

Food Item

Food Item	Serv. Sz.	Cals	Carb(g)	PRO (g)	FAT (g)	FIBER (g)	Sodium(mg)
Milk, 1%, plain (8 oz)		100	12	8	2.5	0	125
Milk, fat free, chocolate (8oz)		110	19	8	0	0	100
Milk, fat free, strawberry (8 oz)		110	18	8	0	0	100
Milk, skim (8oz)		80	12	8	0	0	125
Muffin top, blueberry		220	28	3	11	2	135
Muffin top, chocolate chip		200	26	3	10	1	140
Muffin, applesauce (2- 2oz muffins)		260	48	4.5	6	1.6	466
Muffin, blueberry (2- 2oz muffins)							