg	T Fat gr	S Fat gr	Carb gr	Sod mg	Fiber gr	Chol mg	Protein Source
18-Aug													
W.G. Pepperoni Pizza	338.0	15.3	2.76	1.9	380.0	6.0	14.9	6.7	28.0	710.0	0.2		Pork/Cheese
Frozen Juice Cup	90.0	0.0	0.01	0.01	0.1	1.0	0.0	0.0	23.0	25.0	0.0		
Apple Turnover	303.00	4.20	24.00	1.60	12.00	10.00	9.20	202.00	51.00	378.00	2.30		
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	841.00	28.50	276.77	3.51	892.08	18.20	26.60	210.20	115.00	1243.00	2.50	15.00	
Chicken Burrito	300.00	18.00	60.00	4.00	1116.00	4.00	7.00	1.60	40.00	471.00	0.00		Chicken
Frozen Juice Cup	90.0	0.0	0.01	0.01	0.1	1.0	0.0	0.0	23.0	25.0	0.0		
Apple Turnover	303.00	4.20	24.00	1.60	12.00	10.00	9.20	202.00	51.00	378.00	2.30		
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	803.00	31.20	334.01	5.61	1628.08	16.20	18.70	205.10	127.00	1004.00	2.30	15.00	
Toasted Cheese Sand.	306.43	20.39	405.48	1.46	684.13	0.00	12.34	7.44	32.13	1240.73	1.44	34.02	Cheese
Frozen Juice Cup	90.0	0.0	0.01	0.01	0.1	1.0	0.0	0.0	23.0	25.0	0.0		
Apple Turnover	303.00	4.20	24.00	1.60	12.00	10.00	9.20	202.00	51.00	378.00	2.30		
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	809.43	33.59	679.49	3.07	1196.21	12.20	24.04	210.94	119.13	1773.73	3.74	49.02	
19-Aug													
Wonder Bites	180.0	16.4	27.0	2.2	10.0	0.0	9.6	3.6	6.4	505.0			Beef
Corn (3/8 c.)	49.5	1.5	0.0	0.2	10.0	1.5	0.5	0.0	12.0	3.0			
Sliced Peaches (3/8 c.)	68.0	0.6	4.0	0.5	44.0	3.0	0.0	0.0	18.3	6.5			
Tossed Salad	15	1	0.02	0.02	0.15	0.1	0	0	4	15	1	0	
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	242.50	12.10	254.02	0.72	554.15	5.80	3.00	1.50	47.30	154.50	1.00	15.00	
Deli Ham & Cheese Sand.	158.19	5.38	78.24	1.88	0	0	2.45	0.61	28.03	271.5	1.19	0	Ham & Cheese
Sliced Peaches (3/8 c.)	68.0	0.6	4.0	0.5	44.0	3.0	0.0	0.0	18.3	6.5			
Tossed Salad	15	1	0.02	0.02	0.15	0.1	0	0	4	15	1	0	
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	351.19	15.98	332.26	2.40	544.15	4.30	4.95	2.11	63.33	423.00	2.19	15.00	

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Menu Item	Calories	Prot gr	Calc mg	Iron mg	Vit A gr/IU	Vit C mg	T Fat gr	S Fat gr	Carb gr	Sod mg	Fiber gr	Chol mg	Protein Source
Bean & Cheese Burrito	310.0	11.0	0.6	0.04			10.0	3.0	44.0	640.0	5.0	10.0	Beans
Sliced Peaches (3/8 c.)	68.0	0.6	4.0	0.5	44.0	3.0	0.0	0.0	18.3	6.5			
Tossed Salad	15	1	0.02	0.02	0.15	0.1	0	0	4	15	1	0	
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	503.00	21.60	254.62	0.56	544.15	4.30	12.50	4.50	79.30	791.50	6.00	25.00	
20-Aug													
Hamburger	157.0	15.9	25.9	2.1	50.2	0.0	9.4	4.2	2.1	341.7	1.1		Beef
Baked Tots	170.0	2.0	8.0	0.4	0.0	0.0	10.0	2.5	19.0	340.0	2.0	0	
Hamburger Bun	110.0	5.0	0.0	2.6	0.0	0.0	4.2	1.0	21.0	51.2			
Fresh Apple	85.00	0.03	10.00	0.30	7.00	7.90	0.50	0.10	21.00	0.00	3.00		
Veggie Tray	39.98	9.08	38.262	0.052	9712.15	41.79	0	0.035	8.817	56.984	3.034	0	
Yogurt Dip	157.00	4.03	143.50	0.60	23.60	1.50	7.88	1.40	18.50	68.40	0.30	9.50	
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	828.98	29.14	449.76	3.95	10242.75	52.39	25.08	6.54	101.32	646.58	8.33	24.50	
Fish Melt	225.3	15.6		0.4	154.8	0.4	11.7	3.4	14.6				Fish
Baked Fries	183.0	2.5	0.0	0.0	0.0	0.0	5.0	1.5	20.0	15.0	1.0	0	
Hamburger Bun	110.0	5.0	0.0	2.6	0.0	0.0	4.2	1.0	21.0	51.2			
Fresh Apple	85.00	0.03	10.00	0.30	7.00	7.90	0.50	0.10	21.00	0.00	3.00		
Veggie Tray	39.98	9.08	38.262	0.052	9712.15	41.79	0	0.035	8.817	56.984	3.034	0	
Yogurt Dip	157.00	4.03	143.50	0.60	23.60	1.50	7.88	1.40	18.50	68.40	0.30	9.50	
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	910.28	29.64	441.76	3.55	10242.75	52.39	20.08	5.54	102.32	321.58	7.33	24.50	
Breakfast Wrap	190	10	98	1.48	365	0	10	4	16	490	0	190	Egg/Cheese
Fresh Apple	85.00	0.03	10.00	0.30	7.00	7.90	0.50	0.10	21.00	0.00	3.00		
Veggie Tray	39.98	9.08	38.262	0.052	9712.15	41.79	0	0.035	8.817	56.984	3.034	0	
Yogurt Dip	157.00	4.03	143.50	0.60	23.60	1.50	7.88	1.40	18.50	68.40	0.30	9.50	
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	581.98	32.14	539.76	2.43	10607.75	52.39	20.88	7.04	77.32	745.38	6.33	214.50	

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Menu Item	Calories	Prot gr	Calc mg	Iron mg	Vit A gr/IU	Vit C mg	T Fat gr	S Fat gr	Carb gr	Sod mg	Fiber gr	Chol mg	Protein Source
23-Aug													
Waffle Sticks	180.00	4.00	0.02	0.10	0.16	0.00	7.00	1.50	21.00	400.00			
Sausage	150.00	9.00	0.06	0.06	0.00	0.00	12.00	3.80	1.50	330.00	0.00		Pork
Applesauce Cup	110.00	0.00	0.00	0.00	0.00	0.90	0.00	0.00	27.00	0.00			
Cherry Turnover	312.0	3.7	26.0	1.8	124.0	1.7	9.0	2.1	53.0	341.0	1.6		
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	862.00	25.70	276.08	1.96	624.16	3.80	30.50	8.90	115.50	1201.00	1.60	15.00	
Wonder Bites	180.0	16.4	27.0	2.2	10.0	0.0	9.6	3.6	6.4	505.0			Beef
Peas and Carrots (3/8 c.)	40.0	2.0	40.0	1.0	0.0	0.0	0.0	0.0	8.0	60.0			Chicken
Applesauce Cup	110.00	0.00	0.00	0.00	0.00	0.90	0.00	0.00	27.00	0.00			
Cherry Turnover	312.0	3.7	26.0	1.8	124.0	1.7	9.0	2.1	53.0	341.0	1.6		
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	572.00	14.70	316.00	2.80	624.00	3.80	11.50	3.60	101.00	531.00	1.60	15.00	
Cheese Quesadilla (2 ea)	395.0	17.0	380.0	4.2	575.7	5.6	17.0	8.8	42.0	840.0	5.6	42.2	Cheese
Applesauce Cup	110.00	0.00	0.00	0.00	0.00	0.90	0.00	0.00	27.00	0.00			
Cherry Turnover	312.0	3.7	26.0	1.8	124.0	1.7	9.0	2.1	53.0	341.0	1.6		
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	927.00	29.70	656.00	6.00	1199.70	9.40	28.50	12.40	135.00	1311.00	7.20	57.20	
24-Aug													
Sloppy Joes	260.61	20.47	30.95	2.26	277.96	2.44	0.67	4.55	14.37	606.86	0.24	82.07	Beef/Turkey
Green Beans (1/2 C)	20	1	0.02	0.02	0.02				5	95	1		
Hamburger Bun	273.0	5.0	0.0	2.6	0.0	0.0	4.2	1.0	51.0	51.2	2.0	0.0	
Sliced Pears (1/2 c.)	80.00	1.00	0.00	0.02	0.00	0.02	0.00	0.00	20.00	5.00	2.00		
Jell-O	70.0	1.0				15.0	0.0		17.0	90.0			
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	813.61	37.47	280.97	4.90	777.98	18.66	7.37	7.05	120.37	978.06	5.24	97.07	
Mini Corn Dogs	480.00	16.00	0.20	0.25	0.00	0.00	28.00	6.00	42.00	1120.00	0.00		Turkey
Green Beans (1/2 C)	20	1	0.02	0.02	0.02				5	95	1		
Sliced Pears (1/2 c.)	80.00	1.00	0.00	0.02	0.00	0.02	0.00	0.00	20.00	5.00	2.00		
Jell-O	70.0	1.0				15.0	0.0		17.0	90.0			
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	760.00	28.00	250.22	0.29	500.02	16.22	30.50	7.50	97.00	1440.00	3.00	15.00	

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Menu Item	Calories	Prot gr	Calc mg	Iron mg	Vit A gr/IU	Vit C mg	T Fat gr	S Fat gr	Carb gr	Sod mg	Fiber gr	Chol mg	Protein Source
Toasted Cheese Sandwich	306.43	20.39	405.48	1.46	684.13	0.0	12.34	7.44	32.13	1240.73	1.44	34.02	Cheese
Raisins	130.0	1.0	0.02	0.06			0.0	0.0	29.0	10.0	2.0	0.0	
Sliced Pears (1/2 c.)	80.00	1.00	0.00	0.02	0.00	0.02	0.00	0.00	20.00	5.00	2.00		
Jell-O	70.0	1.0				15.0	0.0		17.0	90.0			
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	696.43	32.39	655.50	1.54	1184.13	16.22	14.84	8.94	111.13	1475.73	5.44	49.02	
25-Aug													
Lasagna	345.0	27.5	109.0	3.6	140.0	21.2	11.5	4.3	32.8	924.0	2.5		Beef/Turkey
Roll	151.00	4.50	26.00	1.40	0.0	0.00	3.50	0.80	25.70	194.00			
Sliced Peaches (3/8 c.)	68.0	0.6	4.0	0.5	44.0	3.0	0.0	0.0	18.3	6.5			
Tossed Salad	15	1	0.02	0.02	0.15	0.1	0	0	4	15	1	0	
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	689.00	42.60	389.02	5.52	684.15	25.50	17.50	6.60	93.80	1269.50	3.50	15.00	
Chicken Nuggets	197.8	12.1	28.5	1.2	142.3	9.4	9.8	2.3	14.7	430.3	1.3		Chicken
Baked Tots	120.0	2.0	8.0	0.4	0.0	18.0	6.0	1.0	18.0	170.0			
Sliced Peaches (3/8 c.)	68.0	0.6	4.0	0.5	44.0	3.0	0.0	0.0	18.3	6.5			
Tossed Salad	15	1	0.02	0.02	0.15	0.1	0	0	4	15	1	0	
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	510.80	24.70	290.52	2.12	686.45	31.70	18.30	4.80	68.00	751.80	2.30	15.00	
Bean & Cheese Burrito	310.0	11.0	0.6	0.04			10.0	3.0	44.0	640.0	5.0	10.0	Beans
Sliced Peaches (3/8 c.)	68.0	0.6	4.0	0.5	44.0	3.0	0.0	0.0	18.3	6.5			
Tossed Salad	15	1	0.02	0.02	0.15	0.1	0	0	4	15	1	0	
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	503.00	21.60	254.62	0.56	544.15	4.30	12.50	4.50	79.30	791.50	6.00	25.00	
26-Aug													
Chef Salad	309	18.64	191.9	1.4	933.6	11.2	20.4	7.8	13.5	1156	1.9	68	Ham, Turkey, Cheese
Roll	151.0	4.5	26.0	1.4	0.0	0.0	3.5	0.8	25.7	194.0			
Raisins	130.0	1.0	0.02	0.06			0.0	0.0	29.0	10.0	2.0	0.0	
Mixed Fruit (3/8 c)	45.0	0.0	0.0	0.0	150.0	0.9	0.0	0.0	10.5	7.5			
Applesauce Bar	218.00	3.28	92.00	1.15	86.00	0.40	8.39	2.13	33.18	205.00	0.70	34.00	
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	963.00	36.42	559.92	4.01	1669.60	13.70	34.79	12.23	124.88	1702.50	4.60	117.00	

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Teriyaki Rice Bowl	260.61	20.47	30.95	2.26	277.96	2.44	0.67	4.55	14.37	606.86	0.24	82.07	Beef/Turkey
Raisins	130.0	1.0	0.02	0.06			0.0	0.0	29.0	10.0	2.0	0.0	
Mixed Fruit (3/8 c)	45.0	0.0	0.0	0.0	150.0	0.9	0.0	0.0	10.5	7.5			
Applesauce Bar	218.00	3.28	92.00	1.15	86.00	0.40	8.39	2.13	33.18	205.00	0.70	34.00	
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	763.61	33.75	372.97	3.47	1013.96	4.94	11.56	8.18	100.05	959.36	2.94	131.07	
Breakfast Wrap	190	10	98	1.48	365	0	10	4	16	490	0	190	Egg/Cheese
Raisins	130.0	1.0	0.02	0.06			0.0	0.0	29.0	10.0	2.0	0.0	
Mixed Fruit (3/8 c)	45.0	0.0	0.0	0.0	150.0	0.9	0.0	0.0	10.5	7.5			
Applesauce Bar	218.00	3.28	92.00	1.15	86.00	0.40	8.39	2.13	33.18	205.00	0.70	34.00	
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	693.00	23.28	440.02	2.69	1101.00	2.50	20.89	7.63	101.68	842.50	2.70	239.00	
27-Aug													
Chicken Patty	270.00	12.00	0.10	0.10	0.02	0.00	20.00	5.00	10.00	480.00	2.00		Chicken
Baked Fries	183.0	2.5	0.0	0.0	0.0	0.0	5.0	1.5	20.0	15.0	1.0		
Hamburger Bun	110.0	5.0	0.0	2.6	0.0	0.0	4.2	1.0	21.0	51.2			
Sliced Pears (1/2 c.)	80.00	1.00	0.00	0.02	0.00	0.02	0.00	0.00	20.00	5.00	2.00		
Carrot Sticks	12.0	0.3	8.0	0.1	797.0	2.6	0.1	0.0	2.9	10.0			
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	765.00	29.80	258.10	2.82	1297.02	3.82	31.80	9.00	86.90	691.20	5.00	15.00	
Fish Shapes	266.0	18.2	40.0	0.6	50.0	1.3	12.0	2.1	22.3	475.0	1.0		Fish
Baked Fries	183.0	2.5	0.0	0.0	0.0	0.0	5.0	1.5	20.0	15.0	1.0		
Sliced Pears (1/2 c.)	80.00	1.00	0.00	0.02	0.00	0.02	0.00	0.00	20.00	5.00	2.00		
Carrot Sticks	12.0	0.3	8.0	0.1	797.0	2.6	0.1	0.0	2.9	10.0			
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	651.00	31.00	298.00	0.72	1347.00	5.12	19.60	5.10	78.20	635.00	4.00	15.00	
Cheese Quesadilla (2 ea)	395.0	17.0	380.0	4.2	575.7	5.6	17.0	8.8	42.0	840.0	5.6	42.2	Cheese
Sliced Pears (1/2 c.)	80.00	1.00	0.00	0.02	0.00	0.02	0.00	0.00	20.00	5.00	2.00		
Carrot Sticks	12.0	0.3	8.0	0.1	797.0	2.6	0.1	0.0	2.9	10.0			
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	597.00	27.30	638.00	4.32	1872.70	9.42	19.60	10.30	77.90	985.00	7.60	57.20	

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28-Aug													
W.G. Pepperoni Pizza	338.0	15.3	2.76	1.9	380.0	6.0	14.9	6.7	28.0	710.0	0.2		Pork/Cheese
Raisins	130.0	1.0	0.02	0.06			0.0	0.0	29.0	10.0	2.0	0.0	
Frozen Juice Cup	90.0	0.0	0.01	0.01	0.1	1.0	0.0	0.0	23.0	25.0	0.0		
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	668.00	25.30	252.79	1.97	880.08	8.20	17.40	8.20	93.00	875.00	2.20	15.00	
French Toast	334.0	5.0	0.04	0.08	0.0	0.0	18.0	4.0	38.0	370.0	2.0		
Sausage	150.0	9.0	0.06	0.06	0.0	0.0	12.0	3.8	1.5	330.0	0.0		Pork
Raisins	130.0	1.0	0.02	0.06			0.0	0.0	29.0	10.0	2.0	0.0	
Frozen Juice Cup	90.0	0.0	0.01	0.01	0.1	1.0	0.0	0.0	23.0	25.0	0.0		
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	814.00	24.00	250.13	0.21	500.08	2.20	32.50	9.30	104.50	865.00	4.00	15.00	
Toasted Cheese Sandwich	306.43	20.39	405.48	1.46	684.13	0.0	12.34	7.44	32.13	1240.73	1.44	34.02	Cheese
Raisins	130.0	1.0	0.02	0.06			0.0	0.0	29.0	10.0	2.0	0.0	
Frozen Juice Cup	90.0	0.0	0.01	0.01	0.1	1.0	0.0	0.0	23.0	25.0	0.0		
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	636.43	30.39	655.51	1.53	1184.21	2.20	14.84	8.94	97.13	1405.73	3.44	49.02	
29-Aug													
Soft Shell Taco w/R & Bean	318.0	13.5	77.3	3.7	55.0	5.5	6.8	1.8	50.88	695.0	4.1	24.2	Beef & Bean
Mixed Fruit (3/8 c)	45.0	0.0	0.0	0.0	150.0	0.9	0.0	0.0	10.5	7.5			
Jell-O	70.0	1.0				15.0	0.0		17.0	90.0			
1/2 Pint Milk 1% White	110.0	9.0	0.03	0.0	0.1	0.02	2.5	1.5	13.0	130.0	0.0	15.0	
Pineapple Tidbits	60.00	0.00	0.00	0.40	0.00	15.00	0.00	0.00	15.00	10.00			
	603	23.5	77.33	4.1	205.1	36.6	9.3	3.3	111.38	932.5	4.1	39.2	
W.G. Corn Dog	270.00	10.00	0.06	0.15	0.00	0.00	15.00	4.00	22.00	730.00	1.00		Chicken
Mixed Fruit (3/8 c)	45.0	0.0	0.0	0.0	150.0	0.9	0.0	0.0	10.5	7.5			
Jell-O	70.0	1.0				15.0	0.0		17.0	90.0			
1/2 Pint Milk 1% White	110.0	9.0	0.03	0.0	0.1	0.02	2.5	1.5	13.0	130.0	0.0	15.0	
Pineapple Tidbits	60.00	0.00	0.00	0.40	0.00	15.00	0.00	0.00	15.00	10.00			
	555	20	0.09	0.55	150.1	30.11	17.5	5.5	77.5	967.5	1	15	

Elementary School Nutritionals  
2010-11

Cheese Quesadilla (2 ea)	395.0	17.0	380.0	4.2	575.7	5.6	17.0	8.8	42.0	840.0	5.6	42.2	Cheese
Mixed Fruit (3/8 c)	45.0	0.0	0.0	0.0	150.0	0.9	0.0	0.0	10.5	7.5			
Jell-O	70.0	1.0				15.0	0.0		17.0	90.0			
1/2 Pint Milk 1% White	110.0	9.0	0.03	0.0	0.1	0.02	2.5	1.5	13.0	130.0	0.0	15.0	
Pineapple Tidbits	60.00	0.00	0.00	0.40	0.00	15.00	0.00	0.00	15.00	10.00			
	680.00	27.00	380.03	4.60	725.80	36.52	19.50	10.30	97.50	1077.50	5.60	37.2	