

Item	Serving Size	Calories	M/MA	Grain =	Calories from Fat	Total Fat	Saturated Fat	Cholesterol	Sodium	Carbs	Protein
						g	g	mg	mg	g	g
Peach Pear Combo	1/2 cup	70			0	0	0	0	0	18	0
Applesauce	2/3 cup	100			0	0	0	0	20	25	0
Fruit Mix	1/2 cup	70			0	0	0	0	6	16	0
Peaches	1/2 cup	70			0	0	0	0	6	18	0
Pears	1/2 cup	70			0	0	0	0	6	19	0
Pineapple	1/2 cup	70			0	0	0	0	2	17	0
Mandarin Oranges	1/2 cup	80			0	0	0	0	10	19	0
Apples, sliced	1/2 cup	50			0	0	0	0	20	12	0
Pineapple and Mandarin Oranges	1/2 cup	75			0	0	0	0	6	17	0
Strawberries	1 cup	80			0	0	0	0	0	21	0