

Food Item	Cals	Carb (g)	PRO (g)	FAT (g)	Fiber (g)	Sodium (mg)
Apple, small	60	15	0	0	1.65	1
Apples, sliced (cinnamon)	50	12	0	0	1	10
Applesauce unsweetened (usda)	60	15	0	0	1	15
Applesauce Berry sweetened	50	14	0	0	1	15
Applesauce Strawberry sweetened	50	14	0	0	1	15
Applesauce, 4.5oz (usda)	60	14	0	0		

Food Item	Cals	Carb (g)	PRO (g)	FAT (g)	Fiber (g)	Sodium (mg)
Onion rings (5 each)	200	28	3	8	3	200
Orange Spinach Salad (E & MS)	14.5	3.5	0.5	0	0.5	1
Orange Spinach Salad (HS)	18	4	1	0	1	1
Orange, Mandarin	80	19	0	0	1	10
Orange, small	60	15	0	0	3.1	0
Peaches	70	17	0	0	0	10
Peaches, frozen, 4.4 oz cup	80	19	1.11	0	1	0
Peaches, frz, sliced	118	29.98	0.79	0.16	2.2	8
Pear, raw (1 medium)	51	13	1	0	4	1

