

Portion		Vegetables	Calories	Total Fat grams	Sat. Fat grams	Protein grams	Carb. grams	Calcium (mg)	Iron (mg)	Vit. C (mg)	Vit. A (IU)	Sodium (mg)	Chol. (mg)	Fiber (grams)
0.25	Cup	Baked Beans	92.2	0.8	0.3	4.4	17.4	46.3	1.5	1.0	202.9	366.5	1.4	3.8
0.33	Cup	Baked Beans	121.6	1.1	0.4	5.8	22.9	61.2	1.9	1.4	267.9	483.8	1.8	5.1
0.25	Cup	Broccoli w/ Cheese Sauce	52.3	2.6	1.6	3.3	3.7	74.1	0.2	19.0	365.4	164.1	7.7	1.1
0.33	Cup	Broccoli w/ Cheese Sauce	69.0	3.4	2.1	4.4	4.9	97.7	0.3	25.1	481.9	216.5	10.2	1.5
0.25	Cup	Broccoli, w/ Butter Flavor	14.5	0.0	0.0	1.1	2.4	10.2	0.2	18.9	275.8	77.4	0.0	1.1
0.33	Cup	Broccoli, w/ Butter Flavor	19.1	0.0	0.0	1.5	3.1	13.4	0.2	24.9	364.0	102.2	0.0	1.5
0.25	Cup	California Vegetables w/ Butter Flavor	9.5	0.0	0.0	0.6	1.6	6.0	0.0	6.3	1,800.2	66.5	0.0	0.6
0.33	Cup	California Vegetables w/ Butter Flavor	12.5	0.0	0.0	0.8	2.1	8.0	0.0	8.3	2,376.3	87.8	0.0	0.8
0.25	Cup	Carrot Coins, Fresh	13.5	0.0	0.0	0.3	3.2	8.6	0.2	2.9	4,434.7	11.2	0.0	0.9
0.33	Cup	Carrot Coins, Fresh	17.8	0.0	0.0	0.4	4.2	11.4	0.2	3.8	5,853.8	14.8	0.0	1.2
0.25	Cup	Celery Sticks	4.8	0.0	0.0	0.3	1.0	12.0	0.1	0.1	20.0	26.0	0.0	0.5
0.33	Cup	Celery Sticks	6.3	0.0	0.0	0.3	1.3	15.8	0.2	0.1	26.4	34.3	0.0	0.7
0.25	Cup	Celery Sticks w/ Peanut Butter	61.3	4.7	0.8	2.5	3.6	19.2	0.4	0.1	21.6	78.0	0.0	0.9
0.33	Cup	Celery Sticks w/ Peanut Butter	62.7	4.7	0.8	2.5	3.9	22.9	0.4	0.1	27.7	85.9	0.0	1.0
0.33	Cup	Chalupa Trimmings	4.8	0.0	0.0	0.5	0.8	4.9	0.2	2.4	64.8	3.0	0.0	0.4
0.25	Cup	Corn on the Cob w/ Margarine	29.3	0.8	0.1	0.9	5.6	0.2	0.0	0.6	21.0	8.7	0.0	0.3
0.33	Cup	Corn, Canned w/ Butter Flavor	57.1	0.4	0.1	1.7	13.8	3.5	0.4	4.8	57.3	193.8	0.0	1.5
0.25	Cup	Corn, Canned w/ Butter Flavor	43.2	0.3	0.0	1.3	10.4	2.7	0.3	3.7	43.4	146.8	0.0	1.1
0.33	Cup	Corn, Mexicali w/ Butter Flavor	55.7	0.4	0.1	1.7	13.4	3.5	0.4	5.3	79.1	188.6	0.0	1.5
0.25	Cup	Corn, Mexicali w/ Butter Flavor	42.2	0.3	0.0	1.3	10.2	2.6	0.3	4.0	59.9	142.9	0.0	1.1
0.25	Cup	Cucumber Slices, Fresh	4.0	0.0	0.0	0.3	0.9	4.9	0.1	0.9	11.4	0.6	0.0	0.2
0.33	Cup	Cucumber Slices, Fresh	5.3	0.0	0.0	0.4	1.1	6.4	0.1	1.1	15.1	0.8	0.0	0.3
0.25	Cup	Green Beans, Savory	9.3	0.0	0.0	0.7	2.0	10.2	0.3	1.8	130.5	161.5	0.0	0.7
0.33	Cup	Green Beans, Savory	12.3	0.0	0.0	0.9	2.7	13.5	0.4	2.4	172.2	213.1	0.0	1.0
0.25	Cup	Green Peas, Savory	38.5	0.3	0.0	2.6	6.7	5.2	0.5	5.5	174.0	96.2	0.0	2.1
0.33	Cup	Green Peas, Savory	50.8	0.3	0.0	3.5	8.8	6.9	0.6	7.2	229.6	127.0	0.0	2.8
0.25	Cup	Mashed Potatoes	40.7	0.2	0.1	1.1	8.4	12.3	0.2	1.7	0.0	138.2	0.1	0.8
0.33	Cup	Mashed Potatoes	53.7	0.3	0.1	1.5	11.0	16.2	0.2	2.3	0.0	182.5	0.1	1.0
0.25	Cup	Mexican Style Squash	14.2	0.2	0.0	0.7	3.1	12.2	0.3	6.5	109.7	34.9	0.0	0.8
0.33	Cup	Mexican Style Squash	18.7	0.2	0.0	1.0	4.1	16.0	0.3	8.6	144.8	46.0	0.0	1.1
0.25	Cup	Mixed Vegetables w/ Butter Flavor	28.5	0.0	0.0	1.2	6.9	11.3	0.2	3.4	2,372.8	97.4	0.0	1.6
0.33	Cup	Mixed Vegetables w/ Butter Flavor	37.6	0.0	0.0	1.5	9.1	14.9	0.3	4.4	3,132.1	128.6	0.0	2.1
0.25	Cup	Oriental Style Vegetables	27.8	0.0	0.0	1.1	5.6	22.2	0.8	10.4	239.5	47.1	0.0	2.2
0.33	Cup	Oriental Style Vegetables	36.7	0.0	0.0	1.5	7.4	29.3	1.1	13.8	316.2	62.2	0.0	2.9
0.50	each	Pickle, Dill Spear	0.2	0.0	0.0	0.1	0.0	0.0	0.0	0.0	19.9	168.3	0.0	0.0
0.25	Cup	Pinto Beans	77.2	0.4	0.1	4.7	13.8	25.2	1.1	1.5	46.4	220.7	0.0	3.4
0.33	Cup	Pinto Beans	101.9	0.5	0.1	6.2	18.2	33.3	1.5	2.0	61.3	291.4	0.0	4.5
0.33	Cup	Potatoes, Battered Crispy Fry	120.7	5.3	1.1	1.5	16.6	0.0	0.8	3.6	0.0	271.7	0.0	1.5
0.33	Cup	Potatoes, Hashbrown Spicy	86.2	2.7	0.3	1.3	13.3	0.0	0.2	2.4	0.0	225.5	0.0	1.3
0.33	cup	Potatoes, Seasoned Wedges	106.1	5.0	0.7	1.4	12.7	0.0	0.0	0.8	0.0	304.2	0.0	1.4
0.33	Cup	Potatoes, Tater Tots	108.7	5.4	0.9	1.8	12.7	0.0	0.0	1.8	0.0	235.4	0.0	1.8
0.25	Cup	Ranch Style Beans	66.4	0.2	0.0	3.1	13.4	36.9	0.9	0.9	169.7	427.3	0.0	3.8
0.33	Cup	Ranch Style Beans	87.7	0.2	0.0	4.1	17.7	48.7	1.1	1.1	224.0	564.0	0.0	5.0
0.25	Cup	Raw Vegetable Medley	14.4	0.0	0.0	0.8	3.2	14.3	0.3	15.4	2,953.1	11.3	0.0	1.1

