

Target 1 <1,360 mg

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

Total: 1140mg

Target 2 <1,035 mg

<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

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

