

| <b>Menu Item</b> | <b>Serving Size</b> | <b>Calories</b> | <b>Calories From Fat</b> | <b>Fat</b> | <b>Sat Fat</b> | <b>Trans Fat</b> | <b>Cholesterol</b> | <b>Protein</b> | <b>Carbohydrate</b> | <b>Total Sugars</b> | <b>Fiber</b> | <b>Sodium</b> |
|------------------|---------------------|-----------------|--------------------------|------------|----------------|------------------|--------------------|----------------|---------------------|---------------------|--------------|---------------|
| Bananas          | 70g (1 spoon)       | 60              | 0                        | 0g         | 0g             | 0g               | 0mg                | 1g             | 16g                 | 9g                  | 2g           | 0mg           |
| Cantaloupe       | 85g (1 spoon)       | 25              | 0                        | 0g         | 0g             | 0g               | 0mg                | <1g            | 6g                  | 7g                  | <1g          | 10mg          |
| Grapes           | 80g (1 spoon)       | 60              | 0                        | 0g         | 0g             | 0g               | 0mg                | <1g            | 15g                 | 12g                 | <1g          | 0mg           |
| Honeydew         | 88g (1 spoon)       | 30              | 0                        | 0g         | 0g             | 0g               | 0mg                | <1g            | 8g                  | 7g                  | <1g          | 15mg          |
| Orange Wedges    | 70g (1 spoon)       | 30              | 0                        | 0g         | 0g             | 0g               | 0mg                | 0g             | 8g                  | 7g                  | 2g           | 0mg           |
| Pineapple        | 78g (1 spoon)       | 35              | 0                        | 0g         | 0g             | 0g               | 0mg                | 0g             | 10g                 | 7g                  | 1g           | 0mg           |
| Strawberries     | 72g (1 spoon)       | 25              | 0                        | 0g         | 0g             | 0g               | 0mg                | <1g            | 6g                  | 4g                  | 1g           | 0mg           |
| Watermelon       | 76g (1 spoon)       | 25              | 0                        | 0g         | 0g             | 0g               | 0mg                | <1g            | 6g                  | 5g                  | 0g           | 0mg           |