



1 small glass apple juice



$\frac{1}{2}$ cup baked beans



1 bran muffin



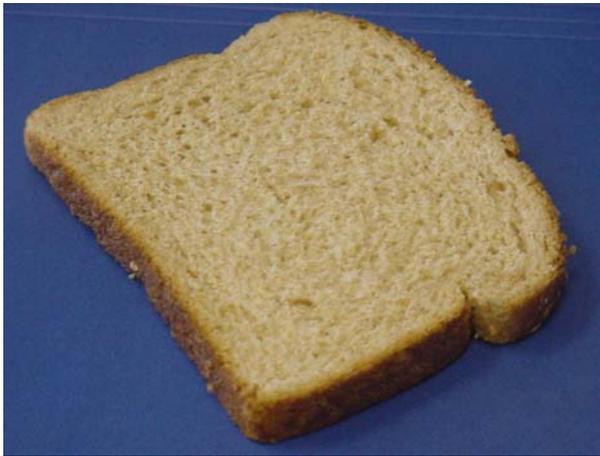
1 cup bran flakes



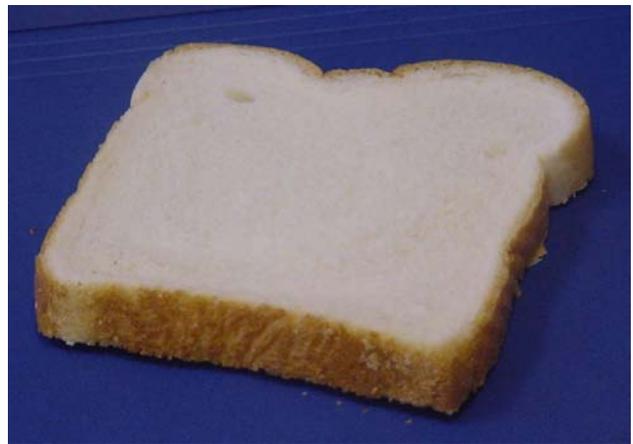
$\frac{1}{2}$ cup macaroni & cheese



1 medium apple



1 slice whole wheat bread



1 slice white bread



3 cups (1 ounce) popcorn



1 doughnut



1 cup corn flakes



1 ounce corn chips