Organization Name: Gourmet Gorilla

Site: Archdiocese - FSP Sites

Menu: FSP PM Snack 2023-2024

Meal Service: Snack

Age/Group: USDA Grades K-12

Total Forecast Meals: Total Prepared Meals:

Students Served:

Date: 02-05-2024

Adults Served:

Total Served:

	#	on Size	ast		Prepa	red			Serv	ed		ver	41		nents
Meal Item	Recipe	Portion	orec	Student	A la carte	Adult	Total	Student	A la carte	Adult	Total	Lefto	Waste	Misc	Comn
Fruit															
Pear Slices, 6 each	8864 9	6 slic es													
Whole Pear (90 ct)	82135														
Grains															
Apple Orchard Grow Bar, 36 Cut	8223 5	1 eac h													

Meal Item	Portion Size	М/МА	Total Grains	Total Grain Based Desserts	Total Fruit	Total Veg.	Add.	Dark Green Fruit	Red / Orange	Beans / Peas	Starchy	Other	Veg. Juice	Milk 1% Flav.	Milk 1% Unflav.	Milk Nonfat Unflav.
Pear Slices, 6 each	6 slices				³⁄₄ cups											
								Grains								
Apple Orchard Grow Bar, 36 Cut	1 each		1 oz													

Date: 02-05-2024

Date: 02-06-2024

On-Site Production

Organization Name: Gourmet Gorilla

Site: Archdiocese - FSP Sites

Menu: FSP PM Snack 2023-2024

Age/Group: USDA Grades K-12

Meal Service: Snack

Total Forecast Meals: Total Prepared Meals: Students Served: Adults Served:

Total Served:

	e #	on Size	ast		Prepa	red			Serv	ed		ver	Ø		nents
Meal Item	Recip	Portion	Forec	Student	A la carte	Adult	Total	Student	A la carte	Adult	Total	Lefto	Waste	Misc	Сотп
Grains															
Bread, Pumpki n, 32cut	2599 88	1 slic e													
Misc.															
String Cheese	8209 8	1 Eac h													

Meal Item	Portion Size	M/MA	Total Grains	Total Grain Based Desserts	Total Fruit	Total Veg.	Add.	Dark Green Grains	Red / Orange	Beans / Peas	Starchy	Other	Veg. Juice	Milk 1% Flav.	Milk 1% Unflav.	Milk Nonfat Unflav.
Bread, Pumpkin, 32cut	1 slice		1 oz					Grains								
								Misc.			1					
String Cheese	1 Each	1 oz														

Date: 02-06-2024

Organization Name: Gourmet Gorilla

Site: Archdiocese - FSP Sites **Menu:** FSP PM Snack 2023-2024

Meal Service: Snack

Age/Group: USDA Grades K-12

Total Forecast Meals:

Date: 02-07-2024

Total Prepared Meals: Students Served:

Adults Served:

Total Served:

	#	on Size	ast		Prepa	red			Serv	ed		ver	d)		nents
Meal Item	Recipe	Portion	orec	Student	A la carte	Adult	Total	Student	A la carte	Adult	Total	Lefto	Waste	Misc	Сошп
Fruit															
Cantaloupe Chunks	8228 5	³ / ₄ C up													
Cantaloupe	29407 6														
Grains															
Cinnamon Crisps	8239 4	4 Eac h													

Meal Contribution Date: 02-07-2024

Meal Item	Portion Size	M/MA	Total Grains	Total Grain Based Desserts	Total Fruit	Total Veg.	Add.		Red / Orange	Beans / Peas	Starchy	Other	Veg. Juice	Milk 1% Flav.	Milk 1% Unflav.	Milk Nonfat Flav.	Milk Nonfat Unflav.
								Fruit									
Cantaloupe Chunks	³ / ₄ Cu p				¾ cups												
								Grains									
Cinnamon Crisps	4 Each		1 oz														

Organization Name: Gourmet Gorilla

Site: Archdiocese - FSP Sites

Menu: FSP PM Snack 2023-2024

Meal Service: Snack

Age/Group: USDA Grades K-12

Date: 02-08-2024

Total Forecast Meals:

Total Prepared Meals: Students Served:

Adults Served:

Total Served:

, 19e, C. Cul															
	e #	tion Size	ast		Prepa	red			Serv	ed		ver	6		nents
Meal Item	Recip	Portion	Forec	Student	A la carte	Adult	Total	Student	A la carte	Adult	Total	Lefto	Waste	Misc	Comn
Lunch En	tree														
Sunbutt er & Jelly Sandwi ch	8211	1 eac h													

Meal Contribution Date: 02-08-2024

Meal Item	Portion Size	M/MA	Total Grains	Total Grain Based Desserts	Total Fruit	Total Veg.	Add.	Dark Green ch Entre	Orange	Beans / Peas	Starchy	Other	Veg. Juice	Milk 1% Flav.	Milk 1% Unflav.	Milk Nonfat Flav.	Milk Nonfat Unflav.
Sunbutter & Jelly Sandwich	1 each	1 oz	2 oz														

Organization Name: Gourmet Gorilla

Site: Archdiocese - FSP Sites

Menu: FSP PM Snack 2023-2024

Meal Service: Snack

Age/Group: USDA Grades K-12

Total Forecast Meals: Total Prepared Meals:

Date: 02-09-2024

Students Served:

Adults Served:

Total Served:

	# #	on Size	ast		Prepa	red			Serv	ed		ver	a		nents
Meal Item	Recip	Portion	Foreca	Student	A la carte	Adult	Total	Student	A la carte	Adult	Total	Lefto	Waste	Misc	Сотп
Vegetables															
Edamame	1362 146	¹ / ₄ C up													
Edamame	25982 6														
Grains															
Zee Zee's Wheat Crackers	3368 31	1 eac h													

Meal Item	Portion Size	М/МА	Total Grains	Total Grain Based Desserts	Total Fruit	Total Veg.	Add. Ve	Dark Green getables	Orange	Beans / Peas	Starchy	Other	Veg. Juice	Milk 1% Flav.	Milk 1% Unflav.	Milk Nonfat Flav.	Milk Nonfat Unflav.
Edamame	¹ / ₄ Cu p	1 oz															
								Grains									
Zee Zee's Wheat Crackers	1 each		1 oz														

Date: 02-09-2024

Organization Name: Gourmet Gorilla

Site: Archdiocese - FSP Sites

Menu: FSP PM Snack 2023-2024

Meal Service: Snack

Age/Group: USDA Grades K-12

Date: 02-12-2024

Total Forecast Meals:

Total Prepared Meals: Students Served:

Adults Served:

Total Served:

	e #	on Size	ast		Prepa	red			Serv	ed		ver	6)		nents
Meal Item	Recip	Portion	Forec	Student	A la carte	Adult	Total	Student	A la carte	Adult	Total	Lefto	Waste	Misc	Сотп
Fruit															
Granny Smith Apples	3390 80	6 Slic es													
Misc.								_							
Sunbutt er	8219 1	2 Tbs p													

Meal Contribution Date: 02-12-2024

Meal Item	Portion Size	M/MA	Total Grains	Total Grain Based Desserts	Total Fruit	Total Veg.	Add.	Dark Green Fruit	Red / Orange	Beans / Peas	Starchy	Other	Veg. Juice	Milk 1% Flav.	Milk 1% Unflav.	Milk Nonfat Flav.	Milk Nonfat Unflav.
Granny Smith Apples	6 Slice				¾ cups												
								Misc.									
Sunbutter	2 Tbsp	1 oz															

Organization Name: Gourmet Gorilla

Site: Archdiocese - FSP Sites

Menu: FSP PM Snack 2023-2024

Meal Service: Snack

Age/Group: USDA Grades K-12

Date: 02-13-2024

Total Forecast Meals: Total Prepared Meals:

Students Served:

Adults Served:

Total Served:

	Recipe #	Portion Size	orecast		Prepa	red			Serv	ed		Leftover	Waste	Misc	Comments
Meal Item	ž	ď	£	Student	A la carte	Adult	Total	Student	A la carte	Adult	Total	Ľ	≥	Σ	ŏ
Grains	_			_	_		_				_				
WG Cracker s	1182 672	10 ea ch													
Misc.															
Chedda r Cheese Slice	8853 0	1.5 sli ce													

Meal Contri	bution	ı													Date:	02-13-	2024
Meal Item	Portion Size	M/MA	Total Grains	Total Grain Based Desserts	Total Fruit	Total Veg.	Add.	Dark Green	Red / Orange	Beans / Peas	Starchy	Other	Veg. Juice	Milk 1% Flav.	Milk 1% Unflav.	Milk Nonfat Flav.	Milk Nonfat Unflav.
	Grains																
WG Crackers	10 eac h		1 oz														
								Misc.							_		
Cheddar Cheese Slice	1.5 slic e	1 ¼ oz															

Organization Name: Gourmet Gorilla

Site: Archdiocese - FSP Sites

Menu: FSP PM Snack 2023-2024

Meal Service: Snack

Age/Group: USDA Grades K-12

Date: 02-14-2024

Total Forecast Meals: Total Prepared Meals:

Students Served:

Adults Served:

Total Served:

	# #	on Size	ast		Prepa	red	_		Serv	ed		ver	d)		nents
Meal Item	Recipe	Portion	Forec	Student	A la carte	Adult	Total	Student	A la carte	Adult	Total	Lefto	Waste	Misc	Comn
Vegetables															
Baby Carrots	1054 889	³ / ₄ c up													
Grains															
BBQ Crisps	1341 699	4 Eac h													
BBQ Seasoning	13417 01														

Meal Contribution Date: 02-14-2024

Meal Item	Portion Size	M/MA	Total Grains	Total Grain Based Desserts	Total Fruit	Total Veg.	Add.	Dark Green getables	Orange	Beans / Peas	Starchy	Other	Veg. Juice	Milk 1% Flav.	Milk 1% Unflav.	Milk Nonfat Flav.	Milk Nonfat Unflav.
Baby Carrots	$^{3}/_{4}$ cup					¾ cups			¾ cups								
	•					-		Grains			-						-
BBQ Crisps	4 Each		1 oz														

Organization Name: Gourmet Gorilla

Site: Archdiocese - FSP Sites Menu: FSP PM Snack 2023-2024

Meal Service: Snack

Date: 02-15-2024

Total Forecast Meals: Total Prepared Meals:

Students Served:

Adults Served:

Total Served:

Age/Group: USDA Grades	K-12	_	_	_				_				_	_	Offer v	s. Serve: Yes
	#	on Size	ast		Prepa	red			Serv	ed		/er	40		nents
Meal Item	Recipe	Portion	Forecast	Student	A la carte	Adult	Total	Student	A la carte	Adult	Total	Lefto	Waste	Misc	Сотп
Vegetables															
Cucumber	1054 896	³ / ₄ C up													
Cucumber	29408 3						•	•			•				
Grains															
WG Goldfish, 1 Each	8225 3	1 eac													

Meal Item	Portion Size	М/МА	Total Grains	Total Grain Based Desserts	Total Fruit	Total Veg.	Add.	Dark Green getables	Orange	Beans / Peas	Starchy	Other	Veg. Juice	Milk 1% Flav.	Milk 1% Unflav.	Milk Nonfat Flav.	Milk Nonfat Unflav.
Cucumber	³ / ₄ Cu p					³⁄₄ cups						¾ cups					
								Grains									
WG Goldfish, 1 Each	1 each		1 oz									·					

Date: 02-15-2024

Organization Name: Gourmet Gorilla

Site: Archdiocese - FSP Sites **Menu:** FSP PM Snack 2023-2024

Meal Service: Snack

Age/Group: USDA Grades K-12

Date: 02-16-2024

Total Forecast Meals: Total Prepared Meals:

Students Served:

Adults Served:

Total Served:

	#	on Size	ast		Prepa	red			Serv	ed		ver	d)		nents
Meal Item	Recipe	Portion	Forecast	Student	A la carte	Adult	Total	Student	A la carte	Adult	Total	Lefto	Waste	Misc	Comn
Fruit															
Honeydew	8209 2	³ / ₄ C up													
Honeydew	29408 0														
Grains															
Carrot Bread	9173 3	1 eac h													
Carrot Bread, 1 Tray	25997 7											_		-	

Meal Item	Portion Size	M/MA	Total Grains	Total Grain Based Desserts	Total Fruit	Total Veg.	Add.		Red / Orange	Beans / Peas	Starchy	Other	Veg. Juice	Milk 1% Flav.	Milk 1% Unflav.	Milk Nonfat Flav.	Milk Nonfat Unflav.
								Fruit									
Honeydew	³ / ₄ Cu p				¾ cups												
								Grains									
Carrot Bread	1 each		1 oz														

Date: 02-16-2024

Organization Name: Gourmet Gorilla

Site: Archdiocese - FSP Sites

Menu: FSP PM Snack 2023-2024

Meal Service: Snack

Age/Group: USDA Grades K-12

Date: 02-19-2024

Total Forecast Meals:

Total Prepared Meals: Students Served:

Adults Served:

Total Served:

	# •	on Size	ast		Prepa	red			Serv	ed		ver	6)		nents
Meal Item	Recip	Portion	Forec	Student	A la carte	Adult	Total	Student	A la carte	Adult	Total	Lefto	Waste	Misc	Сошп
Fruit															
Granny Smith Apples	3390 80	6 Slic es													
Grains															
Animal Cracker s	8212 8	1 eac h													

Meal Contribution Date: 02-19-2024

Meal Item	Portion Size	М/МА	Total Grains	Total Grain Based Desserts	Total Fruit	Total Veg.	Add.	Dark Green Fruit	Red / Orange	Beans / Peas	Starchy	Other	Veg. Juice	Milk 1% Flav.	Milk 1% Unflav.	Milk Nonfat Flav.	Milk Nonfat Unflav.
Granny Smith Apples	6 Slice				³⁄₄ cups												
								Grains									
Animal Crackers	1 each		1 oz														

Organization Name: Gourmet Gorilla

Site: Archdiocese - FSP Sites

Menu: FSP PM Snack 2023-2024

Meal Service: Snack

Age/Group: USDA Grades K-12

Date: 02-20-2024

Total Forecast Meals: Total Prepared Meals:

Students Served:

Adults Served:

Total Served:

	#	on Size	ast		Prepa	red			Serv	ed		ver	41		nents
Meal Item	ecip	Portion	Forec	Student	A la carte	Adult	Total	Student	A la carte	Adult	Total	Lefto	Waste	Misc	Сотп
Grains	_						_								
WG Cracker s	1182 672	10 ea ch													
Misc.															
Chedda r Cheese Slice	8853 0	1.5 sli ce													

Meal Item	Portion Size	M/MA	Total Grains	Total Grain Based Desserts	Total Fruit	Total Veg.	Add.	Dark Green	Red / Orange	Beans / Peas	Starchy	Other	Veg. Juice	Milk 1% Flav.	Milk 1% Unflav.	Milk Nonfat Flav.	Milk Nonfat Unflav.
								Grains									
WG Crackers	10 eac h		1 oz														
								Misc.									
Cheddar Cheese Slice	1.5 slic e	1 ¼ oz															

Date: 02-20-2024

Organization Name: Gourmet Gorilla

Site: Archdiocese - FSP Sites

Menu: FSP PM Snack 2023-2024

Meal Service: Snack

Students Served: Adults Served: Total Served:

Date: 02-21-2024

Total Forecast Meals:

Total Prepared Meals:

Age/Group: USDA Grades K-12 Offer vs. Serve: Yes

	# #	on Size	ast		Prepa	red			Serv	ed		ver	ø		nents
Meal Item	Recipe	Portion	Forec	Student	A la carte	Adult	Total	Student	A la carte	Adult	Total	Lefto	Waste	Misc	Сотп
Grains															
WG Graham Cracker s	8225 2	2 Eac h													
Misc.															
Sunbutt er	8219 1	2 Tbs p													

Meal Item	Portion Size	M/MA	Total Grains	Total Grain Based Desserts	Total Fruit	Total Veg.	Add.	Dark Green Grains	Red / Orange	Beans / Peas	Starchy	Other	Veg. Juice	Milk 1% Flav.	Milk 1% Unflav.	Milk Nonfat Flav.	Milk Nonfat Unflav.
WG Graham Crackers	2 Each		1 oz														
								Misc.									
Sunbutter	2 Tbsp	1 oz															

Date: 02-21-2024

Organization Name: Gourmet Gorilla

Site: Archdiocese - FSP Sites Menu: FSP PM Snack 2023-2024

Meal Service: Snack

Total Forecast Meals:

Date: 02-22-2024

Total Prepared Meals: Students Served:

Adults Served:

Total Served:

Age/Group: USDA Grades K-12 Offer vs. Serve: Yes

	# •	on Size	ast		Prepa	red			Serv	ed		ver	ø.		nents
Meal Item	Recip	Portior	Forecas	Student	A la carte	Adult	Total	Student	A la carte	Adult	Total	Lefto	Waste	Misc	Comn
Fruit															
Orange Slices	8234 5	6 Eac h													
Whole Orange	13658 07														
Grains															
Pret Goldfish	1056 765	1 eac h													

Meal Contribution Date: 02-22-2024

Meal Item	Portion Size	м/ма	Total Grains	Total Grain Based Desserts	Total Fruit	Total Veg.	Add.	Dark Green Fruit	Red / Orange	Beans / Peas	Starchy	Other	Veg. Juice	Milk 1% Flav.	Milk 1% Unflav.	Milk Nonfat Flav.	Milk Nonfat Unflav.
Orange Slices	6 Each				³⁄₄ cups												
								Grains									
Pret Goldfish	1 each		1 oz														

Organization Name: Gourmet Gorilla

Site: Archdiocese - FSP Sites **Menu:** FSP PM Snack 2023-2024

Meal Service: Snack

Age/Group: USDA Grades K-12

Total Property Meals:

Date: 02-23-2024

Total Prepared Meals: Students Served:

Adults Served:

Total Served:

	#	on Size	ast		Prepa	red			Serv	ed		ver	41		nents
Meal Item	Recip	Portion	Forec	Student	A la carte	Adult	Total	Student	A la carte	Adult	Total	Lefto	Waste	Misc	Сошп
Vegetables															
Baby Carrots	1054 889	³ / ₄ c up													
Misc.															
Buffalo Hummus	2954 88	¹ / ₄ c up													
Buffalo Hummus	25013 2														

Meal Contribution Date: 02-23-2024

Meal Item	Portion Size	M/MA	Total Grains	Total Grain Based Desserts	Total Fruit	Total Veg.	Add. Ve	Dark Green getables	Orange	Beans / Peas	Starchy	Other	Veg. Juice	Milk 1% Flav.	Milk 1% Unflav.	Milk Nonfat Flav.	Milk Nonfat Unflav.
Baby Carrots	$^{3}/_{4}$ cup					³⁄₄ cups			¾ cups								
								Misc.			-			-			-
Buffalo Hummus	¹ / ₄ cup	1 oz															

Organization Name: Gourmet Gorilla

Site: Archdiocese - FSP Sites

Menu: FSP PM Snack 2023-2024

Meal Service: Snack

Total Forecast Meals: Total Prepared Meals:

Date: 02-26-2024

Students Served:

Adults Served:

Total Served:

Age/Group	o: USD	A Gra	des K-	12				_				<u>. </u>			Offer vs. Serve: Yes
	#	on Size	cast		Prepa	red			Serv	ed		ver	ø)		nents
Meal Item	Recipe	Portion	ore .	Student	A la carte	Adult	Total	Student	A la carte	Adult	Total	Lefto	Waste	Misc	Сош
Grains															
Zee Zee Strawb erry Graham s, 1 each	1316 827	1 eac h													
Misc.															
String Cheese	8209 8	1 Eac h													

Meal Item	Portion Size	М/МА	Total Grains	Total Grain Based Desserts	Total Fruit	Total Veg.	Add.	Dark Green Grains	Red / Orange	Beans / Peas	Starchy	Other	Veg. Juice	Milk 1% Flav.	Milk 1% Unflav.	Milk Nonfat Flav.	Milk Nonfat Unflav.
Zee Zee Strawberry Grahams, 1 each	1 each		1 oz														
			_				_	Misc.			_		_	_	_	_	
String Cheese	1 Each	1 oz															

Date: 02-26-2024

Organization Name: Gourmet Gorilla

Site: Archdiocese - FSP Sites

Menu: FSP PM Snack 2023-2024

Meal Service: Snack

Age/Group: USDA Grades K-12

Date: 02-27-2024

Total Forecast Meals: Total Prepared Meals:

Students Served:

Adults Served:

Total Served:

	Recipe #	Portion Size	orecast		Prepa				Serv			Leftover	Waste	Misc	omments
Meal Item	Ř	۵	Ъ	Student	A la carte	Adult	Total	Student	A la carte	Adult	Total	Ľ	>	Σ	Ö
Grains															
WG Graham Cracker s	8225 2	2 Eac h													
Misc.															
Sunbutt er	8219 1	2 Tbs p													

Meal Item	Portion Size	M/MA	Total Grains	Total Grain Based Desserts	Total Fruit	Total Veg.	Add.		Red / Orange	Beans / Peas	Starchy	Other	Veg. Juice	Milk 1% Flav.	Milk 1% Unflav.	Milk Nonfat Flav.	Milk Nonfat Unflav.
								Grains									
WG Graham Crackers	2 Each		1 oz														
						-	-	Misc.		-					-		-
Sunbutter	2 Tbsp	1 oz															

Date: 02-27-2024

Organization Name: Gourmet Gorilla

Site: Archdiocese - FSP Sites Menu: FSP PM Snack 2023-2024

Meal Service: Snack

Age/Group: USDA Grades K-12

Date: 02-28-2024

Total Forecast Meals: Total Prepared Meals:

Students Served:

Adults Served:

Total Served:

	#	on Size	ast		Prepa	red			Serv	ed		ver	0		nents
Meal Item	Recip	Portio	Forec	Student	A la carte	Adult	Total	Student	A la carte	Adult	Total	Lefto	Waste	Misc	Сотп
Fruit															
Orange Slices	8234 5	6 Eac h													
Whole Orange	13658 07														
Grains															
Chocolate Chip Banana Bread	1307 148	1 EAC H													

Meal Item	Portion Size	M/MA	Total Grains	Total Grain Based Desserts	Total Fruit	Total Veg.	Add.	Dark Green	Red / Orange	Beans / Peas	Starchy	Other	Veg. Juice	Milk 1% Flav.	Milk 1% Unflav.	Milk Nonfat Flav.	Milk Nonfat Unflav.
								Fruit									
Orange Slices	6 Each				¾ cups												
	-		=	-	-		=	Grains	=	='	-	=	-	=	•	=	-
Chocolate Chip Banana Bread	1 EACH		1 oz														

Date: 02-28-2024

Organization Name: Gourmet Gorilla

Site: Archdiocese - FSP Sites **Menu:** FSP PM Snack 2023-2024

Meal Service: Snack

Age/Group: USDA Grades K-12

Total Forecast Meals:

Date: 02-29-2024

Total Prepared Meals: Students Served:

Adults Served:

Total Served:

	#	on Size	ast		Prepa	red		Served					41		nents
Meal Item	Recipe	Portion	Forecast	Student	A la carte	Adult	Total	Student	A la carte	Adult	Total	Leftover	Waste	Misc	Сошп
Fruit															
Fruit Salad	8825 8	³ / ₄ C up													
Cantaloupe	29407 6														
Honeydew	29408 0														
Grains															
Ranch Crisps	8226 1	4 Eac h													

Meal Item	Portion Size	M/MA	Total Grains	Total Grain Based Desserts	Total Fruit	Total Veg.	Add.	Dark Green	Red / Orange	Beans / Peas	Starchy	Other	Veg. Juice	Milk 1% Flav.	Milk 1% Unflav.	Milk Nonfat Flav.	Milk Nonfat Unflav.
	Fruit															-	
Fruit Salad	³ / ₄ Cu p				¾ cups												
	Grains															_	
Ranch Crisps	4 Each		1 oz														

Date: 02-29-2024

Organization Name: Gourmet Gorilla

Site: Archdiocese - FSP Sites Menu: FSP PM Snack 2023-2024

Meal Service: Snack

Age/Group: USDA Grades K-12

Total Forecast Meals:

Date: 03-01-2024

Total Prepared Meals:

Students Served:

Adults Served:

Total Served:

	#	on Size	ast		Prepa	red			ed		ver	41		nents	
Meal Item	Recip	Portion	Foreca	Student	A la carte	Adult	Total	Student	A la carte	Adult	Total	Lefto	Waste	Misc	Сотп
Vegetables															
Cucumber	1054 896	³ / ₄ C up													
Cucumber	29408 3														
Grains	Grains														
WG Goldfish, 1 Each	8225 3	1 eac h													

Meal Item	Portion Size	M/MA	Total Grains	Total Grain Based Desserts	Total Fruit	Total Veg.	Add.		Orange	Beans / Peas	Starchy	Other	Veg. Juice	Milk 1% Flav.	Milk 1% Unflav.	Milk Nonfat Flav.	Milk Nonfat Unflav.
	Vegetables																
Cucumber	³ / ₄ Cu p					¾ cups						¾ cups					
	Grains																
WG Goldfish, 1 Each	1 each		1 oz														

Date: 03-01-2024