

**Target 1 <1,360 mg**

**Target 2 <1,035 mg**

**Target 3 <710 mg**

**Menu Item Sodium**

<u>MENU ITEM</u>	<u>SODIUM</u>
Cheeseburger	470mg
Pickle	280mg
Tater Tots	310mg
Ketchup	300mg
Cookie	40mg
Grapes	0mg
Low-Fat Milk	110mg
<b>Total:</b>	<b>1510mg</b>

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

<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
<b>Total:</b>	<b>860mg</b>

<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
<b>Total:</b>	<b>662mg</b>

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

