

LifeLine Connections Menu's & Measurements

DINNER SALADS WILL BE DELIVERED ON DAY OF SERVICE

Cycle 1

PIONEER FOOD SERVICE

Whatcom

14-Oct		15-Oct		16-Oct		17-Oct		18-Oct		19-Oct		20-Oct	
Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Lucky Charms	1 c	Froot Loops	1 c	Frosted Flakes	1 c	Honey cheerios	1 c	Oatmeal	1 c	Cornflakes	1 c	Raisin Bran	1 c
		Scrambled Eggs	2 ea	Waffles	2 ea	Cheese	1ea	Scrambled Eggs	2 ea	Pancakes	2 ea	Cheese/Omelete	1 ea
Sausage Gravy	1/2 c	Hash Browns	1 ea	T.sausage patty	1 ea	Omelette		Tater Triangles	1 ea	Bacon	2 sl	Hashbrown	1 ea
Biscuits	2 ea					Hash Browns	1 ea						
		Wheat Toast	2 sl	Marg	2 tsp	Wheat Toast	2 sl	Wheat Toast	2 sl	Syrup	2 oz		
		Marg	2 tsp	Syrup	2 oz	Marg	2 tsp	Marg	2 tsp	Marg	2 tsp	Marg	2 tsp
Cranberry Jce*	4 oz	Orange Juice*	4 oz	Apple Juice*	4 oz	Grape Juice*	4 oz	Cranberry Jce*	4 oz	Orange Juice*	4 oz	Apple Juice*	4 oz
1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz
		Beef Taco				Chef's Salad							
Chicken noodle soup	1 c	Taco Meat w/ Black Beans	1/2C	Sloppy Joes Bun	1 ea	Ham&Shrd Chz Hard boiled eg	1 ea	Beef hotdog hotdog bun	1 ea	Beef Chili W/Shred Chees	1.5c 1/2 oz	Cheeseburger Mayo/Must	1ea 1 ea
Turkey sandwich	2 oz	Shred cheese	1 oz	Chips	1 ea	Lettuce mix	2 c	w/mustard/mayo		Coleslaw	1 c	Ketchup	
Provolone cheese bread	1 sl 2 sl	Shred lettuce Salsa/sour crm	1/2 c 1oza			Tomatoes Salad Dressing	3 wdg 2 oz	ketchup	1 ea			Macaroni & Cheese	1/2 c
potato chips	1 ea	Tortilla	1 ea	Baby carrot**	1/2c	Dinner Roll/marg	1 ea	Chips	1 ea	Cornbread/marg	1 ea	Hamb Bun	1 ea
Apple Slices	3 ea	Apricot	1/2 c	Pear	1/2 c	Mixed Fruit	1/2 c	Mandarins*	1/2 c	Apricot	1/2 c	Mixed Fruit	1/2 c
1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz
Breaded Fish	1ea	Grilled Chicken	1ea	Beef Stew	1.5 C	Fried Steak	1ea	Breaded chicken	1 ea	Italian Meatballs	3 ea	Ham Steak	1 ea
W/Tartar Sauce	1 oz	W/Gravy	3oz	Potatoe and Veg.in stew		W/Country Gra	1 c	w/gravy		Marinara	3oz	w/ Contry Gravy	2 oz
Tater Tots	1 c	Brown Rice	1 c			Potatos	1 c	Rice	1 c	Linguine noodle	1 c	Mashed Potato	1 c
Peas	1/2c	Broccoli	1/2 c			Green Beans	1/2c	California veg blend	1/2 c	Country Trio Veg	1/2 c	Baby Carrots**	1/2C
Coleslaw	1 c	Green Salad	1 c	Green Salad	1 c	Coleslaw	2 oz	Green Salad	1 c	Green Salad	1 c	Green Salad	1 c
		Salad Dressing	1 oz	Salad Dressing	1 oz		1 cup	Salad Dressing	1 oz	Salad Dressing	1 oz	Salad Dressing	1 oz
roll/Marg	1 ea	roll/ Marg	1/1 tsp	Biscuit/Marg	1 ea	roll/ Marg	1 ea	roll/ Marg	1 ea	roll/marg	1 ea	roll/marg	1 ea
Peaches	1/2 c	Tropical Salad	1/2 c	Pudding	1/2 c	Pears	1/2 C	Pineapple	1/2 c	Pudding	1/2 c	Peaches	1/2 c
1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz

If necessary due to production or delivery problems, a menu item may be replaced with an item of equal nutritional value.

Menu items contain may contain pork products; We try to substitute with turkey ham, T- bologna, T-salami and T-sausage

*Vitamin C rich source **Vitamin A rich source Condiments are an average of 1 tsp ea catsup/mustard/mayo

Nutritious snacks are to be kept on hand at all times and include items such as fruit, cheese, peanut butter, bread, and crackers.

LifeLine Connections Menu's & Measurements

DINNER SALADS WILL BE DELIVERED ON DAY OF SERVICE

CYCLE 2

PIONEER FOOD SERVICE

Whatcom

21-Oct		22-Oct		23-Oct		24-Oct		25-Oct		26-Oct		27-Oct	
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
Cheerios	1 c	Oatmeal	1 c	Frosted Flakes	1 c	Raisin Bran	1 c	Oatmeal	1 c	Corn Flakes	1 c	Cheerios	1 c
Scrambled Eggs	2 ea	Waffle	2 ea	Breakfast	1.5 c	French toast	2 sl	Cheese	1ea	Pancakes	2 ea	Omelte	1 ea
Hash Brown patt	1 ea	t- Sausage Pattie	1 ea	Casserole		Sausage link	2ea	Omelette		Saus Patty	1 ea	Hash Brown	1 ea
								Hasbrown Triangle	1 ea				
Wheat Toast	2 sl	Syrup	2 oz	Wheat Toast	2 sl	Syrup	2 oz	Wheat Toast	2 sl	Syrup	2oz	Wheat toast	2 sli
Marg	2 tsp	Marg	2 tsp	Marg	2 tsp	Marg	2 tsp	Marg	2 tsp	Marg	2 tsp	Marg	2 tsp
Apple Juice*	4 oz	Grape Juice*	4 oz	Cranberry Jce*	4 oz	Orange Juice*	4 oz	Apple Juice*	4 oz	Cranberry Jce*	4 oz	Apple Juice*	4 oz
1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz
		Beef Taco				Caesar Salad							
t- Deli Sanwich	2oz	Taco Meat w/		BBQ Chicken		Diced Chicken	2 oz	Beef hotdog	1 ea	Beef Chili	1.5c	Cheeseburger	1 ea
Cheese	1 sl	Black Beans	1/2C	sandwich	1 ea	Lettuce Mix	2 c	hotdog bun	1ea	Shred Cheese	1/2 oz	Mayo/mustard	1 ea
Mayo/Mustard	1pk ea	Shred cheese	1 oz	Tator Tots	1/2 c	Croutons/Parm	1 oz ea	mustard/mayo	1 ea			Ketchup	1 ea
Potato Chips	1 bag	Shred lettuce	1/2 c	Coleslaw	1/2 c	Caesar Dressing	2 oz	ketchup	1 ea	Coleslaw	1 c	Chips	
		Salsa/sour crm	1oz ea	Bun	1	Dinner Roll/marg	1 ea	macaroni &	1/2 C			Baby Carrots	1/2 C
Wheat Bread	2 sl	Tortilla	1 ea					cheese		Cornbread/marg	1 ea	Ham Bun	1 ea
Fresh Orange*	1 ea	Pineapple	1/2 c	fruit mix	1/2 c	Apple Slices	1ea	Mandarins*	1/2 c	Apricot	1/2 c	Pudding	1/2 c
1% MILK	8 oz	1% MILK	8 oz	1% MILK	8 oz	1% MILK	8 oz	1% MILK	8 oz	1% MILK	8 oz	1% MILK	8 oz
Beef Stew	3 oz	Creamy Chicken	1ea	Sweet and	1 ea	Beef Lasagne	12 oz	Salisbury Steak	1ea	Spagetti &	1 C	Baked chicken	1ea
Veg in Stew		Rice	1C	Sour Chicken	3oz			Diced potato	1 c	Meatballs	3 ea	gravy	2 oz
biscuit	1 ea	Broccoli Blend	1/2 c	Rice/ w Veggies	1 c	Country veg bler	1/2 c	W/Brown Gravy	3 oz	Marinaria sauce	1/2 c	scallop potato	1C
								Green Salad	1 c	Mixed vegetable	1/2 c	Vegetable	1/2c
Green Salad	1 c	Green Salad	1 c	Green Salad	1 c	Salad Dressing	1 oz	Salad Mix	1 c	Dressing	1 oz	Coleslaw	1/2 c
Salad Dressing	1 oz	Salad Dressing	1 oz	Salad Dressing	1 oz			Dressing	1 oz	Salad	1 c		
marg	1 ea	roll/ Marg	1 ea	Roll/ Marg	1ea	roll/marg	1 ea	roll/marg	1ea	Roll/ marg	1 ea	roll/Marg	1 ea
Pudding Choc	1/2 c	Mandarins*	1/2 c	Pudding	1/2 c	Tropical Fruit	1/2 c	Peaches	1/2 cup	Pears	1/2 c	Tropical Salad	1/2 c
1% Milk	8 oz	1% Milk	8 oz	1% Milk	1 c	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz

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LifeLine Connections Menu's & Measurements

DINNER SALADS WILL BE DELIVERED ON DAY OF SERVICE

CYCLE 3

PIONEER FOOD SERVICE

Whatcom

28-Oct		29-Oct		30-Oct		31-Oct		1-Nov		2-Nov		3-Nov	
Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Cheerios	1 c	Oatmeal	1 c	Cornflakes	1 c	Rice Krispies	1 c	Oatmeal	1 c	Froot Loops	1 c	Cornflakes	1 c
French Toast	2 ea	Scram. Eggs	2 ea	Waffle	2 ea	Omelete/cheese	1 ea	Scrambled eggs	2 ea	cheese		breakfast Sand	1 ea
Sausage links	2 ea	Tater Triangles	1 ea	Sausage links	2 ea	Hash Browns	1 ea	T-sausage patty	1 ea	omelette	1 ea	English Muffin	1 ea
										Hashbrowns	1 ea		
Marg	2 tsp	Wheat Toast	2 sl	Marg	2 tsp	Wheat Toast	2 sl	Wheat Toast	2 sl	Ketchup	1ea	Marg	1 tsp
Syrup	2 oz	Marg	2 tsp	Syrup	2 oz	Marg	2 tsp	Marg	2 tsp	Marg	2 tsp		
Grape Juice*	4 oz	Cranberry Jce*	4 oz	Orange Juice*	4 oz	Apple Juice*	4 oz	Orange Juice*	4 oz	Apple Juice*	4 oz	Orange Juice*	4 oz
1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz
Soup of the day	1C	Beef Taco				Caesar Salad							
W/ Saltines	2 pak	Taco Meat w/		Breaded Fish	1ea	Diced Chicken	2 oz	Beef hotdog	1 ea	Beef Chili	1.5c	Cheeseburger	1ea
Turkey Meat	2oz	Black Beans	1/2C	W/Tartar Sauce	1 oz	Lettuce Mix	2 c	hotdog bun	1ea	W/Shred Chees	1/2 oz	Hamb Bun	1 ea
Cheese	1oz	Shred cheese	1 oz	Tater Tots	1 c	Croutons/Parm	1 oz	w/mustard/mayo				Ketchup/Mustard	1 ea
Mustard/Mayo	1 ea	Shred lettuce	1/2 c	Coleslaw	1 c	Caesar Dressing	2 oz	ketchup	1 ea	Coleslaw	1 c	Macaroni &	1/2 c
Baby Carrots**	1/2c	Salsa/sour crm	1ozea			Dinner Roll/marg	1 ea	Chips		Cornbread/marg	1 ea	Cheese	
Bread	2 sl	Tortilla	1 ea	Hamburger Bun	1 ea								
Fresh Orange*	1ea	Pineapple	1/2 c	Peaches	1/2 c	Apple Slices	1ea	Mandarins*	1/2 c	Apricot	1/2 c	Mixed Fruit	1/2 c
1% MILK	8 oz	1% MILK	8 oz	1% MILK	2 c	1% MILK	8 oz	1% MILK	8 oz	1% MILK	8 oz	1% MILK	8 oz
Chicken Parmesan	1 ea	Chicken Alfredo	1ea	Chicken Teriyaki	3 oz	Spagetti &	1.5c	Salisbury Steak	1ea	Grilled Chicken	1.5c	Ham Steak	1 ea
Marinara&Parmes	1ozea	Linguine	1 c	Rice mixed Veggie	1 c	Meatballs	3	W/Brown Gravy	3 oz	W/Potatoe and	1/2 c	W/Gravy	2 oz
Penne Pasta	1 c	Broccoli	1/2c			Marinaria sauce	1/2 c	Mashed Potato	1 c	Chicken Gravy	2 oz	Scalloped Potatoes	1 c
Zucchini	1/2 c					Vegetables	1/2 cup	Country trio blend	1/2 c	Broccoli	1/2 c	Mix Veggies	1/2c
Green Salad	1 c	Salad	1 c	Salad	1 c	Salad	1 cup	Green Salad	1 c	Green Salad	1 c	Green Salad	1 c
Salad Dressing	1 oz	Dressing	1 oz	Dressing	1oz	Dressing	1 oz	Salad Dressing	1 oz	Salad Dressing	1 oz	Salad Dressing	1 oz
Roll/margarine	1 ea	roll/ Marg	1/1 tsp	Roll	1 ea	Roll/ marg	1 ea	roll/marg	1 ea	Roll/margarine	1ea	roll/marg	1 ea
Pudding Choc	1/2 c	Peaches	1/2 c	Pears	1/2 c	Pears	1/2 c	Pudding Vanilla	1/2 c	Mandarins*	1/2 c	Tropical Salad	1/2 c
1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz

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LifeLine Connections Menu's & Measurements

DINNER SALADS WILL BE DELIVERED ON DAY OF SERVICE

CYCLE 4

PIONEER FOOD SERVICE

Whatcom

4-Nov		5-Nov		6-Nov		7-Nov		8-Nov		9-Nov		10-Nov	
Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Rice Krispies	1 c	Oatmeal	1 c	Raisin Bran Flakes	1 c	Froot Loops	1 c	Oatmeal	1 c	Cheerios	1 c	Cornflakes	1 c
Waffle	2 ea	Cheese Omelete	1 ea	Pancake	2 ea	Sausage/gravy	1 c	Scram.Eggs	1 ea	Breakfast		French Toast	2 sl
Sausage links	2 ea	Hash Browns	1 ea	Bacon	2sl			Hash brown	1 ea	buritto	1 ea	T-Saus Patty	1 ea
Marg	2 tsp	Wheat Toast	2 sl	Marg	2 tsp	Biscuit	1 ea	Wheat toast	2 sli	Salsa	2oz	Marg	2 tsp
Syrup	2 oz	Marg	2 tsp	Syrup	2 oz	Marg	2 tsp	Marg	1tsp			Syrup	2oz
Orange Juice*	4 oz	Grape Juice*	4 oz	Cranberry Juice*	4 oz	Orange Juice	4 oz	Apple Juice*	4 oz	Cranberry Juice	4 oz	Grape Juice	4 oz
1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz
		Beef Taco				Chef's Salad							
Ham Sandwich	2 oz	Taco Meat w/		Salmon Patty	1ea	Ham&Shrd Chz	1oz ea	Beef hotdog	1 ea	Beef Chili	1.5c	Cheeseburger	1ea
Swiss Cheese	1 sl	Black Beans	1/2C	Ham Bun	1 ea	Hard boiled egg	1 ea	hotdog bun	1ea	Shred Cheese	1/2 oz		
Mustard/Mayo	1 ea	Shred cheese	1 oz	Coleslaw	1/2c	Lettuce mix	2 c	mustard/mayo		Cornbread/marg	1 ea	Mayo/Must	1 ea
Potato Chips	1oz	Shred lettuce	1/2 c			Tomatoes	3 wdg	ketchup	1 ea	Coleslaw	1 c	Macaroni &	1/2 c
		Salsa/sour crm	1oz	Tartar sauce	1oz	Salad Dressing	2 oz	Chips	1 ea		1 oz	Cheese	
Bread	2 sl	Tortilla	1 ea			Dinner Roll/mar	1 ea					Hamb Bun	1 ea
Mandarins*	1/2 c	Pineapple	1/2 c	Fresh Orange*	1ea	Mixed Fruit	1/2 c	Mandarins*	1/2 c	Fruit mix	1/2 c	Mixed Fruit	1/2 c
1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz
Italian Sausage	1 ea	Grilled Chicken	1ea	Salisbury Steak	1ea	Chix teriyaki	1/2 c	Fried Steak	1 ea	Chick Cacciatore	1 ea	Chicken Noodle	
Liguine pasta	1 c	Brown Rice	1 c	Mashed Potatoes	1 c	Rice/w..Veggies	1 c	W/Country Gravy	3 oz	Penne Pasta	1 c	Cassorole	1.5 c
Corn	1/2 c	Zucchini	1/2c	W/Brown Gravy	3 oz			Mashed Potatoes	1 c	Green Beans	1/2 c	Country trio blend	1/2 c
Marinara Sauce	4 oz	Green Salad	1 c	Green Beans	1/2c			Broccoli Blend	1/2 c				
Green Salad	1 c	Green Salad	1 c	Green Salad	1 c	Green Salad	1 c	Green Salad	1 c	Green Salad	1 c	Green Salad	1 c
Dressing	1 oz	Salad Dressing	1 oz	Dressing	1 oz	Salad Dressing	1 oz	Dressing	1 oz	Salad Dressing	1 oz	Dressing	1 oz
Roll/Marg	1 ea	Roll/ Marg	1 ea	Roll/marg	1ea	Roll/marg	1 ea	Roll/mar	1 ea	Roll/marg	1ea	Roll/marg	1 ea
Pudding Choc	1/2 c	Mixed Fruit	1/2 c	Pears	1/2C	Pineapple	1/2 c	Apricot	1/2c	Pudding Vanilla	1/2c	Peaches	1/2 c
1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz

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Menu's & Measurements

DINNER SALADS WILL BE DELIVERED ON DAY OF SERVICE

Cycle 5

PIONEER FOOD SERVICE

Whatcom

11-Nov		12-Nov		13-Nov		14-Nov		15-Nov		16-Nov		17-Nov	
Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Froot Loops	1 c	Oatmeal	1 c	Frosted Flakes	1 c	Bran Flakes	1 c	Oatmeal	1 c	Cheerios	1 c	Rice Krispies	1 c
Sausage Gravy	1/2 c	French Toast	2ea	Scrambled Eggs	2 ea	Waffles	2 ea	Cheese Omelete	1 ea	Cheese	1ea	breakfast	
Biscuits	2 ea	Bacon	2ea	Hash Browns	1 ea	T.Sausage Patty	1 ea	Tator Triangles		Omelette		sandwich	1 ea
		Marg	2 tsp	Wheat Toast	2 sl	Marg	2 tsp	Wheat Toast	2 sl	Wheat Toast	2 sl	Marg	2 tsp
		Syrup	2 oz	Marg	2 tsp	Syrup	2 oz	Marg	2 tsp	Marg	2 tsp		
Orange Juice*	4 oz	Grape Juice*	4 oz	Orange Juice*	4 oz	Cranberry Juice*	4 oz	Grape Juice*	4 oz	Apple Juice*	4 oz	Orange Juice*	4 oz
1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz
Soup of Day	1 c	Beef Taco				Cher's Salad							
T- meat Sandwich	1 ea	Taco Meat w/		Beef Tamale	1 ea	Chicken, ham	1oz ea	BBQ Chicken	1 ea	Beef Chili	1.5c	Cheeseburger	1ea
w/Cheese	1 oz	Black Beans	1/2C	Spanish Rice	1/2 c	Hard-boiled egg	1 ea	Tater Tots	1/2 c	Shred Cheese	1/2 oz		
Mustard/Mayo	1 ea	Shred cheese	1 oz	W/Salsa	2 oz	Tomatoes	3 wdg	Hamb Bun	1 ea			Mayo/Must	1 ea
Baby Carrot Sticks	1/2 c	Shred lettuce	1/2 c	corn	1/2 c					Coleslaw	1 c	Macaroni &	1/2 c
		Salsa/sour crm	1oza			Salad Mix/dres	2c/2z				1 oz	Cheese	
WH Bread	2 sl	Tortilla	1 ea			Bread/ Marg	1/1 tsp			Cornbread/marg	1 ea	Hamb Bun	1 ea
Apple Slices	1/2 c	Pineapple	1/2 c	Apricot	1/2 c	Fresh Orange*	1ea	Tropical Mix	1/2 c	Apricot	1/2 c	Mixed Fruit	1/2 c
1% MILK	8 oz	1% MILK	8 oz	1% MILK	8 oz	1% MILK	8 oz	1% MILK	8 oz	1% MILK	8 oz	1% MILK	8 oz
Sweet and		Fried Steak	1ea	Creamy Chicken	1 ea	Meatballs in	3 ea	Spagetti &	1.5c	Chicken Parmesan/	1 ea	Beef-Broccoli	1/2 c
Sour Chicken	1/2 c	Country Gravy	3 oz	Penne Pasta	1 C	Brown gravy	3 oz	Bolognese Sauce	4 oz	Marinara&Parmesan	4 oz	Rice	1 c
Rice/w Veggies	1 c	Mashed potato	1 c	Broccoli	1/2 c	Rice	1 c	Mixed Veggies	1/2 c	Penne Pasta	1 c		
		Zucchini	1/2 c			Scandiavian Veg.	1/2 c			Mixed vegetable	1/2 c		
Green Salad	1 c	Green Salad	1 c	Green Salad	1 c	Coleslaw	1/2 c	Salad	1 c	Green Salad	1 c	Green Salad	1 c
Salad Dressing	1 oz	Salad Dressing	1 oz	Ranch Dressing	1 oz			Dressing	1 oz	Salad Dressing	1 oz	Salad Dressing	1oz
Roll/ Marg	1ea	Roll/ Marg	1ea	Roll/mar	1 ea	Roll/marg	1ea	Roll/ marg	1 ea	Roll/marg	1 ea	Roll/ marg	1 ea
Pudding	1/2 c	Mandarins*	1/2 c	Peaches	1/2 c	Apricot	1/2c	Pears	1/2 c	Pudding	1/2 c	Mixed Fruit	1/2 c
1% Milk	1 c	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz

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