Nutrition Analysis
Harrison Project

			g	g	g	mg	mg	mg	mg	mcg	mg	mg	RE	mg	mg
		Calories	Protein	Fat	Fiber	Calcium	Magne	Zinc	B6	B12	C	Sodium	A	Iron	Thiamin
Menu # 1															
Beef Stew	7.5 oz	199	10	11	2.3	17	21	2.3	0	0	2.3	886	0	1.4	0
Orange Pineapple Juice	6 oz	91	0.84	0.2	0.27	23	22	0.16	0.17	0	41	2.7	16	0.65	0.1
Wheat Twins	2 crackers	32	0.6	1	0	0	0	0	0	0	0	66	0	0.34	0.02
Oatmeal Cookies	2 cookies	162	2.2	6.4	1	12	10	0.2	0.02	0	1.8	136	0.72	0.8	0.5
NFDM	8 fl oz	100	9.8	0.2	0	344	32	1.2	0	1.1	1.5	153	199	0	0.1
		584	23.44	18.8	3.57	396	85	3.86	0.19	1.1	46.6	1243.7	215.72	3.19	0.72
Menu # 2															
Chili w/ Beans	7.5 oz	206	14.3	3.7	7.2	59	51	2.3	0	0	0.42	1001	0	2.7	0
Orange Pineapple Juice	6 oz	91	0.84	0.2	0.27	23	22	0.16	0.17	0	41	2.7	16	0.65	0.1
Applesauce	4 oz	48	0.19	0.05	1.3	3.4	3.4	0.03	0.02	0	1.3	2.2	3.4	0.13	0.01
Saltine Crackers	1 serving	58	1.5	1.4	0.36	27	2.9	0	0	0	0	177	0	0.72	0.04
Oatmeal Cookies	2 cookies	162	2.2	6.4	1	12	10	0.2	0.02	0	1.8	136	0.72	0.8	0.5
NFDM	8 fl oz	100	9.8	0.2	0	344	32	1.2	0	1.1	1.5	153	199	0	0.1
		665	28.83	11.95	10.13	468.4	121.3	3.89	0.21	1.1	46.02	1471.9	219.12	5	0.75
Menu # 3															
Lasagna	7.5 oz	265	7.9	7.9	3.1	0	0	1.6	0.21	0.16	0	1008	56	1.79	0.09
Cup Soup Mix (pack)	1 pack	68	0.76	2.1	0.51	18	0	0	0	0	0.13	635	24	0.06	0.057
Breadstick	1 pack	113	3.7	0	0.48	0	13	0.3	0.01	0	0	113	0	1.3	0.22
Granola Bar	1 bar	127	2.7	4.9	0.8	16	28	0.4	0.09	0	0.28	77	0.28	0.89	0.07
NFDM	8 fl oz	100	9.8	0.2	0	344	32	1.2	0	1.1	1.5	153	199	0	0.1
		673	24.86	15.1	4.89	378	73	3.5	0.31	1.26	1.91	1986	279.28	4.04	0.537
Menu # 4															
Chicken & Noodle	7.5 oz	232	17	11	1.7	112	35	0.8	0.13	0.18	0.89	816	224	0.8	0.11
Tomato Juice	5.5 oz	30	1.3	0.1	14	16	20	0.25	0.2	0	33.3	18	101	1	0
Chocolate Pudding	4 oz	150	3	4	1.1	101	23	0.4	0.03	0	2	145	12	0.57	0.02
Oatmeal Cookies	2 cookies	162	2.2	6.4	1	12	10	0.2	0.02	0	1.8	136	0.72	0.8	0.5
NFDM	8 fl oz	100	9.8	0.2	0	344	32	1.2	0	1.1	1.5	153	199	0	0.1
		674	33.3	21.7	17.8	585	120	2.85	0.38	1.28	39.49	1268	536.72	3.17	0.73

Nutrition Analysis
Harrison Project

			g	g	g	mg	mg	mg	mg	mcg	mg	mg	RE	mg	mg
		Calories	Protein	Fat	Fiber	Calcium	Magne	Zinc	B6	B12	C	Sodium	A	Iron	Thiamin
Menu # 5															
Granola Bar	1 bar	127	2.7	4.9	0.8	16	28	0.4	0.09	0	0.28	77	0.28	0.89	0.07
NFDM	8 fl oz	100	9.8	0.2	0	344	32	1.2	0	1.1	1.5	153	199	0	0.1
Orange Pineapple Juice	6 oz	91	0.84	0.2	0.27	23	22	0.16	0.17	0	41	2.7	16	0.65	0.1
Breadstick	1 pack	113	3.7	0	0.48	0	13	0.3	0.01	0	0	113	0	1.3	0.22
Spaghetti/ Meatballs	7.5 oz	282	16	10	0.85	106	0	2.1	0.17	0	18.9	865	272	3.1	0.21
		713	33.04	15.3	2.4	489	95	4.16	0.44	1.1	61.68	1210.7	487.28	5.94	0.7
Menu # 6															
NFDM	8 fl oz	100	9.8	0.2	0	344	32	1.2	0	1.1	1.5	153	199	0	0.1
Chicken & Noodle	7.5 oz	232	17	11	1.7	112	35	0.8	0.13	0.18	0.89	816	224	0.8	0.11
Oatmeal Cookies	2 cookies	162	2.2	6.4	1	12	10	0.2	0.02	0	1.8	136	0.72	0.8	0.5
Breadstick	1 pack	113	3.7	0	0.48	0	13	0.3	0.01	0	0	113	0	1.3	0.22
Mixed Vegetables (canned)	8 oz	106	5.8	0.56	6.8	61	36	0.93	0.17	0	11.3	337	2642	2.3	0.1
Grapefruit Juice	6 oz	66	0.85	0.17	0	15	20	0.085	0.075	0	64	1.7	74	0.34	0.06
		779	39.35	18.33	9.98	544	146	3.515	0.405	1.28	79.49	1556.7	3139.72	5.54	1.09
Menu # 7															
Chicken & Noodle	7.5 oz	232	17	11	1.7	112	35	0.8	0.13	0.18	0.89	816	224	0.8	0.11
NFDM	8 fl oz	100	9.8	0.2	0	344	32	1.2	0	1.1	1.5	153	199	0	0.1
Granola Bar	1 bar	127	2.7	4.9	0.8	16	28	0.4	0.09	0	0.28	77	0.28	0.89	0.07
Orange Juice	6 oz	78	1	0.2	0.37	14	20	0.13	0.16	0	64	3.2	33	0.8	0.11
Peanut Butter Crackers	6 crax	205	4.6	10	1.1	40	22	0.44	0.04	0.004	0	394	0	1.2	0.17
		742	35.1	26.3	3.97	526	137	2.97	0.42	1.284	66.67	1443.2	456.28	3.69	0.56
Menu # 8															
Mixed Vegetables (canned)	8 oz	106	5.8	0.56	6.8	61	36	0.93	0.17	0	11.3	337	2642	2.3	0.1
Grapefruit Juice	6 oz	66	0.85	0.17	0	15	20	0.085	0.075	0	64	1.7	74	0.34	0.06
NFDM	8 fl oz	100	9.8	0.2	0	344	32	1.2	0	1.1	1.5	153	199	0	0.1
Oatmeal Cookies	2 cookies	162	2.2	6.4	1	12	10	0.2	0.02	0	1.8	136	0.72	0.8	0.5
Chili Mac (vegtarian)	7.5 oz	306	11	19	0	27	27	1.9	0.12	1.9	3.8	825	473	1.8	0.07
		740	29.65	26.33	7.8	459	125	4.315	0.385	3	82.4	1452.7	3388.72	5.24	0.83

Nutrition Analysis
Harrison Project

			g	g	g	mg	mg	mg	mg	mcg	mg	mg	RE	mg	mg
		Calories	Protein	Fat	Fiber	Calcium	Magne	Zinc	B6	B12	C	Sodium	A	Iron	Thiamin
Menu # 9															
NFDM	8 fl oz	100	9.8	0.2	0	344	32	1.2	0	1.1	1.5	153	199	0	0.1
Orange Pineapple Juice	6 oz	91	0.84	0.2	0.27	23	22	0.16	0.17	0	41	2.7	16	0.65	0.1
Corn Flakes	1 oz	103	1.8	0.2	0.79	1.1	3.4	0.17	0.42	0	14.2	301	212	8.7	0.369
Raisins	1 oz	85	0.91	0.13	1.1	13	9.3	0.07	0.07	0	0.93	3.4	0.28	0.59	0.04
Corned Beef Hash	7.5 oz	348	18	21	2.3	40	27	2.9	0	0	1.9	903	0	2.1	0
		727	31.35	21.73	4.46	421.1	93.7	4.5	0.66	1.1	59.53	1363.1	427.28	12.04	0.609
Menu # 10															
NFDM	8 fl oz	100	9.8	0.2	0	344	32	1.2	0	1.1	1.5	153	199	0	0.1
Oatmeal Cookies	2 cookies	162	2.2	6.4	1	12	10	0.2	0.02	0	1.8	136	0.72	0.8	0.5
Breadstick	1 pack	113	3.7	0	0.48	0	13	0.3	0.01	0	0	113	0	1.3	0.22
Applesauce	4 oz	48	0.19	0.05	1.3	3.4	3.4	0.03	0.02	0	1.3	2.2	3.4	0.13	0.01
Cup Soup Mix (pack)	1 pack	68	0.76	2.1	0.51	18	0	0	0	0	0.13	635	24	0.06	0.057
Mac & Cheese	7.5 oz	168	6.3	4.8	2.5	95	0	0	0	0	0	893	25.5	1.7	0.23
		659	22.95	13.55	5.79	472.4	58.4	1.73	0.05	1.1	4.73	1932.2	252.62	3.99	1.117
Menu # 11															
Cup Soup Mix (pack)	1 pack	68	0.76	2.1	0.51	18	0	0	0	0	0.13	635	24	0.06	0.057
NFDM	8 fl oz	100	9.8	0.2	0	344	32	1.2	0	1.1	1.5	153	199	0	0.1
Raisins	1 oz	85	0.91	0.13	1.1	13	9.3	0.07	0.07	0	0.93	3.4	0.28	0.59	0.04
Mayonnaise	1 T	57	0.13	4.9	0	2	0.29	0.02	0.002	0	0	104	12.3	0.029	0
Tuna Lite (packed H20)	3.2 oz	105	23	0.74	0	9.9	24	0.69	0.31	2.7	0	45	15.4	1.3	0.029
Orange Juice	6 oz	78	1	0.2	0.37	14	20	0.13	0.16	0	64	3.2	33	0.8	0.11
Saltine Crackers	1 serving	58	1.5	1.4	0.36	27	2.9	0	0	0	0	177	0	0.72	0.04
		551	37.1	9.67	2.34	427.9	88.49	2.11	0.542	3.8	66.56	1120.6	283.98	3.499	0.376
Menu # 12															
NFDM	8 fl oz	100	9.8	0.2	0	344	32	1.2	0	1.1	1.5	153	199	0	0.1
Raisins	1 oz	85	0.91	0.13	1.1	13	9.3	0.07	0.07	0	0.93	3.4	0.28	0.59	0.04
Breadstick	1 pack	113	3.7	0	0.48	0	13	0.3	0.01	0	0	113	0	1.3	0.22
Orange Pineapple Juice	6 oz	91	0.84	0.2	0.27	23	22	0.16	0.17	0	41	2.7	16	0.65	0.1
Granola Bar	1 bar	127	2.7	4.9	0.8	16	28	0.4	0.09	0	0.28	77	0.28	0.89	0.07
Chicken & Noodle	7.5 oz	232	17	11	1.7	112	35	0.8	0.13	0.18	0.89	816	224	0.8	0.11
		748	34.95	16.43	4.35	508	139.3	2.93	0.47	1.28	44.6	1165.1	439.56	4.23	0.64

Nutrition Analysis
Harrison Project

			g	g	g	mg	mg	mg	mg	mcg	mg	mg	RE	mg	mg
		Calories	Protein	Fat	Fiber	Calcium	Magne	Zinc	B6	B12	C	Sodium	A	Iron	Thiamin
Menu # 13															
Grapefruit Juice	6 oz	66	0.85	0.17	0	15	20	0.085	0.075	0	64	1.7	74	0.34	0.06
NFDM	8 fl oz	100	9.8	0.2	0	344	32	1.2	0	1.1	1.5	153	199	0	0.1
Mixed Vegetables (canned)	8 oz	106	5.8	0.56	6.8	61	36	0.93	0.17	0	11.3	337	2642	2.3	0.1
Graham Crackers	1 serving	118	1.9	2.8	0.95	22	16	0.54	0.028	0	0	184	0	1.1	0.06
Graham Crackers	7.5 oz	282	16	10	0.85	106	0	2.1	0.17	0	18.9	865	272	3.1	0.21
		672	34.35	13.73	8.6	548	104	4.855	0.443	1.1	95.7	1540.7	3187	6.84	0.53
Menu # 14															
NFDM	8 fl oz	100	9.8	0.2	0	344	32	1.2	0	1.1	1.5	153	199	0	0.1
Wheat Twins	2 crackers	32	0.6	1	0	0	0	0	0	0	0	66	0	0.34	0.02
Fruit Cocktail (lite)	4 oz	64	0.45	0.07	1.1	6.8	5.6	0.1	0.05	0	2.1	6.8	23	0.32	0.02
Green Beans	8 oz	34	1.8	0.22	3.4	54	29	0.45	0.06	0	7.7	587	72	2	0.057
Orange Pineapple Juice	6 oz	91	0.84	0.2	0.27	23	22	0.16	0.17	0	41	2.7	16	0.65	0.1
Lasagna	7.5 oz	265	7.9	7.9	3.1	0	0	1.6	0.21	0.16	0	1008	56	1.79	0.09
		586	21.39	9.59	7.87	427.8	88.6	3.51	0.49	1.26	52.3	1823.5	366	5.1	0.387
Menu # 15															
Chili w/ Beans	7.5 oz	206	14.3	3.7	7.2	59	51	2.3	0	0	0.42	1001	0	2.7	0
NFDM	8 fl oz	100	9.8	0.2	0	344	32	1.2	0	1.1	1.5	153	199	0	0.1
Orange Pineapple Juice	6 oz	91	0.84	0.2	0.27	23	22	0.16	0.17	0	41	2.7	16	0.65	0.1
Granola Bar	1 bar	127	2.7	4.9	0.8	16	28	0.4	0.09	0	0.28	77	0.28	0.89	0.07
Wheat Twins	2 crackers	32	0.6	1	0	0	0	0	0	0	0	66	0	0.34	0.02
Applesauce	4 oz	48	0.19	0.05	1.3	3.4	3.4	0.03	0.02	0	1.3	2.2	3.4	0.13	0.01
		604	28.43	10.05	9.57	445.4	136.4	4.09	0.28	1.1	44.5	1301.9	218.68	4.71	0.3
Menu # 16															
Chicken & Noodle	7.5 oz	232	17	11	1.7	112	35	0.8	0.13	0.18	0.89	816	224	0.8	0.11
NFDM	8 fl oz	100	9.8	0.2	0	344	32	1.2	0	1.1	1.5	153	199	0	0.1
Tomato Juice	5.5 oz	30	1.3	0.1	14	16	20	0.25	0.2	0	33.3	18	101	1	0
Granola Bar	1 bar	127	2.7	4.9	0.8	16	28	0.4	0.09	0	0.28	77	0.28	0.89	0.07
Green Beans	8 oz	34	1.8	0.22	3.4	54	29	0.45	0.06	0	7.7	587	72	2	0.057
		523	32.6	16.42	19.9	542	144	3.1	0.48	1.28	43.67	1651	596.28	4.69	0.337

Nutrition Analysis
Harrison Project

			g	g	g	mg	mg	mg	mg	mcg	mg	mg	RE	mg	mg
		Calories	Protein	Fat	Fiber	Calcium	Magne	Zinc	B6	B12	C	Sodium	A	Iron	Thiamin
Menu # 17															
NFDM	8 fl oz	100	9.8	0.2	0	344	32	1.2	0	1.1	1.5	153	199	0	0.1
Fruit Cocktail (lite)	4 oz	64	0.45	0.07	1.1	6.8	5.6	0.1	0.05	0	2.1	6.8	23	0.32	0.02
Orange Juice	6 oz	78	1	0.2	0.37	14	20	0.13	0.16	0	64	3.2	33	0.8	0.11
Saltine Crackers	1 serving	58	1.5	1.4	0.36	27	2.9	0	0	0	0	177	0	0.72	0.04
Beef Stew	7.5 oz	199	10	11	2.3	17	21	2.3	0	0	2.3	886	0	1.4	0
		499	22.75	12.87	4.13	408.8	81.5	3.73	0.21	1.1	69.9	1226	255	3.24	0.27
Menu # 18															
NFDM	8 fl oz	100	9.8	0.2	0	344	32	1.2	0	1.1	1.5	153	199	0	0.1
Saltine Crackers	1 serving	58	1.5	1.4	0.36	27	2.9	0	0	0	0	177	0	0.72	0.04
Graham Crackers	1 serving	118	1.9	2.8	0.95	22	16	0.54	0.028	0	0	184	0	1.1	0.06
Orange Pineapple Juice	6 oz	91	0.84	0.2	0.27	23	22	0.16	0.17	0	41	2.7	16	0.65	0.1
Tuna Lite (packed H20)	3.2 oz	105	23	0.74	0	9.9	24	0.69	0.31	2.7	0	45	15.4	1.3	0.029
Peaches (lite)	4 oz	47	0.45	0.11	1.1	5.6	5.6	0.1	0.02	0	3.4	5.6	30	0.34	0.02
		519	37.49	5.45	2.68	431.5	102.5	2.69	0.528	3.8	45.9	567.3	260.4	4.11	0.349
Menu # 19															
Chicken & Dumplings	7.5 oz	193	13	6.5	2.3	0	0	0	0	0	0	837	0	2.2	0
Grapefruit Juice	6 oz	66	0.85	0.17	0	15	20	0.085	0.075	0	64	1.7	74	0.34	0.06
Applesauce	4 oz	48	0.19	0.05	1.3	3.4	3.4	0.03	0.02	0	1.3	2.2	3.4	0.13	0.01
Wheat Twins	2 crackers	32	0.6	1	0	0	0	0	0	0	0	66	0	0.34	0.02
NFDM	8 fl oz	100	9.8	0.2	0	344	32	1.2	0	1.1	1.5	153	199	0	0.1
		439	24.44	7.92	3.6	362.4	55.4	1.315	0.095	1.1	66.8	1059.9	276.4	3.01	0.19
Menu # 20															
Grapefruit Juice	6 oz	66	0.85	0.17	0	15	20	0.085	0.075	0	64	1.7	74	0.34	0.06
Raisins	1 oz	85	0.91	0.13	1.1	13	9.3	0.07	0.07	0	0.93	3.4	0.28	0.59	0.04
Corn Flakes	1 oz	103	1.8	0.2	0.79	1.1	3.4	0.17	0.42	0	14.2	301	212	8.7	0.369
Corned Beef Hash	7.5 oz	348	18	21	2.3	40	27	2.9	0	0	1.9	903	0	2.1	0
NFDM	8 fl oz	100	9.8	0.2	0	344	32	1.2	0	1.1	1.5	153	199	0	0.1
		702	31.36	21.7	4.19	413.1	91.7	4.425	0.565	1.1	82.53	1362.1	485.28	11.73	0.569

Nutrition Analysis
Harrison Project

			g	g	g	mg	mg	mg	mg	mcg	mg	mg	RE	mg	mg
		Calories	Protein	Fat	Fiber	Calcium	Magne	Zinc	B6	B12	C	Sodium	A	Iron	Thiamin
Menu # 21															
Grapefruit Juice	6 oz	66	0.85	0.17	0	15	20	0.085	0.075	0	64	1.7	74	0.34	0.06
NFDM	8 fl oz	100	9.8	0.2	0	344	32	1.2	0	1.1	1.5	153	199	0	0.1
Oatmeal Cookies	2 cookies	162	2.2	6.4	1	12	10	0.2	0.02	0	1.8	136	0.72	0.8	0.5
Spaghetti/ Meatballs	7.5 oz	282	16	10	0.85	106	0	2.1	0.17	0	18.9	865	272	3.1	0.21
Mixed Vegetables (canned)	8 oz	106	5.8	0.56	6.8	61	36	0.93	0.17	0	11.3	337	2642	2.3	0.1
		716	34.65	17.33	8.65	538	98	4.515	0.435	1.1	97.5	1492.7	3187.72	6.54	0.97
Menu # 22															
Orange Pineapple Juice	6 oz	91	0.84	0.2	0.27	23	22	0.16	0.17	0	41	2.7	16	0.65	0.1
NFDM	8 fl oz	100	9.8	0.2	0	344	32	1.2	0	1.1	1.5	153	199	0	0.1
Wheat Twins	2 crackers	32	0.6	1	0	0	0	0	0	0	0	66	0	0.34	0.02
Granola Bar	1 bar	127	2.7	4.9	0.8	16	28	0.4	0.09	0	0.28	77	0.28	0.89	0.07
Lasagna	7.5 oz	265	7.9	7.9	3.1	0	0	1.6	0.21	0.16	0	1008	56	1.79	0.09
		615	21.84	14.2	4.17	383	82	3.36	0.47	1.26	42.78	1306.7	271.28	3.67	0.38
Menu # 23															
Chili w/ Beans	7.5 oz	206	14.3	3.7	7.2	59	51	2.3	0	0	0.42	1001	0	2.7	0
Orange Pineapple Juice	6 oz	91	0.84	0.2	0.27	23	22	0.16	0.17	0	41	2.7	16	0.65	0.1
Wheat Twins	2 crackers	32	0.6	1	0	0	0	0	0	0	0	66	0	0.34	0.02
NFDM	8 fl oz	100	9.8	0.2	0	344	32	1.2	0	1.1	1.5	153	199	0	0.1
Applesauce	4 oz	48	0.19	0.05	1.3	3.4	3.4	0.03	0.02	0	1.3	2.2	3.4	0.13	0.01
Oatmeal Cookies	2 cookies	162	2.2	6.4	1	12	10	0.2	0.02	0	1.8	136	0.72	0.8	0.5
		639	27.93	11.55	9.77	441.4	118.4	3.89	0.21	1.1	46.02	1360.9	219.12	4.62	0.73
Menu # 24															
Wheat Twins	2 crackers	32	0.6	1	0	0	0	0	0	0	0	66	0	0.34	0.02
NFDM	8 fl oz	100	9.8	0.2	0	344	32	1.2	0	1.1	1.5	153	199	0	0.1
Orange Juice	6 oz	78	1	0.2	0.37	14	20	0.13	0.16	0	64	3.2	33	0.8	0.11
Fruit Cocktail (lite)	4 oz	64	0.45	0.07	1.1	6.8	5.6	0.1	0.05	0	2.1	6.8	23	0.32	0.02
Beef Vegetable Soup	7.5 oz	136	8.8	1.3	5.1	12	27	1.1	0.21	0.27	4.04	357	182	1.57	0.096
		410	20.65	2.77	6.57	376.8	84.6	2.53	0.42	1.37	71.64	586	437	3.03	0.346

Nutrition Analysis
Harrison Project

			g	g	g	mg	mg	mg	mg	mcg	mg	mg	RE	mg	mg
		Calories	Protein	Fat	Fiber	Calcium	Magne	Zinc	B6	B12	C	Sodium	A	Iron	Thiamin
Menu #25															
Wheat Twins	2 crackers	32	0.6	1	0	0	0	0	0	0	0	66	0	0.34	0.02
NFDM	8 fl oz	100	9.8	0.2	0	344	32	1.2	0	1.1	1.5	153	199	0	0.1
Orange Juice	6 oz	78	1	0.2	0.37	14	20	0.13	0.16	0	64	3.2	33	0.8	0.11
Fruit Cocktail (lite)	4 oz	64	0.45	0.07	1.1	6.8	5.6	0.1	0.05	0	2.1	6.8	23	0.32	0.02
Beef Stew	7.5 oz	199	10	11	2.3	17	21	2.3	0	0	2.3	886	0	1.4	0
		473	21.85	12.47	3.77	381.8	78.6	3.73	0.21	1.1	69.9	1115	255	2.86	0.25
Menu # 26															
NFDM	8 fl oz	100	9.8	0.2	0	344	32	1.2	0	1.1	1.5	153	199	0	0.1
Oatmeal Cookies	2 cookies	162	2.2	6.4	1	12	10	0.2	0.02	0	1.8	136	0.72	0.8	0.5
Wheat Twins	2 crackers	32	0.6	1	0	0	0	0	0	0	0	66	0	0.34	0.02
Applesauce	4 oz	48	0.19	0.05	1.3	3.4	3.4	0.03	0.02	0	1.3	2.2	3.4	0.13	0.01
Chili Mac (vegtarian)	7.5 oz	306	11	19	0	27	27	1.9	0.12	1.9	3.8	825	473	1.8	0.07
Low Sodium V-8 Juice	5.5 oz	30	1.3	0.1	1.4	16	20	0.25	0.2	0	33.3	18	101	1	0
		678	25.09	26.75	3.7	402.4	92.4	3.58	0.36	3	41.7	1200.2	777.12	4.07	0.7
Menu # 27															
Grapefruit Juice	6 oz	66	0.85	0.17	0	15	20	0.085	0.075	0	64	1.7	74	0.34	0.06
Mixed Vegetables (canned)	8 oz	106	5.8	0.56	6.8	61	36	0.93	0.17	0	11.3	337	2642	2.3	0.1
NFDM	8 fl oz	100	9.8	0.2	0	344	32	1.2	0	1.1	1.5	153	199	0	0.1
Oatmeal Cookies	2 cookies	162	2.2	6.4	1	12	10	0.2	0.02	0	1.8	136	0.72	0.8	0.5
Scalloped Potatoes	7.5 oz	220	6.1	7.7	2.3	114	41	0.89	0.36	0.096	22	700	90	1.31	0.14
		654	24.75	15.03	10.1	546	139	3.305	0.625	1.196	100.6	1327.7	3005.72	4.75	0.9
Menu # 28															
Beef Ravoli	7.5 oz	199	7.2	4.6	3.1	17	0	0	0	0	0.21	1023	0	2.1	0
Chocolate Pudding	4 oz	150	3	4	1.1	101	23	0.4	0.03	0	2	145	12	0.57	0.02
NFDM	8 fl oz	100	9.8	0.2	0	344	32	1.2	0	1.1	1.5	153	199	0	0.1
Orange Juice	6 oz	78	1	0.2	0.37	14	20	0.13	0.16	0	64	3.2	33	0.8	0.11
Wheat Twins	2 crackers	32	0.6	1	0	0	0	0	0	0	0	66	0	0.34	0.02
		559	21.6	10	4.57	476	75	1.73	0.19	1.1	67.71	1390.2	244	3.81	0.25

Nutrition Analysis
Harrison Project

			g	g	g	mg	mg	mg	mg	mcg	mg	mg	RE	mg	mg
		Calories	Protein	Fat	Fiber	Calcium	Magne	Zinc	B6	B12	C	Sodium	A	Iron	Thiamin
Menu # 29															
Beans w/ Franks	7.5 oz	327	13	12	10	114	0	4.2	0.09	0.74	4.6	1082	58	3.5	0.074
Granola Bar	1 bar	127	2.7	4.9	0.8	16	28	0.4	0.09	0	0.28	77	0.28	0.89	0.07
Grapefruit Juice	6 oz	66	0.85	0.17	0	15	20	0.085	0.075	0	64	1.7	74	0.34	0.06
NFDM	8 fl oz	100	9.8	0.2	0	344	32	1.2	0	1.1	1.5	153	199	0	0.1
Raisins	1 oz	85	0.91	0.13	1.1	13	9.3	0.07	0.07	0	0.93	3.4	0.28	0.59	0.04
		705	27.26	17.4	11.9	502	89.3	5.955	0.325	1.84	71.31	1317.1	331.56	5.32	0.344
Menu # 30															
Chicken Noodle Soup	8 oz	110	10	2	1	20	0	0	0	0	0	1175	0	0.72	0
Fruit Cocktail (lite)	4 oz	64	0.45	0.07	1.1	6.8	5.6	0.1	0.05	0	2.1	6.8	23	0.32	0.02
Low Sodium V-8 Juice	5.5 oz	30	1.3	0.1	1.4	16	20	0.25	0.2	0	33.3	18	101	1	0
NFDM	8 fl oz	100	9.8	0.2	0	344	32	1.2	0	1.1	1.5	153	199	0	0.1
Saltine Crackers	1 serving	58	1.5	1.4	0.36	27	2.9	0	0	0	0	177	0	0.72	0.04
		362	23.05	3.77	3.86	413.8	60.5	1.55	0.25	1.1	36.9	1529.8	323	2.76	0.16
Menu # 31															
NFDM	8 fl oz	100	9.8	0.2	0	344	32	1.2	0	1.1	1.5	153	199	0	0.1
Oatmeal Cookies	2 cookies	162	2.2	6.4	1	12	10	0.2	0.02	0	1.8	136	0.72	0.8	0.5
Orange Pineapple Juice	6 oz	91	0.84	0.2	0.27	23	22	0.16	0.17	0	41	2.7	16	0.65	0.1
Saltine Crackers	1 serving	58	1.5	1.4	0.36	27	2.9	0	0	0	0	177	0	0.72	0.04
Tuna Lite (packed H20)	3.2 oz	105	23	0.74	0	9.9	24	0.69	0.31	2.7	0	45	15.4	1.3	0.029
		516	37.34	8.94	1.63	415.9	90.9	2.25	0.5	3.8	44.3	513.7	231.12	3.47	0.769
Menu # 32															
Mac & Cheese	7.5 oz	168	6.3	4.8	2.5	95	0	0	0	0	0	893	25.5	1.7	0.23
NFDM	8 fl oz	100	9.8	0.2	0	344	32	1.2	0	1.1	1.5	153	199	0	0.1
Oatmeal Cookies	2 cookies	162	2.2	6.4	1	12	10	0.2	0.02	0	1.8	136	0.72	0.8	0.5
Beef Vegetable Soup	7.5 oz	136	8.8	1.3	5.1	12	27	1.1	0.21	0.27	4.04	357	182	1.57	0.096
Breadstick	1 pack	113	3.7	0	0.48	0	13	0.3	0.01	0	0	113	0	1.3	0.22
		679	30.8	12.7	9.08	463	82	2.8	0.24	1.37	7.34	1652	407.22	5.37	1.146

Nutrition Analysis
Harrison Project

			g	g	g	mg	mg	mg	mg	mcg	mg	mg	RE	mg	mg
		Calories	Protein	Fat	Fiber	Calcium	Magne	Zinc	B6	B12	C	Sodium	A	Iron	Thiamin
Menu # 33															
NFDM	8 fl oz	100	9.8	0.2	0	344	32	1.2	0	1.1	1.5	153	199	0	0.1
Oatmeal Cookies	2 cookies	162	2.2	6.4	1	12	10	0.2	0.02	0	1.8	136	0.72	0.8	0.5
Orange Pineapple Juice	6 oz	91	0.84	0.2	0.27	23	22	0.16	0.17	0	41	2.7	16	0.65	0.1
Peanut Butter Crackers	6 crax	205	4.6	10	1.1	40	22	0.44	0.04	0.004	0	394	0	1.2	0.17
Beef Vegetable Soup	7.5 oz	136	8.8	1.3	5.1	12	27	1.1	0.21	0.27	4.04	357	182	1.57	0.096
		694	26.24	18.1	7.47	431	113	3.1	0.44	1.374	48.34	1042.7	397.72	4.22	0.966
Menu # 34															
Captain Wafers	2 pakc	32	0.6	1	0	10	0	0	0	0	0	58	0	0.18	0.03
Chicken & Noodle	7.5 oz	232	17	11	1.7	112	35	0.8	0.13	0.18	0.89	816	224	0.8	0.11
NFDM	8 fl oz	100	9.8	0.2	0	344	32	1.2	0	1.1	1.5	153	199	0	0.1
Oatmeal Cookies	2 cookies	162	2.2	6.4	1	12	10	0.2	0.02	0	1.8	136	0.72	0.8	0.5
Orange Pineapple Juice	6 oz	91	0.84	0.2	0.27	23	22	0.16	0.17	0	41	2.7	16	0.65	0.1
Raisins	1 oz	85	0.91	0.13	1.1	13	9.3	0.07	0.07	0	0.93	3.4	0.28	0.59	0.04
		702	31.35	18.93	4.07	514	108.3	2.43	0.39	1.28	46.12	1169.1	440	3.02	0.88
Menu # 35															
Apple Juice	6 oz	79	1	0.18	0.17	11	5.1	0.05	0.05	0	1.53	5.1	0	0.6	0.03
Lasagna	7.5 oz	265	7.9	7.9	3.1	0	0	1.6	0.21	0.16	0	1008	56	1.79	0.09
NFDM	8 fl oz	100	9.8	0.2	0	344	32	1.2	0	1.1	1.5	153	199	0	0.1
Saltine Crackers	1 serving	58	1.5	1.4	0.36	27	2.9	0	0	0	0	177	0	0.72	0.04
Spinach (canned)	8 oz	52	6.3	1.1	5.4	288	172	1	0.22	0	32	61	1991	5.2	0.036
		554	26.5	10.78	9.03	670	212	3.85	0.48	1.26	35.03	1404.1	2246	8.31	0.296
Menu # 36															
NFDM	8 fl oz	100	9.8	0.2	0	344	32	1.2	0	1.1	1.5	153	199	0	0.1
Oatmeal Cookies	2 cookies	162	2.2	6.4	1	12	10	0.2	0.02	0	1.8	136	0.72	0.8	0.5
Raisins	1 oz	85	0.91	0.13	1.1	13	9.3	0.07	0.07	0	0.93	3.4	0.28	0.59	0.04
Scalloped Potatoes	7.5 oz	220	6.1	7.7	2.3	114	41	0.89	0.36	0.096	22	700	90	1.31	0.14
Tomato Juice	5.5 oz	30	1.3	0.1	14	16	20	0.25	0.2	0	33.3	18	101	1	0
		597	20.31	14.53	18.4	499	112.3	2.61	0.65	1.196	59.53	1010.4	391	3.7	0.78

Nutrition Analysis
Harrison Project

			g	g	g	mg	mg	mg	mg	mcg	mg	mg	RE	mg	mg
		Calories	Protein	Fat	Fiber	Calcium	Magne	Zinc	B6	B12	C	Sodium	A	Iron	Thiamin
Menu # 37															
Chicken Noodle Soup	8 oz	110	10	2	1	20	0	0	0	0	0	1175	0	0.72	0
Low Sodium V-8 Juice	5.5 oz	30	1.3	0.1	1.4	16	20	0.25	0.2	0	33.3	18	101	1	0
NFDM	8 fl oz	100	9.8	0.2	0	344	32	1.2	0	1.1	1.5	153	199	0	0.1
Oyster Crackers	1/2 oz	65	1.5	1.9	0	4	0	0	0	0	0	163	0	0.52	0.09
Peanut Butter Crackers	6 crax	205	4.6	10	1.1	40	22	0.44	0.04	0.004	0	394	0	1.2	0.17
Pineapple (canned)	4 oz	59	0.4	0.13	0.9	15	18	0.13	0.08	0	8.5	1.1	1.1	0.44	0.1
		569	27.6	14.33	4.4	439	92	2.02	0.32	1.104	43.3	1904.1	301.1	3.88	0.46
Menu # 38															
Applesauce	4 oz	48	0.19	0.05	1.3	3.4	3.4	0.03	0.02	0	1.3	2.2	3.4	0.13	0.01
Low Sodium V-8 Juice	5.5 oz	30	1.3	0.1	1.4	16	20	0.25	0.2	0	33.3	18	101	1	0
Mac & Cheese	7.5 oz	168	6.3	4.8	2.5	95	0	0	0	0	0	893	25.5	1.7	0.23
Melba Toast Crackers	2 each	38	1.2	0.46	0.65	10	4.5	0.13	0.009	0	0	82	0	0.2	0.016
NFDM	8 fl oz	100	9.8	0.2	0	344	32	1.2	0	1.1	1.5	153	199	0	0.1
		384	18.79	5.61	5.85	468.4	59.9	1.61	0.229	1.1	36.1	1148.2	328.9	3.03	0.356
Menu # 39															
Beef Stew	7.5 oz	199	10	11	2.3	17	21	2.3	0	0	2.3	886	0	1.4	0
NFDM	8 fl oz	100	9.8	0.2	0	344	32	1.2	0	1.1	1.5	153	199	0	0.1
Oatmeal Cookies	2 cookies	162	2.2	6.4	1	12	10	0.2	0.02	0	1.8	136	0.72	0.8	0.5
Orange Pineapple Juice	6 oz	91	0.84	0.2	0.27	23	22	0.16	0.17	0	41	2.7	16	0.65	0.1
Saltine Crackers	1 serving	58	1.5	1.4	0.36	27	2.9	0	0	0	0	177	0	0.72	0.04
		610	24.34	19.2	3.93	423	87.9	3.86	0.19	1.1	46.6	1354.7	215.72	3.57	0.74
Menu # 40															
Mayonnaise	1 T	57	0.13	4.9	0	2	0.29	0.02	0.002	0	0	104	12.3	0.029	0
NFDM	8 fl oz	100	9.8	0.2	0	344	32	1.2	0	1.1	1.5	153	199	0	0.1
Orange Pineapple Juice	6 oz	91	0.84	0.2	0.27	23	22	0.16	0.17	0	41	2.7	16	0.65	0.1
Pork Beans	8 oz	240	11.8	3.5	12.5	120	77	3.3	0.14	0	4.5	939	40	3.8	0.12
Raisins	1 oz	85	0.91	0.13	1.1	13	9.3	0.07	0.07	0	0.93	3.4	0.28	0.59	0.04
Tuna Lite (packed H20)	3.2 oz	105	23	0.74	0	9.9	24	0.69	0.31	2.7	0	45	15.4	1.3	0.029
		678	46.48	9.67	13.87	511.9	164.59	5.44	0.692	3.8	47.93	1247.1	282.98	6.369	0.389

Nutrition Analysis
Harrison Project

			g	g	g	mg	mg	mg	mg	mcg	mg	mg	RE	mg	mg
		Calories	Protein	Fat	Fiber	Calcium	Magne	Zinc	B6	B12	C	Sodium	A	Iron	Thiamin
Menu # 41															
Chocolate Pudding	4 oz	150	3	4	1.1	101	23	0.4	0.03	0	2	145	12	0.57	0.02
Grape Juice	8 oz	138	1.2	0.18	0.22	20	22	0.11	0.14	0	0.22	6.8	2.2	0.54	0.05
NFDM	8 fl oz	100	9.8	0.2	0	344	32	1.2	0	1.1	1.5	153	199	0	0.1
Oyster Crackers	1/2 oz	65	1.5	1.9	0	4	0	0	0	0	0	163	0	0.52	0.09
Beef Vegetable Soup	7.5 oz	136	8.8	1.3	5.1	12	27	1.1	0.21	0.27	4.04	357	182	1.57	0.096
Tuna Lite (packed H20)	3.2 oz	105	23	0.74	0	9.9	24	0.69	0.31	2.7	0	45	15.4	1.3	0.029
		694	47.3	8.32	6.42	490.9	128	3.5	0.69	4.07	7.76	869.8	410.6	4.5	0.385
Menu # 42															
Fruit Cocktail (lite)	4 oz	64	0.45	0.07	1.1	6.8	5.6	0.1	0.05	0	2.1	6.8	23	0.32	0.02
NFDM	8 fl oz	100	9.8	0.2	0	344	32	1.2	0	1.1	1.5	153	199	0	0.1
Oatmeal	1 pack	134	2.6	2.5	2.1	106	27	0.61	0.42	0.014	0.14	168	315	3.9	0.31
Peanut Butter Crackers	6 crax	205	4.6	10	1.1	40	22	0.44	0.04	0.004	0	394	0	1.2	0.17
Raisins	1 oz	85	0.91	0.13	1.1	13	9.3	0.07	0.07	0	0.93	3.4	0.28	0.59	0.04
Tomato Juice	5.5 oz	30	1.3	0.1	14	16	20	0.25	0.2	0	33.3	18	101	1	0
		618	19.66	13	19.4	525.8	115.9	2.67	0.78	1.118	37.97	743.2	638.28	7.01	0.64
Menu # 43															
Chili Mac (vegtarian)	7.5 oz	306	11	19	0	27	27	1.9	0.12	1.9	3.8	825	473	1.8	0.07
NFDM	8 fl oz	100	9.8	0.2	0	344	32	1.2	0	1.1	1.5	153	199	0	0.1
Tomato Juice	5.5 oz	30	1.3	0.1	14	16	20	0.25	0.2	0	33.3	18	101	1	0
Applesauce	4 oz	48	0.19	0.05	1.3	3.4	3.4	0.03	0.02	0	1.3	2.2	3.4	0.13	0.01
Melba Toast Crackers	2 each	38	1.2	0.46	0.65	10	4.5	0.13	0.009	0	0	82	0	0.2	0.016
		522	23.49	19.81	15.95	400.4	86.9	3.51	0.349	3	39.9	1080.2	776.4	3.13	0.196
Menu # 44															
Chicken & Dumplings	7.5 oz	193	13	6.5	2.3	0	0	0	0	0	0	837	0	2.2	0
Graham Crackers	1 serving	118	1.9	2.8	0.95	22	16	0.54	0.028	0	0	184	0	1.1	0.06
Grapefruit Juice	6 oz	66	0.85	0.17	0	15	20	0.085	0.075	0	64	1.7	74	0.34	0.06
Mixed Vegetables (canned)	8 oz	106	5.8	0.56	6.8	61	36	0.93	0.17	0	11.3	337	2642	2.3	0.1
NFDM	8 fl oz	100	9.8	0.2	0	344	32	1.2	0	1.1	1.5	153	199	0	0.1
Saltine Crackers	1 serving	58	1.5	1.4	0.36	27	2.9	0	0	0	0	177	0	0.72	0.04
		641	32.85	11.63	10.41	469	106.9	2.755	0.273	1.1	76.8	1689.7	2915	6.66	0.36

Nutrition Analysis
Harrison Project

			g	g	g	mg	mg	mg	mg	mcg	mg	mg	RE	mg	mg
		Calories	Protein	Fat	Fiber	Calcium	Magne	Zinc	B6	B12	C	Sodium	A	Iron	Thiamin
Menu # 45															
Apple Juice	6 oz	79	1	0.18	0.17	11	5.1	0.05	0.05	0	1.53	5.1	0	0.6	0.03
Green Beans	8 oz	34	1.8	0.22	3.4	54	29	0.45	0.06	0	7.7	587	72	2	0.057
Hot Chocolate	1 pack	101	3.2	1.1	0.33	91	23	0.4	0.03	0.37	0.5	141	0.84	0.33	0.027
Spaghetti/ Meatballs	7.5 oz	282	16	10	0.85	106	0	2.1	0.17	0	18.9	865	272	3.1	0.21
Wheat Twins	2 crackers	32	0.6	1	0	0	0	0	0	0	0	66	0	0.34	0.02
		528	22.6	12.5	4.75	262	57.1	3	0.31	0.37	28.63	1664.1	344.84	6.37	0.344
Menu # 46															
Beets (canned)	8 oz	63	1.8	0.15	2.7	29	36	0.52	0.12	0	6.3	571	6.8	1.4	0.02
Mayonnaise	1 T	57	0.13	4.9	0	2	0.29	0.02	0.002	0	0	104	12.3	0.029	0
NFDM	8 fl oz	100	9.8	0.2	0	344	32	1.2	0	1.1	1.5	153	199	0	0.1
Orange Pineapple Juice	6 oz	91	0.84	0.2	0.27	23	22	0.16	0.17	0	41	2.7	16	0.65	0.1
Pineapple (canned)	4 oz	59	0.4	0.13	0.9	15	18	0.13	0.08	0	8.5	1.1	1.1	0.44	0.1
Saltine Crackers	1 serving	58	1.5	1.4	0.36	27	2.9	0	0	0	0	177	0	0.72	0.04
Tuna Lite (packed H20)	3.2 oz	105	23	0.74	0	9.9	24	0.69	0.31	2.7	0	45	15.4	1.3	0.029
		533	37.47	7.72	4.23	449.9	135.19	2.72	0.682	3.8	57.3	1053.8	250.6	4.539	0.389
Menu # 47															
Chicken & Dumplings	7.5 oz	193	13	6.5	2.3	0	0	0	0	0	0	837	0	2.2	0
Graham Crackers	1 serving	118	1.9	2.8	0.95	22	16	0.54	0.028	0	0	184	0	1.1	0.06
Grapefruit Juice	6 oz	66	0.85	0.17	0	15	20	0.085	0.075	0	64	1.7	74	0.34	0.06
Green peas (canned)	8 oz	120	7.2	0.68	7.2	40	38	1.5	0.14	0	22.2	567	86	2.3	0.25
NFDM	8 fl oz	100	9.8	0.2	0	344	32	1.2	0	1.1	1.5	153	199	0	0.1
Wheat Twins	2 crackers	32	0.6	1	0	0	0	0	0	0	0	66	0	0.34	0.02
		629	33.35	11.35	10.45	421	106	3.325	0.243	1.1	87.7	1808.7	359	6.28	0.49
Menu # 48															
Applesauce	4 oz	48	0.19	0.05	1.3	3.4	3.4	0.03	0.02	0	1.3	2.2	3.4	0.13	0.01
Grapefruit Juice	6 oz	66	0.85	0.17	0	15	20	0.085	0.075	0	64	1.7	74	0.34	0.06
NFDM	8 fl oz	100	9.8	0.2	0	344	32	1.2	0	1.1	1.5	153	199	0	0.1
Spaghetti/ Meatballs	7.5 oz	282	16	10	0.85	106	0	2.1	0.17	0	18.9	865	272	3.1	0.21
Spinach (canned)	8 oz	52	6.3	1.1	5.4	288	172	1	0.22	0	32	61	1991	5.2	0.036
		548	33.14	11.52	7.55	756.4	227.4	4.415	0.485	1.1	117.7	1082.9	2539.4	8.77	0.416

Nutrition Analysis
Harrison Project

			g	g	g	mg	mg	mg	mg	mcg	mg	mg	RE	mg	mg
		Calories	Protein	Fat	Fiber	Calcium	Magne	Zinc	B6	B12	C	Sodium	A	Iron	Thiamin
Menu # 49															
Chili w/ Beans	7.5 oz	206	14.3	3.7	7.2	59	51	2.3	0	0	0.42	1001	0	2.7	0
Graham Crackers	1 serving	118	1.9	2.8	0.95	22	16	0.54	0.028	0	0	184	0	1.1	0.06
NFDM	8 fl oz	100	9.8	0.2	0	344	32	1.2	0	1.1	1.5	153	199	0	0.1
Orange Juice	6 oz	78	1	0.2	0.37	14	20	0.13	0.16	0	64	3.2	33	0.8	0.11
Saltine Crackers	1 serving	58	1.5	1.4	0.36	27	2.9	0	0	0	0	177	0	0.72	0.04
Spinach (canned)	8 oz	52	6.3	1.1	5.4	288	172	1	0.22	0	32	61	1991	5.2	0.036
		612	34.8	9.4	14.28	754	293.9	5.17	0.408	1.1	97.92	1579.2	2223	10.52	0.346
Menu # 50															
Chicken & Noodle	7.5 oz	232	17	11	1.7	112	35	0.8	0.13	0.18	0.89	816	224	0.8	0.11
NFDM	8 fl oz	100	9.8	0.2	0	344	32	1.2	0	1.1	1.5	153	199	0	0.1
Oatmeal Cookies	2 cookies	162	2.2	6.4	1	12	10	0.2	0.02	0	1.8	136	0.72	0.8	0.5
Orange Juice	6 oz	78	1	0.2	0.37	14	20	0.13	0.16	0	64	3.2	33	0.8	0.11
Raisins	1 oz	85	0.91	0.13	1.1	13	9.3	0.07	0.07	0	0.93	3.4	0.28	0.59	0.04
Saltine Crackers	1 serving	58	1.5	1.4	0.36	27	2.9	0	0	0	0	177	0	0.72	0.04
		715	32.41	19.33	4.53	522	109.2	2.4	0.38	1.28	69.12	1288.6	457	3.71	0.9
Menu # 51															
Grapefruit Juice	6 oz	66	0.85	0.17	0	15	20	0.085	0.075	0	64	1.7	74	0.34	0.06
Hot Chocolate	1 pack	101	3.2	1.1	0.33	91	23	0.4	0.03	0.37	0.5	141	0.84	0.33	0.027
Mixed Vegetables (canned)	8 oz	106	5.8	0.56	6.8	61	36	0.93	0.17	0	11.3	337	2642	2.3	0.1
Raisins	1 oz	85	0.91	0.13	1.1	13	9.3	0.07	0.07	0	0.93	3.4	0.28	0.59	0.04
Scalloped Potatoes	7.5 oz	220	6.1	7.7	2.3	114	41	0.89	0.36	0.096	22	700	90	1.31	0.14
		578	16.86	9.66	10.53	294	129.3	2.375	0.705	0.466	98.73	1183.1	2807.12	4.87	0.367
Menu # 52															
Chocolate Pudding	4 oz	150	3	4	1.1	101	23	0.4	0.03	0	2	145	12	0.57	0.02
Graham Crackers	1 serving	118	1.9	2.8	0.95	22	16	0.54	0.028	0	0	184	0	1.1	0.06
Grape Juice	8 oz	138	1.2	0.18	0.22	20	22	0.11	0.14	0	0.22	6.8	2.2	0.54	0.05
Mayonnaise	1 T	57	0.13	4.9	0	2	0.29	0.02	0.002	0	0	104	12.3	0.029	0
NFDM	8 fl oz	100	9.8	0.2	0	344	32	1.2	0	1.1	1.5	153	199	0	0.1
Saltine Crackers	1 serving	58	1.5	1.4	0.36	27	2.9	0	0	0	0	177	0	0.72	0.04
Tuna Lite Water	3.2 oz	105	23	0.74	0	9.9	24	0.69	0.31	2.7	0	45	15.4	1.3	0.029
		726	40.53	14.22	2.63	525.9	120.19	2.96	0.51	3.8	3.72	814.8	240.9	4.259	0.299