

Last Updated	Menu Item -	Portion	Serving Size (mL/g)	Calories	Total Fat (g)	Sat Fat (g)
28-Jan-21	<b>Strawberry Banana 9oz</b>	Vanilla LF Yogurt Bar (g)	46.00	60.00	1.25	0.75
		Orange Juice (ml)	133.00	27.50	0.00	0.00
		Strawberry (g)	28.00	9.80	0.03	0.00
		Banana (g)	28.00	27.62	0.09	0.03
		Total (g)	235.00	157.30	1.37	0.78
28-Jan-21	<b>Strawberry Banana 12oz</b>	Vanilla LF Yogurt Bar (g)	92.00	120.00	2.50	1.50
		Orange Juice (ml)	200.00	41.35	0.00	0.00
		Strawberry (g)	56.00	19.60	0.06	0.00
		Banana (g)	56.00	55.24	0.18	0.06
		Total (g)	404.00	236.20	2.75	1.56
28-Jan-21	<b>Strawberry Banana 16oz</b>	Vanilla LF Yogurt Bar (g)	92.00	120.00	2.50	1.50
		Orange Juice (ml)	266.00	55.00	0.00	0.00
		Strawberry (g)	56.00	19.60	0.06	0.00
		Banana (g)	56.00	55.24	0.18	0.06
		Total (g)	470.00	249.84	2.75	1.56
28-Jan-21	<b>Tropical Storm 9oz</b>	Vanilla LF Yogurt Bar (g)	46.00	60.00	1.25	0.75
		Orange Juice (ml)	133.00	27.50	0.00	0.00
		Mango (g)	16.80	10.75	0.06	0.01
		Banana (g)	16.80	16.57	0.06	0.02
		Pineapple (g)	16.80	15.34	0.02	0.00
		Total (g)	229.40	130.16	1.38	0.78
28-Jan-21	<b>Tropical Storm 12oz</b>	Vanilla LF Yogurt Bar (g)	92.00	120.00	2.50	1.50
		Orange Juice (ml)	200.00	41.35	0.00	0.00
		Mango (g)	36.40	23.30	0.13	0.03
		Pineapple (g)	36.40	33.23	0.04	0.00
		Banana (g)	36.40	35.91	0.12	0.04
		Total (g)	401.20	253.79	2.79	1.57
28-Jan-21	<b>Tropical Storm 16oz</b>	Vanilla LF Yogurt Bar (g)	92.00	120.00	2.50	1.50
		Orange Juice (ml)	266.00	55.00	0.00	0.00
		Mango (g)	38.08	24.37	0.14	0.03
		Pineapple (g)	38.08	34.77	0.04	0.00
		Banana (g)	38.08	37.57	0.13	0.04
		Total (g)	472.24	271.70	2.80	1.57
28-Jan-21	<b>Peach Berry Sunset 9oz</b>	Vanilla LF Yogurt Bar (g)	46.00	60.00	1.25	0.75
		Cranberry Juice (ml)	133.00	27.50	0.00	0.00
		Strawberry (g)	28.00	9.80	0.03	0.00
		Peach (g)	28.00	9.80	0.03	0.00
		Total (g)	235.00	107.10	1.31	0.75
28-Jan-21	<b>Peach Berry Sunset 12oz</b>	Vanilla LF Yogurt Bar (g)	92.00	120.00	2.50	1.50

		Cranberry Juice (ml)	200.00	41.35	0.00	0.00
		Strawberry (g)	56.00	19.60	0.06	0.00
		Peach (g)	56.00	20.16	0.00	0.00
		Total (g)	404.00	201.11	2.56	1.50
<b>28-Jan-21</b>	<b>Peach Berry Sunset 16oz</b>	Vanilla LF Yogurt Bar (g)	92.00	120.00	2.50	1.50
		Cranberry Juice (ml)	266.00	55.00	0.00	0.00
		Strawberry (g)	56.00	19.60	0.06	0.00
		Peach (g)	56.00	20.16	0.00	0.00
		Total (g)	470.00	214.76	2.56	1.50
<b>28-Jan-21</b>	<b>Very Berry 9oz</b>	Vanilla LF Yogurt Bar (g)	46.00	60.00	1.25	0.75
		Cranberry Juice (ml)	133.00	27.50	0.00	0.00
		Blueberry (g)	16.80	9.44	0.11	0.08
		Raspberry (g)	16.80	9.81	0.11	0.00
		Strawberry (g)	16.80	5.88	0.02	0.00
		Total (g)	229.40	112.64	1.49	0.84
<b>28-Jan-21</b>	<b>Very Berry 12oz</b>	Vanilla LF Yogurt Bar (g)	92.00	120.00	2.50	1.50
		Cranberry Juice (ml)	200.00	41.35	0.00	0.00
		Blueberry (g)	36.40	20.46	0.23	0.18
		Raspberry (g)	36.40	21.26	0.24	0.01
		Strawberry (g)	36.40	12.74	0.04	0.00
		Total (g)	401.20	215.82	3.01	1.69
<b>28-Jan-21</b>	<b>Very Berry 16oz</b>	Vanilla LF Yogurt Bar (g)	92.00	120.00	2.50	1.50
		Cranberry Juice (ml)	266.00	55.00	0.00	0.00
		Blueberry (g)	38.08	21.40	0.24	0.19
		Raspberry (g)	38.08	22.24	0.25	0.01
		Strawberry (g)	38.08	13.33	0.04	0.00
		Total (g)	472.24	231.98	3.03	1.70
<b>28-Jan-21</b>	<b>Chocolate Banana 9oz</b>	Vanilla Yogurt Bar (g)	46.00	60.00	1.25	0.75
		Chocolate Milk (ml)	133.00	80.00	1.25	0.75
		Banana (g)	56.00	55.24	0.18	0.06
		Total (g)	235.00	195.24	2.68	1.56
<b>28-Jan-21</b>	<b>Chocolate Banana 12oz</b>	Vanilla Yogurt Bar (g)	92.00	120.00	2.50	1.50
		Chocolate Milk (ml)	200.00	120.30	1.88	1.13
		Banana (g)	112.00	110.49	0.37	0.12
		Total (g)	404.00	350.79	4.75	2.75
<b>28-Jan-21</b>	<b>Chocolate Banana 16oz</b>	Vanilla Yogurt Bar (g)	92.00	120.00	2.50	1.50
		Chocolate Milk (ml)	266.00	160.00	2.50	1.50
		Banana (g)	112.00	110.49	0.37	0.12
		Total (g)	470.00	390.49	5.37	3.12

Trans fat (g)	Cholesterol (mg)	Sodium(mg)	Carbs	Fibre	Sugar (g)	Protein(g)	Vitamin A %DV	Vitamin C %DV
0.00	6.00	32.50	10.50	0.00	10.50	1.60	1.50	0.00
0.00	0.00	0.00	6.75	0.00	5.75	0.50	0.00	30.00
0.00	0.00	0.56	2.56	0.59	1.28	0.20	0.00	20.00
0.00	0.00	0.28	6.39	0.49	3.42	0.31	2.24	13.44
0.00	6.00	33.34	26.20	1.08	20.95	2.61	3.74	63.44
0.00	12.00	65.00	21.00	0.00	21.00	3.20	3.00	0.00
0.00	0.00	0.00	10.15	0.00	8.65	0.75	0.00	45.11
0.00	0.00	1.12	5.11	1.18	2.55	0.40	0.00	40.00
0.00	0.00	0.56	12.78	0.97	6.84	0.61	4.48	26.88
0.00	12.00	66.68	49.05	2.15	39.04	4.96	7.48	111.99
0.00	12.00	65.00	21.00	0.00	21.00	3.20	3.00	0.00
0.00	0.00	0.00	13.50	0.00	11.50	1.00	0.00	60.00
0.00	0.00	1.12	5.11	1.18	2.55	0.40	0.00	40.00
0.00	0.00	0.56	12.78	0.97	6.84	0.61	4.48	26.88
0.00	12.00	66.68	52.40	2.15	41.90	5.21	7.48	126.88
0.00	6.00	32.50	10.50	0.00	10.50	1.60	1.50	0.00
0.00	0.00	0.00	6.75	0.00	5.75	0.50	0.00	30.00
0.00	0.00	0.00	2.52	0.24	2.28	0.13	1.34	8.06
0.00	0.00	0.17	3.84	0.29	2.05	0.18	1.34	8.06
0.00	0.00	0.34	3.73	0.18	3.54	0.07	0.00	12.00
0.00	6.00	33.00	27.34	0.71	24.13	2.48	4.19	58.13
0.00	12.00	65.00	21.00	0.00	21.00	3.20	3.00	0.00
0.00	0.00	0.00	10.15	0.00	8.65	0.75	0.00	45.11
0.00	0.00	0.00	5.46	0.51	4.94	0.29	2.91	17.47
0.00	0.00	0.73	8.08	0.40	7.68	0.15	0.00	26.00
0.00	0.00	0.36	8.31	0.63	4.45	0.40	2.91	17.47
0.00	12.00	66.09	53.00	1.54	46.71	4.79	8.82	106.06
0.00	12.00	65.00	21.00	0.00	21.00	3.20	3.00	0.00
0.00	0.00	0.00	13.50	0.00	11.50	1.00	0.00	60.00
0.00	0.00	0.00	5.71	0.53	5.17	0.30	3.05	18.28
0.00	0.00	0.76	8.45	0.42	8.03	0.15	0.00	27.20
0.00	0.00	0.38	8.69	0.66	4.65	0.42	3.05	18.28
0.00	12.00	66.14	57.36	1.61	50.36	5.07	9.09	123.76
0.00	6.00	32.50	10.50	0.00	10.50	1.60	1.50	0.00
0.00	0.00	1.25	7.00	0.00	6.25	0.00	0.00	25.00
0.00	0.00	0.56	2.56	0.59	1.28	0.20	0.00	20.00
0.00	0.00	0.56	2.56	0.59	1.28	0.20	0.00	20.00
0.00	6.00	34.87	22.61	1.18	19.30	2.00	1.50	65.00
0.00	12.00	65.00	21.00	0.00	21.00	3.20	3.00	0.00

0.00	0.00	1.88	10.53	0.00	9.40	0.00	0.00	37.59
0.00	0.00	1.12	5.11	1.18	2.55	0.40	0.00	40.00
0.00	0.00	0.00	5.20	0.40	4.00	0.40	8.00	30.00
0.00	12.00	68.00	41.84	1.57	36.95	4.00	11.00	107.59
0.00	12.00	65.00	21.00	0.00	21.00	3.20	3.00	0.00
0.00	0.00	2.50	14.00	0.00	12.50	0.00	0.00	50.00
0.00	0.00	1.12	5.11	1.18	2.55	0.40	0.00	40.00
0.00	0.00	0.00	5.20	0.40	4.00	0.40	8.00	30.00
0.00	12.00	68.62	45.32	1.57	40.05	4.00	11.00	120.00
0.00	6.00	32.50	10.50	0.00	10.50	1.60	1.50	0.00
0.00	0.00	1.25	7.00	0.00	6.25	0.00	0.00	25.00
0.00	0.00	0.17	2.04	0.54	1.42	0.07	0.00	3.60
0.00	0.00	0.17	2.01	1.09	0.74	0.20	0.00	7.50
0.00	0.00	0.34	1.53	0.35	0.77	0.12	0.00	12.00
0.00	6.00	34.42	23.08	1.99	19.68	1.99	1.50	48.10
0.00	12.00	65.00	21.00	0.00	21.00	3.20	3.00	0.00
0.00	0.00	1.88	10.53	0.00	9.40	0.00	0.00	37.59
0.00	0.00	0.36	4.43	1.17	3.08	0.15	0.00	7.80
0.00	0.00	0.36	4.35	2.37	1.61	0.44	0.00	16.25
0.00	0.00	0.73	3.32	0.76	1.66	0.26	0.00	26.00
0.00	12.00	68.34	43.63	4.30	36.74	4.05	3.00	87.64
0.00	12.00	65.00	21.00	0.00	21.00	3.20	3.00	0.00
0.00	0.00	2.50	14.00	0.00	12.50	0.00	0.00	50.00
0.00	0.00	0.38	4.63	1.23	3.22	0.16	0.00	8.16
0.00	0.00	0.38	4.55	2.48	1.68	0.46	0.00	17.00
0.00	0.00	0.76	3.48	0.80	1.74	0.27	0.00	27.20
0.00	12.00	69.02	47.66	4.50	40.14	4.09	3.00	102.36
0.00	6.00	32.50	10.50	0.00	10.50	1.60	1.50	0.00
0.00	5.00	85.00	13.00	0.00	13.00	4.50	5.00	0.00
0.00	0.00	0.56	12.78	0.97	6.84	0.61	4.48	26.88
0.00	11.00	118.06	36.28	0.97	30.34	6.71	10.98	26.88
0.00	12.00	65.00	21.00	0.00	21.00	3.20	3.00	0.00
0.00	7.52	127.82	19.55	0.00	19.55	6.77	7.52	0.00
0.00	0.00	1.12	25.57	1.95	13.69	1.22	8.96	53.76
0.00	19.52	193.94	66.12	1.95	54.24	11.19	19.48	53.76
0.00	12.00	65.00	21.00	0.00	21.00	3.20	3.00	0.00
0.00	10.00	170.00	26.00	0.00	26.00	9.00	10.00	0.00
0.00	0.00	1.12	25.57	1.95	13.69	1.22	8.96	53.76
0.00	22.00	236.12	72.57	1.95	60.69	13.42	21.96	53.76

Calcium %DV	Iron %DV	Gluten	Soy	Egg	Dairy	Mustard	Fish	Seeds/Nuts
5.00	0.00	-	-	-	Y	-	-	-
0.50	0.00	-	-	-	-	-	-	-
0.40	1.60	-	-	-	-	-	-	-
0.45	0.45	-	-	-	-	-	-	-
6.35	2.05	-	-	-	Y	-	-	-
10.00	0.00	-	-	-	Y	-	-	-
0.75	0.00	-	-	-	-	-	-	-
0.80	3.20	-	-	-	-	-	-	-
0.90	0.90	-	-	-	-	-	-	-
12.45	4.10	-	-	-	Y	-	-	-
10.00	0.00	-	-	-	Y	-	-	-
1.00	0.00	-	-	-	-	-	-	-
0.80	3.20	-	-	-	-	-	-	-
0.90	0.90	-	-	-	-	-	-	-
12.70	4.10	-	-	-	Y	-	-	-
5.00	0.00	-	-	-	Y	-	-	-
0.50	0.00	-	-	-	-	-	-	-
0.27	0.27	-	-	-	-	-	-	-
0.27	0.27	-	-	-	-	-	-	-
1.20	2.40	-	-	-	-	-	-	-
7.24	2.94	-	-	-	Y	-	-	-
10.00	0.00	-	-	-	Y	-	-	-
0.75	0.00	-	-	-	-	-	-	-
0.58	0.58	-	-	-	-	-	-	-
2.60	5.20	-	-	-	-	-	-	-
0.58	0.58	-	-	-	-	-	-	-
14.52	6.36	-	-	-	Y	-	-	-
10.00	0.00	-	-	-	Y	-	-	-
1.00	0.00	-	-	-	-	-	-	-
0.61	0.61	-	-	-	-	-	-	-
2.72	5.44	-	-	-	-	-	-	-
0.61	0.61	-	-	-	-	-	-	-
14.94	6.66	-	-	-	Y	-	-	-
5.00	0.00	-	-	-	Y	-	-	-
0.00	0.00	-	-	-	-	-	-	-
0.40	1.60	-	-	-	-	-	-	-
0.40	1.60	-	-	-	-	-	-	-
5.80	3.20	-	-	-	Y	-	-	-
10.00	0.00	-	-	-	Y	-	-	-

0.00	0.00	-	-	-	-	-	-	-
0.80	3.20	-	-	-	-	-	-	-
0.00	4.00	-	-	-	-	-	-	-
10.80	7.20	-	-	-	Y	-	-	-
10.00	0.00	-	-	-	Y	-	-	-
0.00	0.00	-	-	-	-	-	-	-
0.80	3.20	-	-	-	-	-	-	-
0.00	4.00	-	-	-	-	-	-	-
10.80	7.20	-	-	-	Y	-	-	-
5.00	0.00	-	-	-	Y	-	-	-
0.00	0.00	-	-	-	-	-	-	-
1.20	1.20	-	-	-	-	-	-	-
0.30	0.90	-	-	-	-	-	-	-
0.24	0.96	-	-	-	-	-	-	-
6.74	3.06	-	-	-	Y	-	-	-
10.00	0.00	-	-	-	Y	-	-	-
0.00	0.00	-	-	-	-	-	-	-
2.60	2.60	-	-	-	-	-	-	-
0.65	1.95	-	-	-	-	-	-	-
0.52	2.08	-	-	-	-	-	-	-
13.77	6.63	-	-	-	Y	-	-	-
10.00	0.00	-	-	-	Y	-	-	-
0.00	0.00	-	-	-	-	-	-	-
2.72	2.72	-	-	-	-	-	-	-
0.68	2.04	-	-	-	-	-	-	-
0.54	2.18	-	-	-	-	-	-	-
13.94	6.94	-	-	-	Y	-	-	-
5.00	0.00	-	-	-	Y	-	-	-
15.00	1.00	-	-	-	Y	-	-	-
0.90	0.90	-	-	-	-	-	-	-
20.90	1.90	-	-	-	Y	-	-	-
10.00	0.00	-	-	-	Y	-	-	-
22.56	1.50	-	-	-	Y	-	-	-
1.79	1.79	-	-	-	-	-	-	-
34.35	3.30	-	-	-	Y	-	-	-
10.00	0.00	-	-	-	Y	-	-	-
30.00	2.00	-	-	-	Y	-	-	-
1.79	1.79	-	-	-	-	-	-	-
41.79	3.79	-	-	-	Y	-	-	-



