

| 1/2 cup serving | Apple | Fresh Potato | French Fries |
|-------------------|---------|--------------|--------------|
| calories | 32.5 | 64 | 115 |
| carbohydrates (g) | 8.7 | 14.6 | 19.0 |
| sugars (g) | 6.5 | 0.8 | 0.2 |
| Fat (g) | 0.1 | 0.1 | 3.5 |
| saturated fat (g) | - | - | 0.7 |
| Omega-3 (g) | 5.6 | 9.0 | 12.4 |
| Omega 6 (g) | 26.9 | 29.7 | 195.0 |
| protein (g) | 0.2 | 1.8 | 1.7 |
| sodium (mg) | 0.7 | 6.9 | 270.0 |
| Vitamin A (IU) | 33.4 | 6.9 | 2.8 |
| Vitamin C (mg) | 2.9 | 6.6 | 8.1 |
| Vitamin E (mg) | 0.1 | - | 0.1 |
| Vitamin K (mcg) | 1.4 | 0.1 | 1.6 |
| Thiamin (mg) | 0.0 | 0.1 | 0.1 |
| Riboflavin (mg) | 0.0 | 0.1 | 0.0 |
| Niacin (mg) | 0.1 | 1.0 | 1.5 |
| Vitamin B6 (mg) | 0.1 | 0.2 | 0.1 |
| Folate (mcg) | 1.9 | 19.3 | 15.2 |
| Vitamin B12 | - | - | - |
| Calcium (mg) | 3.8 | 10.4 | 9.0 |
| Iron (mg) | 0.1 | 0.8 | 0.5 |
| Magnesium (mg) | 3.2 | 19.3 | 19.3 |
| Phosphorus (mg) | 6.9 | 43.3 | 66.9 |
| Potassium (mg) | 67.0 | 369.0 | 325.0 |
| cost | \$ 0.18 | \$ 0.09 | \$ 0.08 |

Reimbursable Breakfast Now:



- Milk
- Fruit, ½ cup
- 1 Bread & 1 Protein
OR 2 Breads daily

Proposed Reimbursable Breakfast:

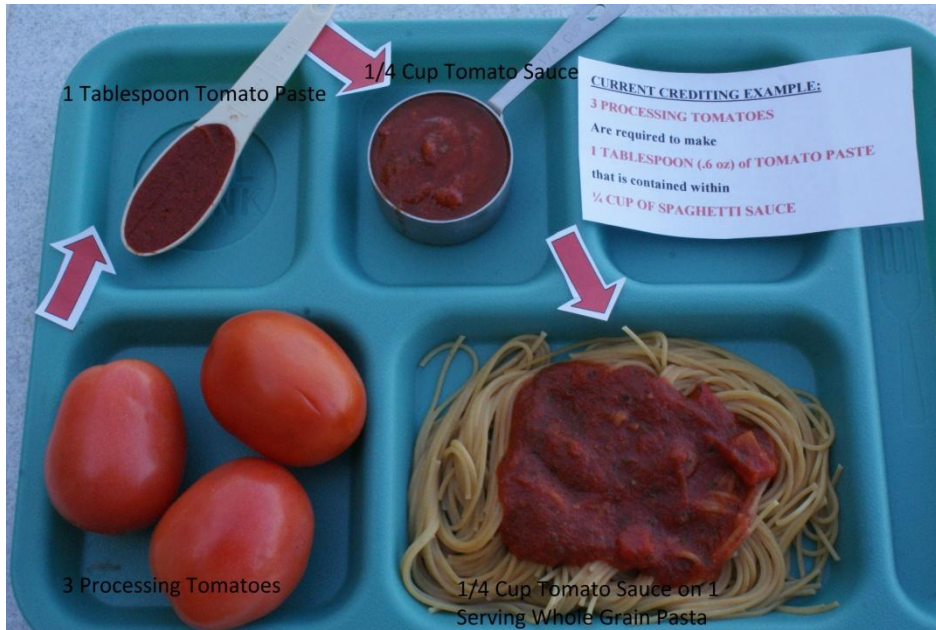


- Milk
- Fruit, 1 cup
- 1 Protein
- 1.4 to 2 Breads daily

CURRENT 1/4 CUP CREDITING EXAMPLE

3 PROCESSING TOMATOES = TBS TOMATO PASTE = 1/4 CUP OF SPAGHETTI SAUCE =

Cost: \$.09



PROPOSED 1/4 CUP CREDITING EXAMPLE

9 PROCESSING TOMATOES = 3 TBS TOMATO PASTE = 3/4 CUP OF SPAGHETTI SAUCE

Cost: .27/serving

