

Target 1 <1,360 mg

<u>MENU ITEM</u>	<u>SODIUM</u>	<u>MENU ITEM</u>	<u>SODIUM</u>
Cheeseburger	470mg	Hamburger	260mg
Pickle	280mg	Pickle	280mg
Tater Tots	310mg	Baked Beans (USDA Foods)	140mg
Ketchup	300mg	Carrot Sticks	40mg
Cookie	40mg	Ranch Dip	270mg
Grapes	0mg	Cookie	40mg
Low-Fat Milk	110mg	Grapes	0mg
Total:	1510mg	Low-Fat Milk	110mg
		Total:	1140mg

Target 2 <1,035 mg

<u>MENU ITEM</u>	<u>SODIUM</u>
Hamburger	260mg
Baked Beans (USDA Foods)	140mg
Carrot Sticks	40mg
Ranch Dip	270mg
Cookie	40mg
Grapes	0mg
Low-Fat Milk	110mg
Total:	860mg

Target 3 <710 mg

<u>MENU ITEM</u>	<u>SODIUM</u>
Hamburger	260mg
Baked Beans (USDA Foods)	140mg
Carrot Sticks	40mg
Hummus	72mg
Cookie	40mg
Grapes	0mg
Low-Fat Milk	110mg
Total:	662mg

<u>Menu Item</u>	<u>Sodium</u>
Hamburger	260mg

