



EDUKITCHENS
— FUEL YOUR SCHOOL —

Full Line Brochure

Synergy Food Group
Producing Greater Results

The key to student engagement is a good wholesome meal. Without proper nutrition, students won't be able to succeed where it matters most. EduKitchens™ was developed to help School Nutrition operators provide nutritious, good tasting, and wholesome meals to their students. All while reducing labor, controlling waste, and making service a snap. Whether frozen meals or shelf-stable meal kits, here at Edukitchens™ we provide you the tools to Fuel Your School.

Frozen Meals



Dietician certified



100% reimbursable



Oven safe containers to heat and serve or send home frozen



Reduce food waste, save time, labor and expense



No dishes or equipment to wash



Keep frozen for up to 15 months

Shelf Stable Meal Kits



Innovative pop-up box ships flat



Just add your refrigerated milk



Quality name brand components



Meals meet/exceed requirements for SFSP compliance, as analyzed by a Registered Dietician.



Product	Units	Unit Weight	Item Code
Frozen Meals			
BBQ Chicken Mac and Cheese	20	13 oz	080810
BBQ Meatballs	20	12.25 oz	080802
Biscuit and Gravy	20	10.6 oz	080818
Breaded Chicken with Gravy	20	12.5 oz	080808
Buttermilk Pancakes with Sausage	20	9 oz	080817
Cheeseburger Casserole	20	12 oz	080813
Cheesy Chicken and Noodles	20	11.6 oz	080809
Chicken Alfredo	20	12.35 oz	080805
Chicken Parmesan	20	13.4 oz	080803
Chili Mac	20	12.6 oz	080815
Hamburger Steak with Pan Gravy	20	12.66 oz	080820
Meatballs and Gravy	20	12.25 oz	080816
Salisbury Steak	20	11.66 oz	080804
Southwest Chicken Taco Bowl	20	11.25 oz	080807
Spaghetti and Meatballs	20	11.8 oz	080811
Sweet and Sour Chicken	20	12.5 oz	080806
Turkey and Dressing	20	12.25 oz	080801
Turkey and Rice	20	11.6 oz	080821
White Cheddar Shells and Cheese	20	12.35 oz	080819
Shelf Stable Meal Kits			
Breakfast Kit #1		2.5 lbs	322101-090
Breakfast Kit #2		2.57 lbs	322102-090
Lunch Kit #1		4.25 lbs	322103-090
Lunch Kit #2		4.22 lbs	322104-090

For further information, please contact us at info@edukitchensmeals.com

BBQ Chicken and Mac & Cheese



MMA (oz)	GRAIN (oz)	VEG (cup)	FRUIT (cup)
2.25	3.5	1	

Macaroni and cheese topped with white meat chicken and mesquite bbq sauce. Served with green beans and California blend vegetables.

Nutrition Facts		Amount per serving	% Daily Value *	Amount per serving	% Daily Value *
1 serving per container		Total Fat 13g	16%	Total Carbohydrate 51g	19%
Serving size 13 oz (369g)		Saturated Fat 7g	33%	Dietary Fiber 6g	22%
		Trans Fat 0g		Total Sugars 14g	
		Cholesterol 65mg	22%	Includes 6g Added Sugars	11%
		Sodium 250mg	11%	Protein 27g	
Calories 430 per serving		Vitamin D 0.1mcg 0% • Calcium 240mg 20% • Iron 3.2mg 20% • Potassium 550mg 10%			

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Contains Milk, Soy, Wheat (Gluten)

BBQ Meatballs



MMA (oz)	GRAIN (oz)	VEG (cup)	FRUIT (cup)
2.0	3.25	7/8	

BBQ meatballs with rice. Served with carrots and green beans.

Nutrition Facts		Amount per serving	% Daily Value *	Amount per serving	% Daily Value *
1 serving per container		Total Fat 17g	21%	Total Carbohydrate 53g	19%
Serving size 12 1/4 oz (347g)		Saturated Fat 6g	32%	Dietary Fiber 6g	21%
		Trans Fat 0g		Total Sugars 19g	
		Cholesterol 65mg	22%	Includes 12g Added Sugars	23%
		Sodium 290mg	13%	Protein 19g	
Calories 430 per serving		Vitamin D 0.1mcg 0% • Calcium 130mg 10% • Iron 4.7mg 25% • Potassium 710mg 15%			

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Contains Milk, Soy, Wheat

Biscuit and Sausage Gravy



MMA (oz)	GRAIN (oz)	VEG (cup)	FRUIT (cup)
.25	2.0	3/8	3/8

Buttermilk biscuit with sausage gravy, served with seasoned potatoes and an apple compote.

Nutrition Facts		Amount per serving	% Daily Value *	Amount per serving	% Daily Value *
1 serving per container		Total Fat 27g	35%	Total Carbohydrate 64g	23%
Serving size 10 3/5 oz (301g)		Saturated Fat 7g	35%	Dietary Fiber 5g	19%
		Trans Fat 0g		Total Sugars 15g	
		Cholesterol 10mg	3%	Includes 4g Added Sugars	7%
		Sodium 470mg	20%	Protein 10g	
Calories 480 per serving		Vitamin D 0.5mcg 2% • Calcium 120mg 10% • Iron 2.5mg 15% • Potassium 620mg 15%			

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Contains Milk, Soy, Wheat (Gluten)

Breaded Chicken with Gravy



MMA (oz)	GRAIN (oz)	VEG (cup)	FRUIT (cup)
2.0	1.0	1.25	

Breaded chicken over mashed potatoes with gravy. Served with California blend vegetables and corn.

Nutrition Facts		Amount per serving	% Daily Value *	Amount per serving	% Daily Value *
1 serving per container		Total Fat 24g	31%	Total Carbohydrate 44g	16%
Serving size 12 1/2 oz (354g)		Saturated Fat 3.5g	19%	Dietary Fiber 5g	17%
		Trans Fat 0g		Total Sugars 6g	
		Cholesterol 30mg	11%	Includes 0g Added Sugars	0%
		Sodium 270mg	12%	Protein 16g	
Calories 440 per serving		Vitamin D 0.5mcg 2% • Calcium 100mg 8% • Iron 1.5mg 8% • Potassium 490mg 10%			

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Contains Milk, Soy, Wheat (Gluten)

Buttermilk Pancakes with Sausage



MMA (oz)	GRAIN (oz)	VEG (cup)	FRUIT (cup)
1.5	2.0	5/8	1/4

Pancakes with pork sausage. Served with seasoned potatoes and cinnamon applesauce.

Nutrition Facts		Amount per serving	% Daily Value *	Amount per serving	% Daily Value *
1 serving per container		Total Fat 21g	27%	Total Carbohydrate 50g	18%
Serving size 9 oz (255g)		Saturated Fat 6g	29%	Dietary Fiber 4g	15%
		Trans Fat 0g		Total Sugars 18g	
		Cholesterol 40mg	14%	Includes 4g Added Sugars	8%
		Sodium 260mg	11%	Protein 11g	
Calories 430 per serving		Vitamin D 0mcg 0% • Calcium 70mg 6% • Iron 2.6mg 15% • Potassium 370mg 8%			

Contains Egg, Milk, Soy, Wheat (Gluten)

Cheeseburger Casserole



MMA (oz)	GRAIN (oz)	VEG (cup)	FRUIT (cup)
2.25	2.0	7/8	

Ground beef and chicken, whole grain bow tie pasta and cheese sauce. Served with butternut squash and broccoli.

Nutrition Facts		Amount per serving	% Daily Value *	Amount per serving	% Daily Value *
1 serving per container		Total Fat 18g	23%	Total Carbohydrate 43g	16%
Serving size 12 oz (340g)		Saturated Fat 9g	46%	Dietary Fiber 5g	17%
		Trans Fat 0g		Total Sugars 7g	
		Cholesterol 75mg	26%	Includes 0g Added Sugars	0%
		Sodium 200mg	9%	Protein 25g	
Calories 430 per serving		Vitamin D 0.1mcg 0% • Calcium 260mg 20% • Iron 3.2mg 20% • Potassium 640mg 15%			

Contains Milk, Soy, Wheat (Gluten)

Cheesy Chicken and Noodles



MMA (oz)	GRAIN (oz)	VEG (cup)	FRUIT (cup)
2.5	3.25	3/4	

White meat chicken with cheese sauce over egg noodles. Served with green beans and corn.

Nutrition Facts		Amount per serving	% Daily Value *	Amount per serving	% Daily Value *
1 serving per container		Total Fat 15g	20%	Total Carbohydrate 45g	16%
Serving size 11 3/5 oz (329g)		Saturated Fat 8g	40%	Dietary Fiber 5g	17%
		Trans Fat 0g		Total Sugars 8g	
		Cholesterol 105mg	35%	Includes 0g Added Sugars	0%
		Sodium 340mg	15%	Protein 33g	
Calories 440 per serving		Vitamin D 0.2mcg 2% • Calcium 250mg 20% • Iron 3mg 15% • Potassium 480mg 10%			

Contains Egg, Milk, Wheat

Chicken Alfredo



MMA (oz)	GRAIN (oz)	VEG (cup)	FRUIT (cup)
2.75	3.0	7/8	

White meat chicken over bowtie pasta with alfredo sauce and mozzarella cheese. Served with broccoli and carrots.

Nutrition Facts		Amount per serving	% Daily Value *	Amount per serving	% Daily Value *
1 serving per container		Total Fat 8g	10%	Total Carbohydrate 38g	14%
Serving size 12 7/20 oz (350g)		Saturated Fat 3.5g	18%	Dietary Fiber 5g	19%
		Trans Fat 0g		Total Sugars 5g	
		Cholesterol 70mg	23%	Includes 0g Added Sugars	0%
		Sodium 250mg	11%	Protein 34g	
Calories 360 per serving		Vitamin D 0.2mcg 0% • Calcium 210mg 15% • Iron 2.5mg 15% • Potassium 490mg 10%			

Contains Milk, Soy, Wheat (Gluten)

Chicken Parmesan



MMA (oz)	GRAIN (oz)	VEG (cup)	FRUIT (cup)
2.25	4	1 1/8	

Breaded chicken with marinara sauce and cheese over noodles. served with peas & carrots and corn.

Nutrition Facts		Amount per serving	% Daily Value *	Amount per serving	% Daily Value *
1 serving per container		Total Fat 16g	20%	Total Carbohydrate 62g	23%
Serving size 13 2/5 oz (380g)		Saturated Fat 3g	15%	Dietary Fiber 7g	25%
		Trans Fat 0g		Total Sugars 6g	
		Cholesterol 35mg	11%	Includes <1g Added Sugars	1%
		Sodium 400mg	17%	Protein 25g	
Calories 470 per serving		Vitamin D 0mcg 0% • Calcium 50mg 4% • Iron 2.9mg 15% • Potassium 550mg 10%			

Contains Milk, Soy, Wheat (Gluten)

Chili Mac



MMA (oz)	GRAIN (oz)	VEG (cup)	FRUIT (cup)
1.5	3.0	1	

Meat and beans chili over macaroni noodles with cheddar cheese. Served with zucchini and a corn and red pepper blend.

Nutrition Facts		Amount per serving	% Daily Value *	Amount per serving	% Daily Value *
1 serving per container		Total Fat 10g	13%	Total Carbohydrate 51g	19%
Serving size 12 3/5 oz (357g)		Saturated Fat 4g	20%	Dietary Fiber 7g	26%
		Trans Fat 0g		Total Sugars 8g	
		Cholesterol 45mg	15%	Includes 0g Added Sugars	0%
		Sodium 230mg	10%	Protein 21g	
Calories 370 per serving		Vitamin D 0.1mcg 0% • Calcium 120mg 10% • Iron 3.4mg 20% • Potassium 670mg 15%			

Contains Milk, Soy, Wheat (Gluten)

Hamburger Steak with Pan Gravy



MMA (oz)	GRAIN (oz)	VEG (cup)	FRUIT (cup)
2.0	3.5	7/8	

Charbroiled beef patty over rice with pan gravy. Served with Italian green beans and corn.

Nutrition Facts		Amount per serving	% Daily Value *	Amount per serving	% Daily Value *
1 serving per container		Total Fat 12g	15%	Total Carbohydrate 50g	18%
Serving size 12 33/50 oz (359g)		Saturated Fat 4.5g	22%	Dietary Fiber 5g	19%
		Trans Fat 0g		Total Sugars 8g	
		Cholesterol 30mg	10%	Includes 0g Added Sugars	0%
		Sodium 300mg	13%	Protein 16g	
Calories 360 per serving		Vitamin D 0mcg 0% • Calcium 80mg 6% • Iron 3.8mg 20% • Potassium 310mg 6%			

Contains Milk, Soy, Wheat (Gluten)

Meatballs and Gravy



MMA (oz)	GRAIN (oz)	VEG (cup)	FRUIT (cup)
2.0	3.0	7/8	

Meatballs over rice with brown gravy. Served with cauliflower and a blend of corn and red peppers.

Nutrition Facts		Amount per serving	% Daily Value *	Amount per serving	% Daily Value *
1 serving per container		Total Fat 15g	19%	Total Carbohydrate 42g	15%
Serving size 12 1/4 oz (347g)		Saturated Fat 6g	31%	Dietary Fiber 5g	17%
		Trans Fat 0g		Total Sugars 7g	
		Cholesterol 65mg	22%	Includes 0g Added Sugars	0%
		Sodium 280mg	12%	Protein 20g	
Calories 370 per serving		Vitamin D 0.1mcg 0% • Calcium 80mg 6% • Iron 3.7mg 20% • Potassium 510mg 10%			

Contains Milk, Soy, Wheat

Salisbury Steak



MMA (oz)	GRAIN (oz)	VEG (cup)	FRUIT (cup)
2.0		1 1/8	

Salisbury steak and mushroom gravy on top of mashed potatoes. Served with carrots, peas and green beans.

Nutrition Facts		Amount per serving	% Daily Value *	Amount per serving	% Daily Value *
1 serving per container		Total Fat 14g	18%	Total Carbohydrate 28g	10%
Serving size 11 16/25 oz (330g)		Saturated Fat 6g	31%	Dietary Fiber 6g	20%
		Trans Fat 0g		Total Sugars 3g	
		Cholesterol 40mg	13%	Includes 0g Added Sugars 0%	
		Sodium 340mg	15%	Protein 15g	
Calories 290 per serving		Vitamin D 0mcg 0% • Calcium 80mg 6% • Iron 2.5mg 15% • Potassium 390mg 8%			

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Contains Milk, Soy, Wheat (Gluten)

Southwest Chicken Taco Bowl



MMA (oz)	GRAIN (oz)	VEG (cup)	FRUIT (cup)
1.5	2.5	1 3/8	

Chicken, rice and beans with salsa. Served with green beans and a corn & red pepper blend.

Nutrition Facts		Amount per serving	% Daily Value *	Amount per serving	% Daily Value *
1 serving per container		Total Fat 2.5g	3%	Total Carbohydrate 43g	16%
Serving size 11 1/4 oz (319g)		Saturated Fat 0.5g	3%	Dietary Fiber 5g	18%
		Trans Fat 0g		Total Sugars 4g	
		Cholesterol 35mg	11%	Includes 0g Added Sugars 0%	
		Sodium 230mg	10%	Protein 20g	
Calories 270 per serving		Vitamin D 0mcg 0% • Calcium 80mg 6% • Iron 3.3mg 20% • Potassium 560mg 10%			

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Spaghetti and Meatballs



MMA (oz)	GRAIN (oz)	VEG (cup)	FRUIT (cup)
2.25	2.5	1.0	

Beef meatballs topped with marinara and shredded mozzarella on a bed of whole grain spaghetti. Served with California blend and green beans.

Nutrition Facts		Amount per serving	% Daily Value *	Amount per serving	% Daily Value *
1 serving per container		Total Fat 20g	26%	Total Carbohydrate 41g	15%
Serving size 12 11/20 oz (356g)		Saturated Fat 8g	39%	Dietary Fiber 7g	27%
		Trans Fat 0g		Total Sugars 9g	
		Cholesterol 70mg	24%	Includes <1g Added Sugars 2%	
		Sodium 320mg	14%	Protein 23g	
Calories 430 per serving		Vitamin D 0.1mcg 0% • Calcium 180mg 15% • Iron 4.6mg 25% • Potassium 790mg 15%			

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Contains Milk, Soy, Wheat

Sweet and Sour Chicken



MMA (oz)	GRAIN (oz)	VEG (cup)	FRUIT (cup)
2.5	3.0	3/4	

White chicken meat topped with sweet and sour sauce over a bed of white rice. Served with crinkle cut carrots and green beans.

Nutrition Facts		Amount per serving	% Daily Value *	Amount per serving	% Daily Value *
1 serving per container		Total Fat 3g	4%	Total Carbohydrate 57g	21%
Serving size 12 1/2 oz (354g)		Saturated Fat 0.5g	4%	Dietary Fiber 5g	19%
		Trans Fat 0g		Total Sugars 26g	
		Cholesterol 55mg	18%	Includes 18g Added Sugars 36%	
		Sodium 160mg	7%	Protein 27g	
Calories 370 per serving		Vitamin D 0.1mcg 0% • Calcium 60mg 4% • Iron 3.4mg 20% • Potassium 440mg 10%			

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Contains Soy, Wheat (Gluten)

Turkey and Dressing



MMA (oz)	GRAIN (oz)	VEG (cup)	FRUIT (cup)
2.5	2.0	3/4	

Turkey and dressing served with mashed potatoes and green beans.

Nutrition Facts		Amount per serving	% Daily Value *	Amount per serving	% Daily Value *
Total Fat 13g			17%	Total Carbohydrate 43g	16%
Saturated Fat 6g			32%	Dietary Fiber 3g	12%
Trans Fat 0g				Total Sugars 5g	
Cholesterol 85mg			28%	Includes 0g Added Sugars 0%	
Sodium 630mg			27%	Protein 21g	
Calories 380 per serving		Vitamin D 0.2mcg 2% • Calcium 70mg 6% • Iron 2.8mg 15% • Potassium 510mg 10%			

1 serving per container
Serving size 13 1/4 oz (376g)

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Contains Milk, Soy, Wheat (Gluten)

Turkey and Rice



MMA (oz)	GRAIN (oz)	VEG (cup)	FRUIT (cup)
2.75	2.5	3/4	

Slow roasted turkey over rice with a cheesy cream sauce. Served with Italian green beans and a blend of corn and tomatoes.

Nutrition Facts		Amount per serving	% Daily Value *	Amount per serving	% Daily Value *
Total Fat 12g			16%	Total Carbohydrate 38g	14%
Saturated Fat 6g			32%	Dietary Fiber 4g	13%
Trans Fat 0g				Total Sugars 5g	
Cholesterol 80mg			26%	Includes 0g Added Sugars 0%	
Sodium 210mg			9%	Protein 22g	
Calories 350 per serving		Vitamin D 0.3mcg 2% • Calcium 220mg 15% • Iron 2.7mg 15% • Potassium 550mg 10%			

1 serving per container
Serving size 11 3/5 oz (329g)

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Contains Milk

White Cheddar and Shells



MMA (oz)	GRAIN (oz)	VEG (cup)	FRUIT (cup)
2.75	3.0	7/8	

Whole grain shell pasta in a white cheddar sauce topped with grated cheese and whole grain breadcrumbs. Served with butternut squash and broccoli.

Nutrition Facts		Amount per serving	% Daily Value *	Amount per serving	% Daily Value *
Total Fat 18g			23%	Total Carbohydrate 59g	22%
Saturated Fat 11g			53%	Dietary Fiber 5g	17%
Trans Fat 0g				Total Sugars 9g	
Cholesterol 50mg			17%	Includes 0g Added Sugars 0%	
Sodium 360mg			16%	Protein 21g	
Calories 470 per serving		Vitamin D 0.1mcg 0% • Calcium 360mg 25% • Iron 2.7mg 15% • Potassium 470mg 10%			

1 serving per container
Serving size 12 7/20 oz (350g)

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Contains Milk, Wheat (Gluten)



Shelf Stable Meal Kits

Seamless Summer compliant. Fully customizable to meet NSLP and NSBP!

Breakfast Kit #1

Meal #1

Honey Nut Cheerios BowlPak WG	1 oz Grain
Amazin' Raisin Strawberry Flavored Raisin	1/2 cup Fruit
FastStart Breakfast Bar Apple, WG	1 oz Grain

Meal #2

Fruity Cheerios BowlPak WG	1 oz Grain
Amazin' Raisin Orange Flavored Raisins	1/2 cup Fruit
FastStart Breakfast Bar, Strawberry WG	1 oz Grain

Meal #3

Apple Cinnamon Cheerios BowlPak WG	1 oz Grain
Ocean Spray Craisins, Original	1/2 cup Fruit
WG Apple Delight Pastry	1 oz Grain

Meal #4

Cocoa Puffs Reduced Sugar BowlPak WG	1 oz Grain
Amazin' Raisin Peach Flavored Raisins	1/2 cup Fruit
WG Strawberry Delight Pastry	1 oz Grain

Meal #5

Total Raisin Bran BowlPak WG	1 oz Grain
Amazin' Raisin Sour Lemon Flavored Raisins	1/2 cup Fruit
WG Graham Cracker Bites	1 oz Grain

Breakfast Kit #2

Meal #1

Corn Chex BowlPak WG	1 oz Grain
Amazin' Raisin Sour Pineapple Flavored Raisin	1/2 cup Fruit
WG Lemon Mini Cookies	1 oz Grain

Meal #2

Golden Grahams BowlPak WG	1 oz Grain
Raisin Box	1/2 cup Fruit
Grains to Go Apple Cinnamon Bar	1 oz Grain

Meal #3

Lucky Charms Bowlpak WG	1 oz Grain
Ocean Spray Craisins, Strawberry	1/2 cup Fruit
FastStart WG Breakfast Bar, Strawberry	1 oz Grain

Meal #4

Trix Reduced Sugar BowlPak WG	1 oz Grain
Amazin' Raisin Sour Pineapple Flavored Raisins	1/2 cup Fruit
WG Apple Delight Pastry	1 oz Grain

Meal #5

Cinnamon Toast Crunch BowlPak WG	1 oz Grain
Amazin' Raisin Orange Flavored Raisins	1/2 cup Fruit
WG Strawberry Delight Pastry	1 oz Grain

Lunch Kit #1

Meal #1

Starkist Snack to Go Ranch Kit Tuna	1.5 oz MMA
Sunflower Seeds	1.0 oz MMA
Amazin' Raisin Flavored Raisin, Assorted	1/2 cup Fruit
Juice Box	1/2 cup Veg
Granola, McKee Foods WG	1 oz Grain

Meal #2

Starkist Chicken Creations BBQ Chicken	1.75 oz MMA
Sunflower Seeds	1.0 oz MMA
Amazin' Raisin Flavored Raisin, Assorted	1/2 cup Fruit
Juice Box	1/2 cup Veg
Appleways Sweet Potato Cracker	1 oz Grain

Meal #3

Starkist Chicken Creations Teriyaki Chicken	1.75 oz MMA
Sunflower Seeds	1.0 oz MMA
Raisin Box	1/2 cup Fruit
Juice Box	1/2 cup Veg
Appleways Bean and Veggie Cracker	1 oz Grain

Meal #4

Starkist Tuna Creations Deli Tuna Salad	1.0 oz MMA
Sunflower Seeds	1.0 oz MMA
Amazin' Raisin Flavored Raisin, Assorted	1/2 cup Fruit
Juice Box	1/2 cup Veg
Pepperidge Farm Goldfish WG	1 oz Grain

Meal #5

Starkist Tuna Creations Honey BBQ	1.5 oz MMA
Sunflower Seeds	1.0 oz MMA
Amazin' Raisin Flavored Raisin, Assorted	1/2 cup Fruit
Juice Box	1/2 cup Veg
Pepperidge Farm Goldfish WG	1 oz Grain

Lunch Kit #2

Meal #1

Starkist Snack to Go Sweet and Spicy Tuna Kit	1.75 oz MMA
Sunflower Seeds	1.0 oz MMA
Amazin' Raisin Flavored Raisin, Assorted	1/2 cup Fruit
Juice Box	1/2 cup Veg
Granola, McKee Foods WG	1 oz Grain

Meal #2

Starkist Chicken Creations Lemon Pepper	2.0 oz MMA
Amazin' Raisin Flavored Raisin, Assorted	1/2 cup Fruit
Juice Box	1/2 cup Veg
Oats and Honey Granola Bar	1 oz Grain

Meal #3

Starkist Tuna Creations Hickory Smoked	2.0 oz MMA
Raisin Box	1/2 cup Fruit
Juice Box	1/2 cup Veg
McKee FastStart Breakfast Bar	1 oz Grain

Meal #4

Starkist Tuna Creations Herb and Garlic	1.75 oz MMA
Sunflower Seeds	1.0 oz MMA
Amazin' Raisin Flavored Raisin, Assorted	1/2 cup Fruit
Juice Box	1/2 cup Veg
Pepperidge Farm Goldfish WG	1 oz Grain

Meal #5

Starkist Chicken Creations Deli Chicken Salad	1.5 oz MMA
Sunflower Seeds	1.0 oz MMA
Amazin' Raisin Flavored Raisin, Assorted	1/2 cup Fruit
Juice Box	1/2 cup Veg
Pepperidge Farm Goldfish WG	1 oz Grain