

<u>Sides-Vegetable</u>	<u>Serving size</u>	<u>calories</u>	<u>sat fat (g)</u>	<u>Carbs</u>	<u>Sodium (mg)</u>	<u>Sides-Vegetable</u>	<u>Serving size</u>	<u>calories</u>	<u>sat fat (g)</u>	<u>Carbs</u>	<u>Sodium (mg)</u>
Baked Beans	1/2c	150	0	31g	480	Tomato Soup	1c	60	0	12.6g	707
Baked Potato 1/2 80ct	1 small	121	0.034	28g	376	Vegi Egg Roll	1ea (85g)	150	1	23g	530
Black Bean Salad	1/2c	160	1.5	14g	180	Whole Grain Roll	1oz	68	0	12.5g	119
Black Beans w/salsa	1/2c	129	0	24.24g	210						
Broccoli	1/2c	10	0	1.88g	9.5						
Brown Rice	1/2c	108	0	22g	5	<u>Sides-Fruit</u>					
Carrots	3oz	35	0	8g	65	Apricots-canned	1/2c	61	0	15g	2
Celery	1/2c	15	0	3g	90	Apple Wedges	1/2 ea.	36	0	9.53g	0.5
Cucumber	1/2c	8	0	1.89g	1	Applesauce	1/2c	51	0	14g	2
Corn	1/2c	80	0	17g	300	Banana	1ea	110	0	29	0
Corn on the Cob	3" (1/4c)	120	0	24g	10	Bluberries	1/4c	15	0	3g	0
Fries	1/2c (4oz)	80	0	14g	20	Fruit Cocktail	1/2c	60	0	17g	10
Garlic Toast	1 ea.	140	2	15g	190	Grapes	1/2c	30	0	9g	0
Granola	1/4c	129	0.39	24.85g	49	Mandarin Oranges-canned	1/2c	120	0	28.5g	22.5
Green Beans	1/2c	16	0	3g	140	Orange Wedges	1/2ea	31	0	7.7g	0
Hash brown	1 ea. (2oz)	100	2	12g	230	Peaches-canned	1/2c	60	0	14g	10
Mashed Potatoes / with gravy	1/2c	110/125	0.4	21g/24g	264/534	Pears-canned	1/2c	60	0	15g	5
Mexicalli Corn	1/2c	84	0.5	15.44g	264	Pear Fresh	1/2ea	48	0	12.83g	1
Mixed Vegetables (Asian)	1/2c	15	0	2g	5	Pineapple-canned	1/2c	80	0	20g	10
Potato Wedges	1/2c (3oz)	130	1	19g	350	Plum	1ea	30	0	7.54	0
Refried Beans	1/2c	110	0	20g	450	Strawberries	1/2c	25	0	5.84g	1
Side Salad	1c	8	0	1.63g	7.5	Watermelon	1/2c	23	0	5.74g	1
Smile Fries	5 pieces	162.5	0.625	25g	225						
Sweet Potato Fries	1/2c (3oz)	110	1	18g	125						
Sweet Potato Mash	2/3c	120	0	28g	270						
Sweet Potato Tots	1/2c (3oz)	120	0	22g	190						
Tater Tots	3oz	180	1.5	21g	270						

