



Washtenaw County

July 2018

Monday		Tuesday		Wednesday			
2 Potato Crusted Fish Confetti Rice Diced Beets Tossed Salad Whole Grain Roll Fresh Honeydew Melon Milk Margarine Tartar Sauce Salad Dressing <i>743 mg Sodium</i>	1 each 1/2 cup 1/2 cup 1 cup 1 each 1/2 cup 1 each 1 each 1 each 1 each	3 <i>Independence Day Meal</i> BBQ Pork Riblet Baked Beans Coleslaw Wheat Hamburger Bun Peach Cobbler Milk	1 each 1/2 cup 1/2 cup 1 each 1/2 cup 1 each	4 <i>Closed for Holiday</i>  INDEPENDENCE DAY	5 Baked Ch Balsamic Au Gratin Brusse Toss Multi-Gr Fresl Març Salad L <i>790 mg</i>		
9 Swedish Meatballs Rotini Noodles Sliced Carrots Yellow Squash Multi-Grain Bread Fresh Pineapple Milk Margarine <i>911 mg Sodium</i>	3 each 1/2 cup 1/2 cup 1/2 cup 1 slice 1/2 cup 1 each 1 each	10 Sriracha Tuna Salad Ranch House Tomatoes Broccoli Salad Whole Grain Ciabatta Roll Petite Banana Milk <i>918 mg Sodium</i>	1/2 cup 1/2 cup 1/2 cup 1 each 1 each 1 each	11 Salisbury Beef with Gravy Whipped Potatoes Mixed Vegetables Tossed Salad Whole Grain Roll Fresh Cantaloupe Milk Margarine Salad Dressing <i>757 mg Sodium</i>	1 each 1/2 cup 1/2 cup 1 cup 1 each 1/2 cup 1 each 1 each 1 each	12 Pork Roast w, Whipped S Mixed Cornbr Toss Fresh Ap Març Salad L <i>575 mg</i>	
16 Swiss Steak Oven Roasted Potatoes Diced Beets Tossed Salad Multi-Grain Bread Fresh Pineapple Milk Margarine Salad Dressing <i>749 mg Sodium</i>	1 each 1/2 cup 1/2 cup 1 cup 1 slice 1/2 cup 1 each 1 each 1 each	17 POTLUCK		18 <i>National Hot Dog Day</i> Beef Hot Dog Ranch Beans California Vegetable Blend Wheat Hot Dog Bun Fresh Honeydew Melon Milk Mustard <i>942 mg Sodium</i>	1 each 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each	19 Sliced Turkey Cornbrea Gree Toss Multi-Gr Petite l Març Salad L <i>766 mg</i>	
23 Beef with Pepper Gravy Succotash Broccoli Tossed Salad Multi-Grain Bread Fresh Pineapple Milk Margarine Salad Dressing <i>662 mg Sodium</i>	1 each 1/2 cup 1/2 cup 1 cup 1 slice 1/2 cup 1 each 1 each 1 each	24 Meatloaf with Gravy Whipped Potatoes Brussels Sprouts Tossed Salad Whole Grain Roll Fresh Apple Slices Milk Margarine Salad Dressing <i>800 mg Sodium</i>	1 each 1/2 cup 1/2 cup 1 cup 1 each 1/2 cup 1 each 1 each 1 each	25 Macaroni and Cheese Green Beans California Vegetable Blend Whole Grain Roll Fresh Honeydew Melon Milk Margarine <i>853 mg Sodium</i>	3/4 cup 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each	26 Pork with S Rice Fl Glazed Toss Whole Peac Març Salad L <i>640 mg</i>	
30 Beef Jardine Whipped Potatoes Spinach	1 each 1/2 cup 1/2 cup	31 Glazed Ham Oven Roasted Potatoes Green Beans	3 oz 1/2 cup 1/2 cup				

Tossed Salad	1 cup	Tossed Salad	1 cup
Whole Grain Roll	1 each	Whole Grain Roll	1 each
Fresh Apple Slices	1/2 cup	Petite Banana	1 each
Milk	1 each	Milk	1 each
Margarine	1 each	Margarine	1 each
Salad Dressing	1 each	Salad Dressing	1 each
<i>885 mg Sodium</i>		<i>989 mg Sodium</i>	



**Washtenaw County
August 2018**

Monday		Tuesday		Wednesday	
				1 Spaghetti with Meat Sauce Brussels Sprouts Tossed Salad Whole Grain Roll Fresh Pineapple Milk Margarine Salad Dressing <i>518 mg Sodium</i>	
6 Beef with Mushroom Gravy Whipped Potatoes Green Peas Tossed Salad Multi-Grain Bread Fresh Cantaloupe Milk Margarine Salad Dressing <i>876 mg Sodium</i>		7 Chicken Salad Coleslaw Italian Tomatoes Whole Grain Ciabatta Roll Fresh Pineapple Milk <i>708 mg Sodium</i>		8 Hamburger Patty Lettuce and Tomato Ranch Beans California Vegetable Blend Wheat Hamburger Bun Fresh Honeydew Melon Milk Mustard Ketchup <i>679 mg Sodium</i>	
13 Baked Chicken Breast Balsamic Onion Sauce Au Gratin Potatoes Brussels Sprouts Tossed Salad Multi-Grain Bread Fresh Orange Milk Margarine Salad Dressing <i>743 mg Sodium</i>		14 Potato Crusted Fish Confetti Rice Diced Beets Tossed Salad Whole Grain Roll Fresh Honeydew Melon Milk Margarine Tartar Sauce Salad Dressing <i>743 mg Sodium</i>		15 Taco Meat Shredded Cheese Lettuce and Tomato Mixed Beans Fiesta Vegetable Blend Corn Tortilla Fresh Pineapple Milk Taco Sauce <i>744 mg Sodium</i>	
20 Yellow Squash Multi-Grain Bread Fresh Pineapple Milk Margarine		21 Sriracha Tuna Salad Ranch House Tomatoes Broccoli Salad Whole Grain Ciabatta Roll Petite Banana Milk		22 Salisbury Beef with Gravy Whipped Potatoes Mixed Vegetables Tossed Salad Whole Grain Roll Fresh Cantaloupe Milk Margarine	
9 Sliced Turkey Oven Roast Gree Brocco Whole Mandarin Març <i>575 mg</i>		16 BBQ Ri Black-e Wheat Han Fresh Apj <i>966 mg</i>		23 Pork Roast w, Whipped S Mixed Cornbr Toss Fresh Apj Març	



				Salad Dressing 757 mg Sodium	1 each	Salad L 575 mg
911 mg Sodium		918 mg Sodium				
27		28		29		30
Swiss Steak	1 each	Sliced Turkey Breast w/Gravy	3 oz	Baked Chicken Breast	1 each	Potato Cr
Oven Roasted Potatoes	1/2 cup	Cornbread Stuffing	1/2 cup	Creole Sauce	1 oz	Hashbro
Diced Beets	1/2 cup	Green Beans	1/2 cup	Whole Kernel Corn	1/2 cup	
Tossed Salad	1 cup	Tossed Salad	1 cup	Spinach	1/2 cup	(
Multi-Grain Bread	1 slice	Multi-Grain Bread	1 slice	Tossed Salad	1 cup	Whole
Fresh Pineapple	1/2 cup	Petite Banana	1 each	Whole Grain Roll	1 each	Fresh C
Milk	1 each	Milk	1 each	Fresh Apple Slices	1/2 cup	
Margarine	1 each	Margarine	1 each	Milk	1 each	Març
Salad Dressing	1 each	Salad Dressing	1 each	Margarine	1 each	Tarte
				Salad Dressing	1 each	
749 mg Sodium		766 mg Sodium		611 mg Sodium		853 mg

Washtenaw Cour September 201

Monday		Tuesday		Wednesday	
3	<u>Closed for Holiday</u>	4	Meatloaf with Gravy Whipped Potatoes Brussels Sprouts Tossed Salad Whole Grain Roll Fresh Apple Slices Milk Margarine Salad Dressing 800 mg Sodium	1 each 1/2 cup 1/2 cup 1 cup 1 each 1/2 cup 1 each 1 each 1 each 1 each	5 Macaroni and Cheese Green Beans California Vegetable Blend Whole Grain Roll Fresh Honeydew Melon Milk Margarine 853 mg Sodium
10	Beef Jardine Whipped Potatoes Spinach Tossed Salad Whole Grain Roll Fresh Apple Slices Milk Margarine Salad Dressing 885 mg Sodium	11	Glazed Ham Oven Roasted Potatoes Green Beans Tossed Salad Whole Grain Roll Petite Banana Milk Margarine Salad Dressing 989 mg Sodium	3 oz 1/2 cup 1/2 cup 1 cup 1 each 1 each 1 each 1 each 1 each 1 each	12 Spaghetti with Meat Sauce Brussels Sprouts Tossed Salad Whole Grain Roll Fresh Pineapple Milk Margarine Salad Dressing 518 mg Sodium
17	Chicken Marsala Au Gratin Rotini Spinach Beet Salad Whole Grain Roll Fresh Apple Slices	18	<u>National Cheeseburger Day</u> Hamburger Patty Lettuce and Tomato Ranch Beans California Vegetable Blend Wheat Hamburger Bun Fresh Honeydew Melon	1 piece 1/2 cup 1/2 cup 1/2 cup 1 each 1/2 cup	19 Chicken Salad Coleslaw Italian Tomatoes Whole Grain Ciabatta Roll Fresh Pineapple Milk

Milk Margarine <i>954 mg Sodium</i>	1 each 1 each	Milk Mustard Ketchup <i>679 mg Sodium</i>	1 each 1 each 1 each	 <i>708 mg Sodium</i>
24 Baked Chicken Breast Balsamic Onion Sauce Au Gratin Potatoes Brussels Sprouts Tossed Salad Multi-Grain Bread Fresh Orange Milk Margarine Salad Dressing <i>790 mg Sodium</i>	1 each 1 oz 1/2 cup 1/2 cup 1 cup 1 slice 1 each 1 each 1 each 1 each	25 Potato Crusted Fish Confetti Rice Diced Beets Tossed Salad Whole Grain Roll Fresh Honeydew Melon Milk Margarine Tartar Sauce Salad Dressing <i>743 mg Sodium</i>	1 each 1/2 cup 1/2 cup 1 cup 1 each 1/2 cup 1 each 1 each 1 each 1 each	26 Taco Meat Shredded Cheese Lettuce and Tomato Mixed Beans Fiesta Vegetable Blend Corn Tortilla Fresh Pineapple Milk Taco Sauce <i>744 mg Sodium</i>

Thursday		Friday	
		6	
Chicken Breast	1 each	Meatloaf w/Tomato Gravy	1 each
Onion Sauce	1 oz	Whipped Potatoes	1/2 cup
1 Potatoes	1/2 cup	Peas and Carrots	1/2 cup
Asparagus Sprouts	1/2 cup	Tossed Salad	1 cup
Green Salad	1 cup	Whole Grain Roll	1 each
Main Bread	1 slice	Fresh Cantaloupe	1/2 cup
1/2 Orange	1 each	Milk	1 each
Milk	1 each	Margarine	1 each
Margarine	1 each	Salad Dressing	1 each
Dressing	1 each		
<i>Sodium</i>		<i>901 mg Sodium</i>	
		13	
Au Jus Gravy	3 oz	Honey Mustard Chicken	1 piece
Whipped Potatoes	1/2 cup	Confetti Rice	1/2 cup
Greens	1/2 cup	Broccoli	1/2 cup
Apple (2oz)	1 piece	Tossed Salad	1 cup
Green Salad	1 cup	Whole Grain Roll	1 each
Apple Slices	1/2 cup	Peach Half	1 each
Milk	1 each	Milk	1 each
Margarine	1 each	Margarine	1 each
Dressing	1 each	Salad Dressing	1 each
<i>Sodium</i>		<i>406 mg Sodium</i>	
		20	
Chicken Breast w/Gravy	3 oz	Potato Crusted Fish	1 each
Apple Stuffing	1/2 cup	Hashbrown Casserole	1/2 cup
Green Beans	1/2 cup	Broccoli	1/2 cup
Green Salad	1 cup	Coleslaw	1/2 cup
Main Bread	1 slice	Whole Grain Roll	1 each
Banana	1 each	Fresh Cantaloupe	1/2 cup
Milk	1 each	Milk	1 each
Margarine	1 each	Margarine	1 each
Dressing	1 each	Tarter Sauce	1 each
<i>Sodium</i>		<i>853 mg Sodium</i>	
		27	
Supreme Sauce	3 oz	Lemon Pepper Chicken	1 piece
Onion Sauce	1/2 cup	Whipped Potatoes	1/2 cup
Carrots	1/2 cup	Spinach	1/2 cup
Green Salad	1 cup	Tossed Salad	1 cup
Main Bread	1 each	Cornbread (2oz)	1 piece
Apple Half	1 each	Fresh Cantaloupe	1/2 cup
Milk	1 each	Milk	1 each
Margarine	1 each	Margarine	1 each
Dressing	1 each	Salad Dressing	1 each
<i>Sodium</i>		<i>681 mg Sodium</i>	





Thursday		Friday	
		3	
Salad	1/2 cup	Chicken Strips	3 oz
Coleslaw	1/2 cup	Teriyaki Sauce	1 oz
Tomatoes	1/2 cup	Rice	1/2 cup
Ciabatta Roll	1 each	Broccoli	1/2 cup
Cantaloupe	1/2 cup	Sliced Carrots	1/2 cup
Milk	1 each	Multi-Grain Bread	1 slice
		Fresh Cantaloupe	1 each
		Milk	1 each
		Margarine	1 each
<i>Sodium</i>		<i>918 mg Sodium</i>	
		10	
Breast w/Gravy	3 oz	Chicken Marsala	1 piece
Potatoes	1/2 cup	Au Gratin Rotini	1/2 cup
Beans	1/2 cup	Spinach	1/2 cup
Salad	1/2 cup	Beet Salad	1/2 cup
Grain Roll	1 each	Whole Grain Roll	1 each
Oranges	1/2 cup	Fresh Apple Slices	1/2 cup
Milk	1 each	Milk	1 each
Margarine	1 each	Margarine	1 each
<i>Sodium</i>		<i>954 mg Sodium</i>	
		17	
Meat Patty	1 each	Meatloaf with Tomato Gravy	1 each
Peas	1/2 cup	Whipped Potatoes	1/2 cup
Spinach	1/2 cup	Peas and Carrots	1/2 cup
Burger Bun	1 each	Tossed Salad	1 cup
Apple Slices	1/2 cup	Whole Grain Roll	1 each
Milk	1 each	Fresh Cantaloupe	1/2 cup
		Milk	1 each
		Margarine	1 each
		Salad Dressing	1 each
<i>Sodium</i>		<i>901 mg Sodium</i>	
		24	
Au Jus Gravy	3 oz	Honey Mustard Chicken	1 piece
Sweet Potatoes	1/2 cup	Confetti Rice	1/2 cup
Greens	1/2 cup	Broccoli	1/2 cup
Head (2oz)	1 piece	Tossed Salad	1 cup
Salad	1 cup	Whole Grain Roll	1 each
Apple Slices	1/2 cup	Peach Half	1 each
Milk	1 each	Milk	1 each
Margarine	1 each	Margarine	1 each

Dressing	1 each	Salad Dressing	1 each
<i>Sodium</i>		<i>406 mg Sodium</i>	
31 Labor Day Meal			
Crusted Fish	1 each	Polish Sausage	1 each
Chicken Casserole	1/2 cup	Crispy Cubed Potatoes	1 each
Broccoli	1/2 cup	Coleslaw	1/2 cup
Coleslaw	1/2 cup	Wheat Hot Dog Bun	1 each
Grain Roll	1 each	Cherry Cobbler	1/2 cup
Cantaloupe	1/2 cup	Milk	1 each
Milk	1 each	Mustard	1 each
Margarine	1 each	Ketchup	1 each
Barbecue Sauce	1 each		
<i>Sodium</i>			



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8

	Thursday		Friday	
	6		7	
3/4 cup	Pork with Supreme Sauce	3 oz	Lemon Pepper Chicken	1 piece
1/2 cup	Rice Florentine	1/2 cup	Whipped Potatoes	1/2 cup
1/2 cup	Glazed Carrots	1/2 cup	Spinach	1/2 cup
1 each	Tossed Salad	1 cup	Tossed Salad	1 cup
1/2 cup	Whole Grain Roll	1 each	Cornbread (2oz)	1 piece
1 each	Peach Half	1 each	Fresh Cantaloupe	1/2 cup
1 each	Milk	1 each	Milk	1 each
	Margarine	1 each	Margarine	1 each
	Salad Dressing	1 each	Salad Dressing	1 each
	<i>640 mg Sodium</i>		<i>681 mg Sodium</i>	
	13		14	
1 cup	Tuna Salad	1/2 cup	Chicken Strips	3 oz
1/2 cup	Coleslaw	1/2 cup	Teriyaki Sauce	1 oz
1 cup	Ranch House Tomatoes	1/2 cup	Rice	1/2 cup
1 each	Whole Grain Ciabatta Roll	1 each	Broccoli	1/2 cup
1/2 cup	Fresh Honeydew Melon	1/2 cup	Sliced Carrots	1/2 cup
1 each	Milk	1 each	Multi-Grain Bread	1 slice
1 each			Fresh Cantaloupe	1 each
1 each			Milk	1 each
	<i>869 mg Sodium</i>		Margarine	1 each
			<i>918 mg Sodium</i>	
	20		21	
1/2 cup	Beef with Mushroom Gravy	1 each	Sliced Turkey Breast w/Gravy	3 oz
1/2 cup	Whipped Potatoes	1/2 cup	Oven Roasted Potatoes	1/2 cup
1/2 cup	Green Peas	1/2 cup	Green Beans	1/2 cup
1 each	Tossed Salad	1 cup	Broccoli Salad	1/2 cup
1/2 cup	Multi-Grain Bread	1 slice	Whole Grain Roll	1 each
1 each	Fresh Cantaloupe	1/2 cup	Mandarin Oranges	1/2 cup

	Milk Margarine Salad Dressing <i>876 mg Sodium</i>	1 each 1 each 1 each	Milk Margarine <i>575 mg Sodium</i>	1 each 1 each
1/2 cup 1/2 oz 1 cup 1 cup 1/2 cup 1 each 1/2 cup 1 each 1 each	27 BBQ Rib Patty Black-eyed Peas Spinach Wheat Hamburger Bun Fresh Apple Slices Milk <i>966 mg Sodium</i>	1 each 1/2 cup 1/2 cup 1 each 1/2 cup 1 each	28 Meatloaf with Tomato Gravy Whipped Potatoes Peas and Carrots Tossed Salad Whole Grain Roll Fresh Cantaloupe Milk Margarine Salad Dressing <i>901 mg Sodium</i>	1 each 1/2 cup 1/2 cup 1 cup 1 each 1/2 cup 1 each 1 each 1 each

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July 2018**

Monday		Tuesday		Wednesday		Thursday		Friday				
2	Potato Crusted Fish Confetti Rice Diced Beets Tossed Salad Whole Grain Roll Fresh Honeydew Melon Milk Margarine Tartar Sauce Salad Dressing <i>743 mg Sodium</i>	3 <i>Independence Day Meal</i> BBQ Pork Riblet Baked Beans Coleslaw Wheat Hamburger Bun Peach Cobbler Milk	1 each 1/2 cup 1/2 cup 1 cup 1 each 1/2 cup 1 each 1 each 1 each 1 each	4 <i>Closed for Holiday</i>		5	Baked Chicken Breast Balsamic Onion Sauce Au Gratin Potatoes Brussels Sprouts Tossed Salad Multi-Grain Bread Fresh Orange Milk Margarine Salad Dressing <i>790 mg Sodium</i>	1 each 1 oz 1/2 cup 1/2 cup 1 cup 1 slice 1 each 1 each 1 each 1 each	6	Meatloaf w/Tomato Gravy Whipped Potatoes Peas and Carrots Tossed Salad Whole Grain Roll Fresh Cantaloupe Milk Margarine Salad Dressing <i>901 mg Sodium</i>	1 each 1/2 cup 1/2 cup 1 cup 1 each 1/2 cup 1 each 1 each 1 each	
9	Swedish Meatballs Rotini Noodles Sliced Carrots Yellow Squash Multi-Grain Bread Fresh Pineapple Margarine <i>911 mg Sodium</i>	10 Sriracha Tuna Salad Ranch House Tomatoes Broccoli Salad Whole Grain Ciabatta Roll Petite Banana Milk <i>918 mg Sodium</i>	3 each 1/2 cup 1/2 cup 1/2 cup 1 slice 1/2 cup 1 each	11	Salisbury Beef with Gravy Whipped Potatoes Mixed Vegetables Tossed Salad Whole Grain Roll Fresh Cantaloupe Margarine Salad Dressing <i>757 mg Sodium</i>	1 each 1/2 cup 1/2 cup 1 cup 1 each 1/2 cup 1 each 1 each	12	Pork Roast w/Au Jus Gravy Whipped Sweet Potatoes Mixed Greens Cornbread (2oz) Tossed Salad Fresh Apple Slices Margarine Salad Dressing <i>575 mg Sodium</i>	3 oz 1/2 cup 1/2 cup 1 piece 1 cup 1/2 cup 1 each 1 each	13	Honey Mustard Chicken Confetti Rice Broccoli Tossed Salad Whole Grain Roll Peach Half Margarine Salad Dressing <i>406 mg Sodium</i>	1 piece 1/2 cup 1/2 cup 1 cup 1 each 1 each 1 each 1 each
16	Swiss Steak Oven Roasted Potatoes Diced Beets Tossed Salad Multi-Grain Bread Fresh Pineapple Milk Margarine Salad Dressing <i>749 mg Sodium</i>	17 POTLUCK	1 each 1/2 cup 1/2 cup 1 cup 1 slice 1/2 cup 1 each 1 each 1 each	18 <i>National Hot Dog Day</i> Beef Hot Dog Ranch Beans California Vegetable Blend Wheat Hot Dog Bun Fresh Honeydew Melon Milk Mustard <i>942 mg Sodium</i>	1 each 1/2 cup 1/2 cup 1 each 1 each 1/2 cup 1 each 1 each	19	Sliced Turkey Breast w/Gravy Cornbread Stuffing Green Beans Tossed Salad Multi-Grain Bread Petite Banana Milk Margarine Salad Dressing <i>766 mg Sodium</i>	3 oz 1/2 cup 1/2 cup 1 cup 1 slice 1 each 1 each 1 each 1 each	20	Potato Crusted Fish Hashbrown Casserole Broccoli Coleslaw Whole Grain Roll Fresh Cantaloupe Milk Margarine Tarter Sauce <i>853 mg Sodium</i>	1 each 1/2 cup 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each 1 each	
23	Beef with Pepper Gravy Succotash Broccoli Tossed Salad Multi-Grain Bread Fresh Pineapple Milk Margarine Salad Dressing <i>662 mg Sodium</i>	24 Meatloaf with Gravy Whipped Potatoes Brussels Sprouts Tossed Salad Whole Grain Roll Fresh Apple Slices Milk Margarine Salad Dressing <i>800 mg Sodium</i>	1 each 1/2 cup 1/2 cup 1 cup 1 slice 1/2 cup 1 each 1 each 1 each	25 Macaroni and Cheese Green Beans California Vegetable Blend Whole Grain Roll Fresh Honeydew Melon Milk Margarine <i>853 mg Sodium</i>	3/4 cup 1/2 cup 1/2 cup 1 each 1/2 cup 1 each 1 each	26	Pork with Supreme Sauce Rice Florentine Glazed Carrots Tossed Salad Whole Grain Roll Peach Half Milk Margarine Salad Dressing <i>640 mg Sodium</i>	3 oz 1/2 cup 1/2 cup 1 cup 1 each 1 each 1 each 1 each 1 each	27	Lemon Pepper Chicken Whipped Potatoes Spinach Tossed Salad Cornbread (2oz) Fresh Cantaloupe Milk Margarine Salad Dressing <i>681 mg Sodium</i>	1 piece 1/2 cup 1/2 cup 1 cup 1 piece 1/2 cup 1 each 1 each 1 each	
30	Beef Jardine Whipped Potatoes Spinach Tossed Salad Whole Grain Roll Fresh Apple Slices Milk Margarine Salad Dressing <i>885 mg Sodium</i>	31 Glazed Ham Oven Roasted Potatoes Green Beans Tossed Salad Whole Grain Roll Petite Banana Milk Margarine Salad Dressing <i>989 mg Sodium</i>	1 each 1/2 cup 1/2 cup 1 cup 1 each 1/2 cup 1 each 1 each 1 each		3 oz 1/2 cup 1/2 cup 1 cup 1 each 1 each 1 each 1 each							