ils meals
and nutrition counseling

A Product of INDEPENDENT Living Systems

Eat *Well.*
Feel *Good.*
Live *Better.*

MEALS CATALOG 2020

National Edition

INTRODUCTION

Healthy Eating Never Tasted So Good!

ILS Meals is dedicated to providing healthy, delicious and nutritious meals that heal and empower.

ILS Meals is the national leader in home delivered meals and nutrition services, serving high-quality medically tailored therapeutic meals to healthcare patients, seniors, and children. We believe in the vital role of nutrition to improve the health and quality of life. ILS Meals menus are designed by our team of registered dietitians to foster independence, aid in recovery or reduce the symptoms of a chronic illness.

ILS Meals has over 18 years' experience serving the Medicare Advantage, Medicaid, pediatric, and special needs populations throughout the United States and its territories. Our meals are designed with care to improve health outcomes, lower readmission rates to acute care settings, improve nutritional health status, address social determinants of health, and foster independence.

Eat *Well.* **Feel** *Good.* **Live** *Better.*

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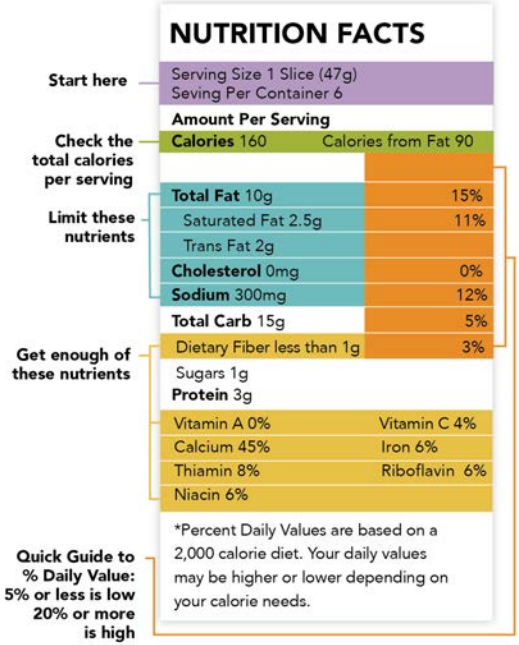
How to read nutrition fact



Start here. Note the size of a single serving and how many servings are in the package.

Check total calories per serving. Look at the serving size and how many servings you're really consuming. If you double the servings you eat, you double the calories and nutrients, including the Percent Daily Value (% DV).

Limit these nutrients. Remember, you need to l imit your total fat to no more than 56–78 grams a day — including no more than 16 grams of saturated fat, less than two grams of trans fat, and less than 300 mg cholesterol (for a 2,000 calorie diet).

Get enough of these nutrients. Make sure you get 100 percent of the fiber, vitamins, and other nutrients you need every day.

Quick guide to % DV. The % DV section tel ls you the percent of each nutrient in a single serving, in terms of the daily recommended amount. As a guide, if you want to consume less of a nutrient (such as saturated fat, cholesterol or sodium), choose foods with a lower % DV — 5 percent or less is low. If you want to consume more of a nutrient (such as fiber), seek foods with a higher % DV — 20 percent or more is high.

MEAL KIT

MENU	CYCLE	COMPONENTS	CONDITIONS/ DIET ORDER
General Wellness*	5	WW bread slices, margarine, fruit cup or juice, dessert snacks, dry milk	Cardiac / Heart Healthy / Low Sodium
Diabetic*	4	Excluded to control for carbohydrate content	Carb Friendly / Cardiac / Diabetes / Heart Healthy / Low Sodium
Diabetic Gluten-Free*	1	Excluded to control for carbohydrate content	Carb Friendly / Cardiac / Diabetes / Gluten-Free / Heart Healthy / Low Sodium
Gluten-Free*	2	WW GF slices, margarine, fruit cup or juice, dry milk	Carb Friendly / Cardiac / Gluten-Free / Heart Healthy / Low Sodium
Renal*	2	Excluded to control carbohydrate, phosphorus, calcium and potassium content	Carb Friendly / Cardiac / Diabetes / Heart Healthy / Low Sodium
Puree*	2	Puree fruit cup	Swallowing and/or Chewing Difficulties / Low Sodium / Cardiac / Heart Healthy
Pork-Free*	2	WW bread slices, margarine, fruit cup or juice, dessert snacks, dry milk	Cardiac / Heart Healthy / Low Sodium
Fish-Free*	2	WW bread slices, margarine, fruit cup or juice, dessert snacks, dry milk	Carb Friendly / Cardiac / Diabetes / Gluten-Free / Heart Healthy / Low Sodium
Vegetarian*	2	WW bread slices, margarine, fruit cup or juice, dessert snacks, dry milk	Carb Friendly / Cardiac / Gluten-Free / Heart Healthy / Low Sodium
Kosher	2	WW bread rolls, margarine, fruit cup or juice, dessert snacks, dry milk	Religious
Shelf Stable	1	Applesauce, cereal bars, cookies, fruit cup, dry milk, juice	Emergency/Homeless
Pediatric	2	Applesauce, cereal bars, cookies, fruit cup, dry milk, juice	Pediatric Population / Kid Friendly

*Low fat low sodium

Nutrition Breakdown

Our meals are therapeutic and medically tailored.

Each menu is customized and reviewed by Registered Dietitians in order to fulfill special nutrition requirements.

The meal tray has the following key components

Protein

Non-Starchy Vegetables

Starchy Vegetables

Additives & Allergens

Meals may have been in contact with milk, soy, eggs, wheat, and nuts. Members are advised to look at the ingredient list prior to consumption.

Food Coloring
Caramel Color
Titanium Dioxide
Annatto
Turmeric

Allergens	
Soy	Nuts
Wheat	Eggs
Dairy	

Preservatives
Sodium Benzoate
Calcium Propionate
Pottassium Sorbate

NUTRITION OVERVIEW

	# Meals	Avg. Kcal	Avg. Pro	Avg. CHO	Avg. Fat	Avg. Sodium	Avg. Cholesterol	Avg. Fiber	Avg. Potassium	Avg. Phos.
General Wellness	50	303	22	31	11	417	58	6	-	-
Diabetic	40	289	22	28	11	411	62	6	-	-
Puree	20	444	21	43	7	565	63	8	-	-
Vegetarian	20	274	17	42	7	456	39	8	-	-
Kosher	20	484	37	55	13	340	71	9	-	-
Renal	20	289	22	24	12	439	81	4	459	288
Gluten-Free	20	273	22	27	10	387	77	6	-	-
Pediatric	10	319	18	34	13	491	62	5	-	-
Pork-Free	20	313	22	35	12	420	62	7	-	-
Fish-Free	20	286	21	28	11	424	45	5	-	-

SIDE ITEMS

Side Items	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)
Bread, 100% Whole Wheat	60	3	12	1	0	119	2
Chocolate Créme Cookies (4)	140	1	20	60	0	66	0
Graham Crackers	60	1	10	2	0	65	1
Cereal Bar (Strawberry, Blueberry)	130	1	26	2.5	0	80	1
Margarine	30	0	0	4	0	35	0
Grape, Jelly	37	0	10	0	0	4	0
Milk, Nonfat, Dry	90	9	13	0	6	123	0
Juice Blend Punch	50	0	13	0	0	35	0
Juice Blend Cherry	50	0	13	0	0	35	0

GENERAL WELLNESS

Menu Cycles

Standard Diet Meals

General Wellness Menu Cycle 1

Meal 1 / 087

Mushroom Pork
Served with Green Beans and Sweet Potatoes

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 340	Calories from Fat 140
	% Daily Values*
Total Fat 16g	**24%**
Cholesterol 70mg	**24%**
Sodium 560mg	**23%**
Total Carbohydrate 25g	**8%**
Dietary Fiber 6g	**24%**
Sugar 4g	
Protein 31g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 2 / 019

Mushroom Swiss Chicken
Served with Rice, Peas, Carrots and Stewed Tomatoes

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 290	Calories from Fat 45
	% Daily Values*
Total Fat 5g	**8%**
Cholesterol 40mg	**14%**
Sodium 540mg	**23%**
Total Carbohydrate 31g	**10%**
Dietary Fiber 5g	**21%**
Sugar 12g	
Protein 33g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 3 / 065

Spaghetti & Meatballs
Served with Broccoli and Whole Kernel Corn

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 380	Calories from Fat 120
	% Daily Values*
Total Fat 13g	**20%**
Cholesterol 50mg	**17%**
Sodium 350mg	**14%**
Total Carbohydrate 42g	**14%**
Dietary Fiber 8g	**31%**
Sugar 12g	
Protein 26g	

*Percent Daily Values are based on a 2,000 calorie diet.

Note: Nutrition analysis **does not include components**, such as bread, margarine, fruit, and dessert. Components contribute to an increase in nutrients.

Meal 4 / 094

Chicken Patty & Penne Pasta Alfredo
Served with Carrots and Butternut Squash

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 270	Calories from Fat 50
	% Daily Values*
Total Fat 5g	**8%**
Cholesterol 40mg	**13%**
Sodium 460mg	**19%**
Total Carbohydrate 28g	**9%**
Dietary Fiber 4g	**14%**
Sugar 7g	
Protein 29g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 5 / 093

Breakfast Scramble
Served with Asparagus and Hash Browns

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 260	Calories from Fat 110
	% Daily Values*
Total Fat 13g	**19%**
Cholesterol 30mg	**11%**
Sodium 470mg	**20%**
Total Carbohydrate 18g	**6%**
Dietary Fiber 3g	**13%**
Sugar 1g	
Protein 20g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 6 / 053

Honey BBQ Chicken Served with Sweet Potatoes, and Stewed Tomatoes

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 260	Calories from Fat 35
	% Daily Values*
Total Fat 4g	**6%**
Cholesterol 40mg	**14%**
Sodium 460mg	**19%**
Total Carbohydrate 31g	**11%**
Dietary Fiber 4g	**17%**
Sugar 15g	
Protein 31g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 7 / 737

Meatball Stroganoff
Served with Carrots and Whole Kernel Corn

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 410	Calories from Fat 230
	% Daily Values*
Total Fat 26g	**40%**
Cholesterol 70mg	**24%**
Sodium 480mg	**20%**
Total Carbohydrate 29g	**10%**
Dietary Fiber 4g	**17%**
Sugar 6g	
Protein 17	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 8 / 049

Cheese Ravioli & Spinach Alfredo
Served with Mixed Vegetables and Cauliflower

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 320	Calories from Fat 90
	% Daily Values*
Total Fat 9g	**14%**
Cholesterol 45mg	**14%**
Sodium 410mg	**17%**
Total Carbohydrate 45g	**15%**
Dietary Fiber 6g	**23%**
Sugar 8g	
Protein 17g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 9 / 813

Vegetarian Taco Soup
Served with Carrots and Brussel Sprouts

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 210	Calories from Fat 15
	% Daily Values*
Total Fat 1.5g	**3%**
Cholesterol 0mg	**0%**
Sodium 470mg	**19%**
Total Carbohydrate 43g	**14%**
Dietary Fiber 14g	**55%**
Sugar 11g	
Protein 10g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 10 / 088

Beef Patty & Onion Gravy
Served with Broccoli and Red Skin Diced Potatoes

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 260	Calories from Fat 80
	% Daily Values*
Total Fat 9g	**13%**
Cholesterol 35mg	**12%**
Sodium 430mg	**18%**
Total Carbohydrate 24g	**8%**
Dietary Fiber 7g	**30%**
Sugar 4g	
Protein 23g	

*Percent Daily Values are based on a 2,000 calorie diet.

General Wellness Menu Cycle 2

Meal 1 / 033

BBQ Chicken Drummies
Served with Black Beans & Corn and Brussel Sprouts

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 300	Calories from Fat 60
	% Daily Values*
Total Fat 7g	**10%**
Cholesterol 55mg	**18%**
Sodium 430mg	**18%**
Total Carbohydrate 33g	**11%**
Dietary Fiber 7g	**28%**
Sugar 11g	
Protein 30g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 2 / 074

Fried Egg Patties
Served with Asparagus and Sweet Potatoes

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 270	Calories from Fat 140
	% Daily Values*
Total Fat 15g	**23%**
Cholesterol 225mg	**75%**
Sodium 260mg	**11%**
Total Carbohydrate 21g	**7%**
Dietary Fiber 4g	**15%**
Sugar 3g	
Protein 17g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 3 / 099

Beef Patty
Served with Carrots and Brussel Sprouts

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 240	Calories from Fat 120
	% Daily Values*
Total Fat 13g	**19%**
Cholesterol 40mg	**13%**
Sodium 270mg	**11%**
Total Carbohydrate 14g	**5%**
Dietary Fiber 7g	**28%**
Sugar 3g	
Protein 21g	

*Percent Daily Values are based on a 2,000 calorie diet.

Note: Nutrition analysis **does not include components**, such as bread, margarine, fruit, and dessert. Components contribute to an increase in nutrients.

Meal 4 / 085

Breaded Fish Wedge
Served with Butternut Squash and Autumn Vegetables

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 330	Calories from Fat 100
	% Daily Values*
Total Fat 10g	**16%**
Cholesterol 45mg	**15%**
Sodium 380mg	**16%**
Total Carbohydrate 40g	**13%**
Dietary Fiber 6g	**23%**
Sugar 2g	
Protein 22g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 5 / 081

Chimichurri Chicken
Served with Black Beans and Corn and Stewed Tomatoes

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 300	Calories from Fat 100
	% Daily Values*
Total Fat 9g	**14%**
Cholesterol 40mg	**13%**
Sodium 350mg	**15%**
Total Carbohydrate 27g	**9%**
Dietary Fiber 6g	**23%**
Sugar 9g	
Protein 31g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 6 / 100

Meatballs & Rice
Served with Peas & Carrots and Stewed Tomatoes

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 330	Calories from Fat 110
	% Daily Values*
Total Fat 12g	**18%**
Cholesterol 50mg	**17%**
Sodium 420mg	**17%**
Total Carbohydrate 31g	**10%**
Dietary Fiber 7g	**28%**
Sugar 10g	
Protein 24g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 7 / 818

Huevos Rancheros
Served with Asparagus and Hash Browns

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 390	Calories from Fat 200
	% Daily Values*
Total Fat 22g	**33%**
Cholesterol 230mg	**78%**
Sodium 400mg	**17%**
Total Carbohydrate 30g	**10%**
Dietary Fiber 6g	**24%**
Sugar 5g	
Protein 18g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 8 / 023

Homestyle Meatloaf
Served with Winter Vegetables
and Red Skin Potatoes

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 280	Calories from Fat 120
	% Daily Values*
Total Fat 13g	**20%**
Cholesterol 25mg	**8%**
Sodium 470mg	**20%**
Total Carbohydrate 27g	**9%**
Dietary Fiber 7g	**28%**
Sugar 6g	
Protein 18g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 9 / 062

Chicken Chili
Served with Spring Vegetables
and Cauliflower

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 240	Calories from Fat 40
	% Daily Values*
Total Fat 5g	**7%**
Cholesterol 50mg	**16%**
Sodium 430mg	**18%**
Total Carbohydrate 28g	**9%**
Dietary Fiber 10g	**42%**
Sugar 7g	
Protein 20g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 10 / 728

Beef Patty & Mushroom Gravy
Served with Mixed Vegetables
and Cabbage

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 280	Calories from Fat 160
	% Daily Values*
Total Fat 17g	**27%**
Cholesterol 65mg	**22%**
Sodium 340mg	**14%**
Total Carbohydrate 13g	**4%**
Dietary Fiber 4g	**15%**
Sugar 4g	
Protein 18g	

*Percent Daily Values are based on a 2,000 calorie diet.

General Wellness Menu Cycle 3

Meal 1 / 036

Honey Mustard Chicken
Served with Brussel Sprouts and Sweet Potatoes

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 280	Calories from Fat 40
	% Daily Values*
Total Fat 5g	**7%**
Cholesterol 65mg	**22%**
Sodium 440mg	**19%**
Total Carbohydrate 33g	**11%**
Dietary Fiber 5g	**20%**
Sugar 13g	
Protein 32g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 2 / 814

Hashbrown Patty & Egg Patty
Served with Asparagus and Cinnamon Apples

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 280	Calories from Fat 140
	% Daily Values*
Total Fat 15g	**24%**
Cholesterol 115mg	**38%**
Sodium 360mg	**15%**
Total Carbohydrate 28g	**9%**
Dietary Fiber 5g	**19%**
Sugar 9g	
Protein 8g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 3 / 095

Honey Lemon Chicken & Rice
Served with Brussel Sprouts and Black Beans & Corn

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 350	Calories from Fat 50
	% Daily Values*
Total Fat 5g	**8%**
Cholesterol 65mg	**21%**
Sodium 280mg	**12%**
Total Carbohydrate 43g	**14%**
Dietary Fiber 7g	**27%**
Sugar 8g	
Protein 33g	

*Percent Daily Values are based on a 2,000 calorie diet.

Note: Nutrition analysis **does not include components**, such as bread, margarine, fruit, and dessert. Components contribute to an increase in nutrients.

No photo available

Meal 4 / 044

Breaded Pollock
Served with Carrots, and Green Peas Blend

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 270	Calories from Fat 80
	% Daily Values*
Total Fat 9g	**14%**
Cholesterol 45mg	**15%**
Sodium 350mg	**15%**
Total Carbohydrate 29g	**10%**
Dietary Fiber 6g	**26%**
Sugar 6g	
Protein 18g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 5 / 806

Lasagna with Salsa
Served with Carrots and Green Beans

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 240	Calories from Fat 70
	% Daily Values*
Total Fat 7g	**10%**
Cholesterol 25mg	**8%**
Sodium 470mg	**19%**
Total Carbohydrate 33g	**11%**
Dietary Fiber 5g	**21%**
Sugar 7g	
Protein 11g	

*Percent Daily Values are based on a 2,000 calorie diet.

No photo available

Meal 6 / 031

Pork & Zesty Orange Rice
Served with Carrots and Green Peas

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 450	Calories from Fat 150
	% Daily Values*
Total Fat 16g	**25%**
Cholesterol 70mg	**23%**
Sodium 580mg	**24%**
Total Carbohydrate 45g	**15%**
Dietary Fiber 8g	**34%**
Sugar 17g	
Protein 31g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 7 / 727

Beef Patty
Served with Green Beans and Corn with Peppers

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 280	Calories from Fat 160
	% Daily Values*
Total Fat 17g	**27%**
Cholesterol 65mg	**22%**
Sodium 180mg	**8%**
Total Carbohydrate 15g	**5%**
Dietary Fiber 3g	**12%**
Sugar 3g	
Protein 18g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 8 / 047

Salisbury Steak
Served with Mixed Vegetables
and Red Skin Diced Potatoes

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 290	Calories from Fat 120
	% Daily Values*
Total Fat 13g	**20%**
Cholesterol 25mg	**8%**
Sodium 490mg	**20%**
Total Carbohydrate 28g	**9%**
Dietary Fiber 7g	**26%**
Sugar 5g	
Protein 18g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 9 / 079

Chicken Florentine
Served with Carrots and Asparagus

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 248	
	% Daily Values*
Total Fat 5.7g	**4%**
Cholesterol 63mg	**20%**
Sodium 380mg	**30%**
Total Carbohydrate 20.4g	**18%**
Dietary Fiber 4.8g	**22%**
Sugar 20g	
Protein 29.6g	**18%**

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 10 / 055

Meatballs & Alfredo Shells
Served with Whole Kernel Corn
and Green Beans

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 330	Calories from Fat 120
	% Daily Values*
Total Fat 13g	**21%**
Cholesterol 50mg	**17%**
Sodium 340mg	**14%**
Total Carbohydrate 30g	**10%**
Dietary Fiber 7g	**26%**
Sugar 4g	
Protein 24g	

*Percent Daily Values are based on a 2,000 calorie diet.

General Wellness Menu Cycle 4

Meal 1 / 013

BBQ Pork Rib Patty
Served with Whole Kernel Corn and Red Skin Diced Potatoes

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 320	Calories from Fat 100
	% Daily Values*
Total Fat 12g	**18%**
Cholesterol 35mg	**12%**
Sodium 350mg	**15%**
Total Carbohydrate 39g	**13%**
Dietary Fiber 5g	**18%**
Sugar 13g	
Protein 18g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 2 / 080

Grilled Chicken with Rice & Gravy
Served with Carrots and Bean Blend

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 370	Calories from Fat 50
	% Daily Values*
Total Fat 6g	**9%**
Cholesterol 40mg	**13%**
Sodium 440mg	**18%**
Total Carbohydrate 45g	**15%**
Dietary Fiber 6g	**24%**
Sugar 5g	
Protein 36g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 3 / 038

Beef Strips and Gravy
Served with Four Seasons Vegetables and Spinach

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 240	Calories from Fat 80
	% Daily Values*
Total Fat 9g	**15%**
Cholesterol 35mg	**12%**
Sodium 480mg	**20%**
Total Carbohydrate 18g	**6%**
Dietary Fiber 9g	**35%**
Sugar 3g	
Protein 25g	

*Percent Daily Values are based on a 2,000 calorie diet.

Note: Nutrition analysis **does not include components**, such as bread, margarine, fruit, and dessert. Components contribute to an increase in nutrients.

Meal 4 / 050

Breaded Chicken
Served with Spring Vegetables and Whole Kernel Corn

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 340	Calories from Fat 160
	% Daily Values*
Total Fat 18g	**27%**
Cholesterol 30mg	**10%**
Sodium 350mg	**14%**
Total Carbohydrate 32g	**11%**
Dietary Fiber 5g	**20%**
Sugar 4g	
Protein 16g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 5 / 042

Beef Pepper Patty with Gravy
Served with Spinach and Sweet Potato

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 310	Calories from Fat 120
	% Daily Values*
Total Fat 14g	**21%**
Cholesterol 60mg	**19%**
Sodium 520mg	**22%**
Total Carbohydrate 26g	**9%**
Dietary Fiber 7g	**28%**
Sugar 5g	
Protein 28g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 6 / 083

Pesto Basil Chicken
Served with Lima Beans and Three Seasons Vegetables

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 350	Calories from Fat 70
	% Daily Values*
Total Fat 8g	**12%**
Cholesterol 45mg	**14%**
Sodium 440mg	**18%**
Total Carbohydrate 38g	**13%**
Dietary Fiber 6g	**24%**
Sugar 6g	
Protein 34g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 7 / 815

Vegetarian Creole
Served with Winter Vegetables and Rice

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 190	Calories from Fat 10
	% Daily Values*
Total Fat 1g	**2%**
Cholesterol 0mg	**0%**
Sodium 400mg	**16%**
Total Carbohydrate 40g	**13%**
Dietary Fiber 7g	**29%**
Sugar 6g	
Protein 9g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 8 / 039

Bruschetta Chicken
Served with Red Skin Potatoes
and Autumn Vegetables

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 370	Calories from Fat 100
	% Daily Values*
Total Fat 12g	**18%**
Cholesterol 40mg	**13%**
Sodium 530mg	**22%**
Total Carbohydrate 35g	**12%**
Dietary Fiber 6g	**22%**
Sugar 5g	
Protein 33g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 9 / 739

Beef Patty and Cheesy Chipotle Rice
Served with Four Seasons
Vegetables and Cabbage

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 360	Calories from Fat 170
	% Daily Values*
Total Fat 18g	**28%**
Cholesterol 65mg	**22%**
Sodium 380mg	**16%**
Total Carbohydrate 30g	**10%**
Dietary Fiber 4g	**14%**
Sugar 6g	
Protein 19g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 10 / 045

Cheese Manicotti
Served with Butternut Squash
and Autumn Vegetables

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 320	Calories from Fat 80
	% Daily Values*
Total Fat 10g	**15%**
Cholesterol 35mg	**12%**
Sodium 460mg	**19%**
Total Carbohydrate 46g	**15%**
Dietary Fiber 6g	**24%**
Sugar 4g	
Protein 16g	

*Percent Daily Values are based on a 2,000 calorie diet.

General Wellness Menu Cycle 5

Meal 1 / 032

Creamy Country Fried Steak with Gravy
Served with Mixed Vegetables and Red Skin Diced Potatoes

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 410	Calories from Fat 120
	% Daily Values*
Total Fat 14g	**21%**
Cholesterol 30mg	**9%**
Sodium 490mg	**20%**
Total Carbohydrate 55g	**18%**
Dietary Fiber 6g	**23%**
Sugar 4g	
Protein 18g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 2 / 075

Macaroni and Cheese
Served with Bean Blend and Stewed Tomatoes

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 240	
	% Daily Values*
Total Fat 15.2g	**5%**
Cholesterol 112mg	**18%**
Sodium 344mg	**16%**
Total Carbohydrate 17.9g	**15%**
Dietary Fiber 3.4g	**12%**
Sugar 20g	
Protein 8.1g	**9%**

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 3 / 089

Southwest Chicken
Served with Broccoli and Sweet Potatoes

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 390	Calories from Fat 110
	% Daily Values*
Total Fat 5g	**7%**
Cholesterol 60mg	**19%**
Sodium 630mg	**26%**
Total Carbohydrate 47g	**16%**
Dietary Fiber 8g	**31%**
Sugar 8g	
Protein 31g	

*Percent Daily Values are based on a 2,000 calorie diet.

Note: Nutrition analysis **does not include components**, such as bread, margarine, fruit, and dessert. Components contribute to an increase in nutrients.

Meal 4 / 738

Meatballs and Penne
Served with Carrots and Green Peas

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 400	Calories from Fat 200
	% Daily Values*
Total Fat 22g	**34%**
Cholesterol 60mg	**19%**
Sodium 590mg	**25%**
Total Carbohydrate 29g	**10%**
Dietary Fiber 6g	**26%**
Sugar 8g	
Protein 19g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 5 / 070

Fish Nuggets
Served with Broccoli and Northern Beans

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 330	Calories from Fat 90
	% Daily Values*
Total Fat 10g	**15%**
Cholesterol 45mg	**15%**
Sodium 360mg	**15%**
Total Carbohydrate 40g	**13%**
Dietary Fiber 10g	**40%**
Sugar 2g	
Protein 24g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 6 / 014

Creamy Chicken and Waffle
Served with Autumn Vegetables and Butternut Squash

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 520	Calories from Fat 210
	% Daily Values*
Total Fat 23g	**35%**
Cholesterol 30mg	**10%**
Sodium 620mg	**26%**
Total Carbohydrate 59g	**20%**
Dietary Fiber 9g	**35%**
Sugar 3g	
Protein 22g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 7 / 027

Beef Strips and Orange Rice
Served with Corn with Peppers and Broccoli

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 440	Calories from Fat 100
	% Daily Values*
Total Fat 11g	**16%**
Cholesterol 35mg	**12%**
Sodium 430mg	**18%**
Total Carbohydrate 66g	**22%**
Dietary Fiber 10g	**40%**
Sugar 23g	
Protein 26g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 8 / 052

Chicken and Teriyaki Rice
Served with Brussel Sprouts and Sweet Potatoes

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 360	Calories from Fat 50
	% Daily Values*
Total Fat 5g	**8%**
Cholesterol 65mg	**22%**
Sodium 500mg	**21%**
Total Carbohydrate 49g	**16%**
Dietary Fiber 6g	**23%**
Sugar 14g	
Protein 34g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 9 / 803

Vegetarian Chili
Served with Broccoli and Red Skin Potatoes

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 290	Calories from Fat 10
	% Daily Values*
Total Fat 1g	**2%**
Cholesterol 0mg	**0%**
Sodium 350mg	**15%**
Total Carbohydrate 57g	**19%**
Dietary Fiber 16g	**62%**
Sugar 11g	
Protein 14g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 10 / 090

Zesty Orange Chicken and Rice
Served with Bean Blend and Three Seasons Vegetables

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 500	Calories from Fat 110
	% Daily Values*
Total Fat 5g	**8%**
Cholesterol 60mg	**19%**
Sodium 500mg	**21%**
Total Carbohydrate 68g	**23%**
Dietary Fiber 6g	**23%**
Sugar 13g	
Protein 32g	

*Percent Daily Values are based on a 2,000 calorie diet.

DIABETIC

Menu Cycles

Standard Diet Meals

Diabetic Menu Cycle 1*

Meal 1 / 087

Mushroom Pork
Served with Sweet Potatoes
and Green Beans

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 340	Calories from Fat 140
	% Daily Values*
Total Fat 16g	**14%**
Cholesterol 70mg	**24%**
Sodium 560mg	**23%**
Total Carbohydrate 25g	**8%**
Dietary Fiber 6g	**24%**
Sugar 4g	
Protein 31g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 2 / 737

Meatball Stroganoff
Served with Whole Kernel Corn
and Carrots

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 410	Calories from Fat 230
	% Daily Values*
Total Fat 26g	**40%**
Cholesterol 70mg	**24%**
Sodium 480mg	**20%**
Total Carbohydrate 29g	**10%**
Dietary Fiber 4g	**17%**
Sugar 6g	
Protein 17g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 3 / 085

Breaded Fish Wedge
Served with Butternut Squash
and Autumn Vegetables

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 330	Calories from Fat 100
	% Daily Values*
Total Fat 10	**16%**
Cholesterol 45mg	**15%**
Sodium 380mg	**16%**
Total Carbohydrate 40g	**13%**
Dietary Fiber 6g	**23%**
Sugar 2g	
Protein 22g	

*Percent Daily Values are based on a 2,000 calorie diet.

Note: Nutrition analysis **does not include components**, such as bread, margarine, fruit, and dessert. Components contribute to an increase in nutrients. *Only Cycle 2 of Diabetic meals is Gluten-Free.

Meal 4 / 065

Spaghetti and Meatballs
Served with Whole Kernel Corn and Broccoli

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 380	Calories from Fat 120
	% Daily Values*
Total Fat 13g	**20%**
Cholesterol 50mg	**17%**
Sodium 350mg	**14%**
Total Carbohydrate 42g	**14%**
Dietary Fiber 8g	**31%**
Sugar 12g	
Protein 26g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 5 / 049

Cheese Ravioli and Spinach Alfredo
Served with Mixed Vegetables and Cauliflower

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 320	Calories from Fat 90
	% Daily Values*
Total Fat 9g	**14%**
Cholesterol 45mg	**14%**
Sodium 410mg	**17%**
Total Carbohydrate 45g	**15%**
Dietary Fiber 6g	**23%**
Sugar 8g	
Protein 17g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 6 / 088

Beef Patty and Onion Gravy
Served with Red Skin Potatoes and Broccoli

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 260	Calories from Fat 80
	% Daily Values*
Total Fat 9g	**13%**
Cholesterol 35mg	**12%**
Sodium 430mg	**18%**
Total Carbohydrate 24g	**8%**
Dietary Fiber 7g	**30%**
Sugar 4g	
Protein 23g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 7 / 019

Mushroom Swiss Chicken and Rice
Served with Peas and Carrots and Stewed Tomatoes

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 290	Calories from Fat 45
	% Daily Values*
Total Fat 5g	**8%**
Cholesterol 40mg	**14%**
Sodium 540mg	**23%**
Total Carbohydrate 31g	**10%**
Dietary Fiber 5g	**21%**
Sugar 12g	
Protein 33g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 8 / 100

Meatballs and Rice
Served with Peas and Carrots
and Stewed Tomatoes

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 330	Calories from Fat 110
	% Daily Values*
Total Fat 12g	**18%**
Cholesterol 50mg	**17%**
Sodium 420mg	**17%**
Total Carbohydrate 31g	**10%**
Dietary Fiber 7g	**28%**
Sugar 10g	
Protein 24g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 9 / 094

Chicken and Alfredo Penne
Served with Carrots and
Butternut Squash

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 270	Calories from Fat 50
	% Daily Values*
Total Fat 5g	**8%**
Cholesterol 40mg	**13%**
Sodium 460mg	**19%**
Total Carbohydrate 28g	**9%**
Dietary Fiber 4g	**14%**
Sugar 7g	
Protein 29g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 10 / 728

Beef Patty and Mushroom Gravy
Served with Mixed Vegetables
and Cabbage

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 280	Calories from Fat 160
	% Daily Values*
Total Fat 17g	**27%**
Cholesterol 65mg	**22%**
Sodium 340mg	**14%**
Total Carbohydrate 13g	**5%**
Dietary Fiber 4g	**15%**
Sugar 4g	
Protein 18g	

*Percent Daily Values are based on a 2,000 calorie diet.

Diabetic Menu Cycle 2*

Meal 1 / 093

Breakfast Scramble
Served with Asparagus and Hash Browns

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 260	Calories from Fat 110
	% Daily Values*
Total Fat 13g	**19%**
Cholesterol 30mg	**11%**
Sodium 470mg	**20%**
Total Carbohydrate 18g	**6%**
Dietary Fiber 3g	**13%**
Sugar 1g	
Protein 20g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 2 / 053

Honey BBQ Chicken
Served with Sweet Potatoes and Stewed Tomatoes

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 260	Calories from Fat 35
	% Daily Values*
Total Fat 4g	**6%**
Cholesterol 40mg	**14%**
Sodium 460mg	**19%**
Total Carbohydrate 31g	**11%**
Dietary Fiber 4g	**17%**
Sugar 15g	
Protein 31g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 3 / 813

Vegetarian Taco Soup
Served with Carrots and Brussels Sprouts

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 210	Calories from Fat 15
	% Daily Values*
Total Fat 12.8g	**12%**
Cholesterol 38mg	**13%**
Sodium 271mg	**8%**
Total Carbohydrate 19.3g	**8%**
Dietary Fiber 7g	**12%**
Sugar 20g	
Protein 20.8g	**8%**

*Percent Daily Values are based on a 2,000 calorie diet.

Note: Nutrition analysis **does not include components**, such as bread, margarine, fruit, and dessert. Components contribute to an increase in nutrients. *Only Cycle 2 of Diabetic meals is Gluten-Free.

Meal 4 / 062

Chicken Chili
Served with Cauliflower and Spring Vegetables

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 240	Calories from Fat 40
	% Daily Values*
Total Fat 5g	**7%**
Cholesterol 50mg	**5%**
Sodium 430mg	**18%**
Total Carbohydrate 28g	**9%**
Dietary Fiber 10g	**42%**
Sugar 7g	
Protein 20g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 5 / 099

Beef Patty
Served with Carrots and Brussels Sprouts

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 240	Calories from Fat 120
	% Daily Values*
Total Fat 13g	**19%**
Cholesterol 40mg	**13%**
Sodium 270mg	**11%**
Total Carbohydrate 14g	**5%**
Dietary Fiber 7g	**28%**
Sugar 3g	
Protein 21g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 6 / 033

BBQ Chicken Drummies
Served with Black Beans and Corn and Brussels Sprouts

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 300	Calories from Fat 60
	% Daily Values*
Total Fat 7g	**10%**
Cholesterol 55mg	**18%**
Sodium 430mg	**18%**
Total Carbohydrate 33g	**11%**
Dietary Fiber 7g	**28%**
Sugar 11g	
Protein 30g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 7 / 818

Huevos Rancheros
Served with Asparagus and Hash Browns

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 390	Calories from Fat 200
	% Daily Values*
Total Fat 22g	**33%**
Cholesterol 230mg	**78%**
Sodium 400mg	**17%**
Total Carbohydrate 30g	**10%**
Dietary Fiber 6g	**24%**
Sugar 5g	
Protein 18g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 8 / 081

Chimichurri Chicken
Served with Stewed Tomatoes, Black Beans and Corn

Nutrition Facts	
Serving Size 1	
Amount Per Serving	
Calories 300	Calories from Fat 100
	% Daily Values*
Total Fat 9g	**14%**
Cholesterol 40mg	**13%**
Sodium 350mg	**15%**
Total Carbohydrate 27g	**9%**
Dietary Fiber 6g	**23%**
Sugar 9g	
Protein 31g	
*Percent Daily Values are based on a 2,000 calorie diet.	

Meal 9 / 023

Homestyle Meatloaf
Served with Red Skin Potatoes and Winter Vegetables

Nutrition Facts	
Serving Size 1	
Amount Per Serving	
Calories 280	Calories from Fat 120
	% Daily Values*
Total Fat 13g	**20%**
Cholesterol 25mg	**8%**
Sodium 470mg	**20%**
Total Carbohydrate 27g	**9%**
Dietary Fiber 7g	**28%**
Sugar 6g	
Protein 18g	
*Percent Daily Values are based on a 2,000 calorie diet.	

Meal 10 / 074

Fried Egg Patties
Served with Sweet Potatoes and Asparagus

Nutrition Facts	
Serving Size 1	
Amount Per Serving	
Calories 270	Calories from Fat 140
	% Daily Values*
Total Fat 15g	**23%**
Cholesterol 225mg	**75%**
Sodium 260mg	**11%**
Total Carbohydrate 21g	**7%**
Dietary Fiber 4g	**15%**
Sugar 3g	
Protein 17g	
*Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Menu Cycle 3

Meal 1 / 814

Hashbrown Patty and Egg Patty
Served with Asparagus and Cinnamon Apples

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 281	
	% Daily Values*
Total Fat 4.6g	**8%**
Cholesterol 65mg	**33%**
Sodium 444mg	**45%**
Total Carbohydrate 32.6g	**18%**
Dietary Fiber 5g	**12%**
Sugar 20g	
Protein 31.9g	**18%**

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 2 / 095

Honey Lemon Chicken and Rice
Served with Black Beans and Corn, Brussels Sprouts

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 350	Calories from Fat 50
	% Daily Values*
Total Fat 5g	**8%**
Cholesterol 65mg	**21%**
Sodium 280mg	**12%**
Total Carbohydrate 43g	**14%**
Dietary Fiber 7g	**27%**
Sugar 8g	
Protein 33g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 3 / 806

Lasagna with Salsa
Served with Carrots and Green Beans

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 217	
	% Daily Values*
Total Fat 10.3g	**22%**
Cholesterol 195mg	**12%**
Sodium 398mg	**18%**
Total Carbohydrate 16.3g	**9%**
Dietary Fiber 3.3g	**10%**
Sugar 20g	
Protein 13.4g	**7%**

*Percent Daily Values are based on a 2,000 calorie diet.

Note: Nutrition analysis **does not include components**, such as bread, margarine, fruit, and dessert. Components contribute to an increase in nutrients. *Only Cycle 2 of Diabetic meals is Gluten-Free.

Meal 4 / 079

Chicken Florentine
Served with Asparagus
and Carrots

Nutrition Facts	
Serving Size 1	
Amount Per Serving	
Calories 275	
	% Daily Values*
Total Fat 6.5g	**5%**
Cholesterol 25mg	**20%**
Sodium 441mg	**19%**
Total Carbohydrate 43.3g	**35%**
Dietary Fiber 5.5g	**13%**
Sugar 20g	
Protein 16.9g	**14%**

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 5 / 727

Beef Patty
Served with Corn with Peppers
and Green Beans

Nutrition Facts	
Serving Size 1	
Amount Per Serving	
Calories 217	
	% Daily Values*
Total Fat 10.3g	**22%**
Cholesterol 195mg	**12%**
Sodium 398mg	**18%**
Total Carbohydrate 16.3g	**9%**
Dietary Fiber 3.3g	**10%**
Sugar 20g	
Protein 13.4g	**7%**

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 6 / 083

Pesto Basil Chicken
Served with Three Seasons
Vegetables and Lime Beans

Nutrition Facts	
Serving Size 1	
Amount Per Serving	
Calories 439	
	% Daily Values*
Total Fat 15.9g	**8%**
Cholesterol 69mg	**11%**
Sodium 587mg	**35%**
Total Carbohydrate 44.3g	**15%**
Dietary Fiber 7.8g	**6%**
Sugar 20g	
Protein 30.7g	**28%**

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 7 / 815

Vegetarian Creole
Served with Rice and
Winter Vegetables

Nutrition Facts	
Serving Size 1	
Amount Per Serving	
Calories 281	
	% Daily Values*
Total Fat 17.4g	**13%**
Cholesterol 65mg	**22%**
Sodium 181mg	**30%**
Total Carbohydrate 15g	**9%**
Dietary Fiber 3g	**12%**
Sugar 20g	
Protein 18.1g	**12%**

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 8 / 039

Bruschetta Chicken
Served with Red Skin Potatoes
and Autumn Vegetables

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 332	
	% Daily Values*
Total Fat 9.9g	**5%**
Cholesterol 43mg	**18%**
Sodium 432mg	**18%**
Total Carbohydrate 45.1g	**15%**
Dietary Fiber 6.5g	**10%**
Sugar 20g	
Protein 17.1g	**10%**

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 9 / 739

Beef Patty and Cheesy Chipotle Rice
Served with Four Seasons
Vegetables and Cabbage

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 212	
	% Daily Values*
Total Fat 1.6g	**5%**
Cholesterol 0mg	**0%**
Sodium 492mg	**35%**
Total Carbohydrate 43.2g	**25%**
Dietary Fiber 13.7g	**22%**
Sugar 20g	
Protein 10.2g	**8%**

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 10 / 036

Honey Mustard Chicken
Served with Sweet Potatoes
and Brussels Sprouts

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 272	
	% Daily Values*
Total Fat 12.8g	**12%**
Cholesterol 38mg	**12%**
Sodium 395mg	**5%**
Total Carbohydrate 19.4g	**9%**
Dietary Fiber 5.4g	**10%**
Sugar 20g	
Protein 20.8g	**9%**

*Percent Daily Values are based on a 2,000 calorie diet.

Diabetic Menu Cycle 4

No photo available

Meal 1 / 044

Breaded Pollock
Served with Green Peas Blend and Carrots

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 297	
	% Daily Values*
Total Fat 6.6g	**8%**
Cholesterol 53mg	**13%**
Sodium 514mg	**20%**
Total Carbohydrate 32.4g	**10%**
Dietary Fiber 6.3g	**10%**
Sugar 20g	
Protein 30.3g	**16%**

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 2 / 047

Salisbury Steak
Served with Red Skin Potatoes and Mixed Vegetables

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 269	
	% Daily Values*
Total Fat 14.6g	**14%**
Cholesterol 226mg	**33%**
Sodium 2255mg	**50%**
Total Carbohydrate 21.3g	**12%**
Dietary Fiber 3.7g	**6%**
Sugar 20g	
Protein 16.5g	**17%**

*Percent Daily Values are based on a 2,000 calorie diet.

No photo available

Meal 3 / 031

Pork and Zesty Orange Rice
Served with Green Peas and Carrots

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 239	
	% Daily Values*
Total Fat 12.8g	**12%**
Cholesterol 38mg	**13%**
Sodium 271mg	**8%**
Total Carbohydrate 19.3g	**8%**
Dietary Fiber 7g	**12%**
Sugar 20g	
Protein 20.8g	**8%**

*Percent Daily Values are based on a 2,000 calorie diet.

Note: Nutrition analysis **does not include components**, such as bread, margarine, fruit, and dessert. Components contribute to an increase in nutrients. *Only Cycle 2 of Diabetic meals is Gluten-Free.

Meal 4 / 055

Meatballs and Alfredo Shells
Served with Whole Kernel Corn and Green Beans

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 209	
	% Daily Values*
Total Fat 8.1g	**8%**
Cholesterol 40mg	**22%**
Sodium 415mg	**21%**
Total Carbohydrate 19.3g	**20%**
Dietary Fiber 3.7g	**10%**
Sugar 20g	
Protein 14.9g	**14%**

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 5 / 050

Breaded Chicken
Served with Whole Kernel Corn and Spring Vegetables

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 291	
	% Daily Values*
Total Fat 9.6g	**32%**
Cholesterol 63mg	**33%**
Sodium 289mg	**16%**
Total Carbohydrate 22.1g	**9%**
Dietary Fiber 5.5g	**10%**
Sugar 20g	
Protein 31.1g	**20%**

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 6 / 045

Cheese Manicotti
Served with Butternut Squash and Autumn Vegetables

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 282	
	% Daily Values*
Total Fat 13g	**10%**
Cholesterol 38mg	**18%**
Sodium 404mg	**36%**
Total Carbohydrate 19.8g	**10%**
Dietary Fiber 5.1g	**7%**
Sugar 20g	
Protein 21.1g	**11%**

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 7 / 080

Chicken and Rice
Served with Bean Blend and Carrots

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 386	
	% Daily Values*
Total Fat 29.0g	**31%**
Cholesterol 232mg	**22%**
Sodium 404mg	**21%**
Total Carbohydrate 29.9g	**11%**
Dietary Fiber 6.1g	**12%**
Sugar 20g	
Protein 18.3g	**10%**

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 8 / 038

Beef Strips and Gravy
Served with Mixed Greens and
Four Seasons Vegetables

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 297	
	% Daily Values*
Total Fat 6.6g	**8%**
Cholesterol 53mg	**13%**
Sodium 514mg	**20%**
Total Carbohydrate 32.4g	**10%**
Dietary Fiber 6.3g	**10%**
Sugar 20g	
Protein 30.3g	**16%**

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 9 / 042

Beef Pepper Patty with Gravy
Served with Spinach and
Sweet Potatoes

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 269	
	% Daily Values*
Total Fat 14.6g	**14%**
Cholesterol 226mg	**33%**
Sodium 2255mg	**50%**
Total Carbohydrate 21.3g	**12%**
Dietary Fiber 3.7g	**6%**
Sugar 20g	
Protein 16.5g	**17%**

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 10 / 013

BBQ Pork Patty
Served with Red Skin Potatoes
and Whole Kernel Corn

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 239	
	% Daily Values*
Total Fat 12.8g	**12%**
Cholesterol 38mg	**13%**
Sodium 271mg	**8%**
Total Carbohydrate 19.3g	**8%**
Dietary Fiber 7g	**12%**
Sugar 20g	
Protein 20.8g	**8%**

*Percent Daily Values are based on a 2,000 calorie diet.

GLUTEN-FREE

Menu Cycles

Standard Diet Meals

Gluten-Free Menu Cycle 1

Meal 1 / 093

Breakfast Scramble
Served with Asparagus and Hash Browns

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 260	Calories from Fat 110
	% Daily Values*
Total Fat 13g	**19%**
Cholesterol 30mg	**11%**
Sodium 470mg	**20%**
Total Carbohydrate 18g	**6%**
Dietary Fiber 3g	**13%**
Sugar 1g	
Protein 20g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 2 / 053

Honey BBQ Chicken
Served with Sweet Potatoes and Stewed Tomatoes

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 260	Calories from Fat 35
	% Daily Values*
Total Fat 4g	**6%**
Cholesterol 40mg	**14%**
Sodium 460mg	**19%**
Total Carbohydrate 31g	**11%**
Dietary Fiber 4g	**17%**
Sugar 15g	
Protein 31g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 3 / 813

Vegetarian Taco Soup
Served with Carrots and Brussels Sprouts

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 210	Calories from Fat 15
	% Daily Values*
Total Fat 12.8g	**12%**
Cholesterol 38mg	**13%**
Sodium 271mg	**8%**
Total Carbohydrate 19.3g	**8%**
Dietary Fiber 7g	**12%**
Sugar 20g	
Protein 20.8g	**8%**

*Percent Daily Values are based on a 2,000 calorie diet.

Note: Nutrition analysis **does not include components**, such as bread, margarine, fruit, and dessert. Components contribute to an increase in nutrients.

Meal 4 / 062

Chicken Chili
Served with Cauliflower and Spring Vegetables

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 240	Calories from Fat 40
	% Daily Values*
Total Fat 5g	**7%**
Cholesterol 50mg	**5%**
Sodium 430mg	**18%**
Total Carbohydrate 28g	**9%**
Dietary Fiber 10g	**42%**
Sugar 7g	
Protein 20g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 5 / 099

Beef Patty
Served with Carrots and Brussels Sprouts

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 240	Calories from Fat 120
	% Daily Values*
Total Fat 13g	**19%**
Cholesterol 40mg	**13%**
Sodium 270mg	**11%**
Total Carbohydrate 14g	**5%**
Dietary Fiber 7g	**28%**
Sugar 3g	
Protein 21g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 6 / 033

BBQ Chicken Drummies
Served with Black Beans and Corn and Brussels Sprouts

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 300	Calories from Fat 60
	% Daily Values*
Total Fat 7g	**10%**
Cholesterol 55mg	**18%**
Sodium 430mg	**18%**
Total Carbohydrate 33g	**11%**
Dietary Fiber 7g	**28%**
Sugar 11g	
Protein 30g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 7 / 818

Huevos Rancheros
Served with Asparagus and Hash Browns

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 390	Calories from Fat 200
	% Daily Values*
Total Fat 22g	**33%**
Cholesterol 230mg	**78%**
Sodium 400mg	**17%**
Total Carbohydrate 30g	**10%**
Dietary Fiber 6g	**24%**
Sugar 5g	
Protein 18g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 8 / 081

Chimichurri Chicken
Served with Broccoli and Stewed Tomatoes

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 300	Calories from Fat 100
	% Daily Values*
Total Fat 9g	**14%**
Cholesterol 40mg	**13%**
Sodium 350mg	**15%**
Total Carbohydrate 27g	**9%**
Dietary Fiber 6g	**23%**
Sugar 9g	
Protein 31g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 9 / 023

Homestyle Meatloaf
Served with Red Skin Potatoes and Winter Vegetables

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 280	Calories from Fat 120
	% Daily Values*
Total Fat 13g	**20%**
Cholesterol 25mg	**8%**
Sodium 470mg	**20%**
Total Carbohydrate 27g	**9%**
Dietary Fiber 7g	**28%**
Sugar 6g	
Protein 18g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 10 / 074

Fried Egg Patties
Served with Sweet Potatoes and Asparagus

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 270	Calories from Fat 140
	% Daily Values*
Total Fat 15g	**23%**
Cholesterol 225mg	**75%**
Sodium 260mg	**11%**
Total Carbohydrate 21g	**7%**
Dietary Fiber 4g	**15%**
Sugar 3g	
Protein 17g	

*Percent Daily Values are based on a 2,000 calorie diet.

Gluten-Free Menu Cycle 2

Meal 1 / 814

Hash Brown Patty and Egg Patty
Served with Asparagus and Cinnamon Apples

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 281	
	% Daily Values*
Total Fat 4.6g	**8%**
Cholesterol 65mg	**33%**
Sodium 444mg	**45%**
Total Carbohydrate 32.6g	**18%**
Dietary Fiber 5g	**12%**
Sugar 20g	
Protein 31.9g	**18%**

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 2 / 095

Chicken Patty and Honey Lemon Rice
Served with Black Beans and Corn and Brussels Sprouts

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 350	Calories from Fat 50
	% Daily Values*
Total Fat 5g	**8%**
Cholesterol 65mg	**21%**
Sodium 280mg	**12%**
Total Carbohydrate 43g	**14%**
Dietary Fiber 7g	**27%**
Sugar 8g	
Protein 33g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 3 / 803

Veggie Chili
Served with Red Skin Potatoes and Broccoli

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 290	Calories from Fat 10
	% Daily Values*
Total Fat 1g	**2%**
Cholesterol 0mg	**0%**
Sodium 350mg	**15%**
Total Carbohydrate 57g	**19%**
Dietary Fiber 16g	**62%**
Sugar 11g	
Protein 14g	

*Percent Daily Values are based on a 2,000 calorie diet.

Note: Nutrition analysis **does not include components**, such as bread, margarine, fruit, and dessert. Components contribute to an increase in nutrients.

Meal 4 / 079

Chicken Florentine
Served with Asparagus and Carrots

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 275	
	% Daily Values*
Total Fat 6.5g	**5%**
Cholesterol 25mg	**20%**
Sodium 441mg	**19%**
Total Carbohydrate 43.3g	**35%**
Dietary Fiber 5.5g	**13%**
Sugar 20g	
Protein 16.9g	**14%**

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 5 / 727

Beef Patty
Served with Corn with Peppers and Green Beans

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 280	Calories from Fat 160
	% Daily Values*
Total Fat 17g	**27%**
Cholesterol 65mg	**22%**
Sodium 180mg	**8%**
Total Carbohydrate 15g	**5%**
Dietary Fiber 3g	**12%**
Sugar 3g	
Protein 18g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 6 / 083

Pesto Basil Chicken
Served with Lima Beans and Three Seasons Vegetables

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 350	Calories from Fat 70
	% Daily Values*
Total Fat 8g	**12%**
Cholesterol 45mg	**14%**
Sodium 440mg	**18%**
Total Carbohydrate 38g	**13%**
Dietary Fiber 6g	**24%**
Sugar 6g	
Protein 34g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 7 / 815

Vegetarian Creole
Served with Rice and Winter Vegetables

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 190	Calories from Fat 10
	% Daily Values*
Total Fat 1g	**2%**
Cholesterol 0mg	**0%**
Sodium 400mg	**16%**
Total Carbohydrate 40g	**13%**
Dietary Fiber 7g	**29%**
Sugar 6g	
Protein 9g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 8 / 039

Bruschetta Chicken
Served with Red Skin Potatoes and Autumn Vegetables

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 332	
	% Daily Values*
Total Fat 9.9g	**5%**
Cholesterol 43mg	**18%**
Sodium 432mg	**18%**
Total Carbohydrate 45.1g	**15%**
Dietary Fiber 6.5g	**10%**
Sugar 20g	
Protein 17.1g	**10%**

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 9 / 739

Beef Patty and Cheesy Chipotle Rice
Served with Four Seasons Vegetables and Cabbage

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 212	
	% Daily Values*
Total Fat 1.6g	**5%**
Cholesterol 0mg	**0%**
Sodium 492mg	**35%**
Total Carbohydrate 43.2g	**25%**
Dietary Fiber 13.7g	**22%**
Sugar 20g	
Protein 10.2g	**8%**

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 10 / 036

Honey Mustard Chicken
Served with Sweet Potatoes and Brussels Sprouts

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 272	
	% Daily Values*
Total Fat 12.8g	**12%**
Cholesterol 38mg	**12%**
Sodium 395mg	**5%**
Total Carbohydrate 19.4g	**9%**
Dietary Fiber 5.4g	**10%**
Sugar 20g	
Protein 20.8g	**9%**

*Percent Daily Values are based on a 2,000 calorie diet.

PORK-FREE

Menu Cycles

Pork-Free Menu Cycle 1

Meal 1 / 033

BBQ Chicken Drummies
Served with Black Beans & Corn and Brussel Sprouts

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 300	Calories from Fat 60
	% Daily Values*
Total Fat 7g	**10%**
Cholesterol 55mg	**18%**
Sodium 430mg	**18%**
Total Carbohydrate 33g	**11%**
Dietary Fiber 7g	**28%**
Sugar 11g	
Protein 30g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 2 / 074

Fried Egg Patties
Served with Asparagus and Sweet Potatoes

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 270	Calories from Fat 140
	% Daily Values*
Total Fat 15g	**23%**
Cholesterol 225mg	**75%**
Sodium 260mg	**11%**
Total Carbohydrate 21g	**7%**
Dietary Fiber 4g	**15%**
Sugar 3g	
Protein 17g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 3 / 099

Beef Patty
Served with Carrots and Brussel Sprouts

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 240	Calories from Fat 120
	% Daily Values*
Total Fat 13g	**19%**
Cholesterol 40mg	**13%**
Sodium 270mg	**11%**
Total Carbohydrate 14g	**5%**
Dietary Fiber 7g	**28%**
Sugar 3g	
Protein 21g	

*Percent Daily Values are based on a 2,000 calorie diet.

Note: Nutrition analysis **does not include components**, such as bread, margarine, fruit, and dessert. Components contribute to an increase in nutrients.

Meal 4 / 085

Breaded Fish Wedge
Served with Butternut Squash and Autumn Vegetables

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 330	Calories from Fat 100
	% Daily Values*
Total Fat 10g	**16%**
Cholesterol 45mg	**15%**
Sodium 380mg	**16%**
Total Carbohydrate 40g	**13%**
Dietary Fiber 6g	**23%**
Sugar 2g	
Protein 22g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 5 / 081

Chimichurri Chicken
Served with Stewed Tomatoes and Black Beans and Corn

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 300	Calories from Fat 100
	% Daily Values*
Total Fat 9g	**14%**
Cholesterol 40mg	**13%**
Sodium 350mg	**15%**
Total Carbohydrate 27g	**9%**
Dietary Fiber 6g	**23%**
Sugar 9g	
Protein 31g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 6 / 100

Meatballs & Rice
Served with Peas & Carrots and Stewed Tomatoes

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 330	Calories from Fat 110
	% Daily Values*
Total Fat 12g	**18%**
Cholesterol 50mg	**17%**
Sodium 420mg	**17%**
Total Carbohydrate 31g	**10%**
Dietary Fiber 7g	**28%**
Sugar 10g	
Protein 24g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 7 / 818

Huevos Rancheros
Served with Asparagus and Hash Browns

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 390	Calories from Fat 200
	% Daily Values*
Total Fat 22g	**33%**
Cholesterol 230mg	**78%**
Sodium 400mg	**17%**
Total Carbohydrate 30g	**10%**
Dietary Fiber 6g	**24%**
Sugar 5g	
Protein 18g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 8 / 023

Homestyle Meatloaf
Served with Winter Vegetables
and Red Skin Potatoes

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 275	
	% Daily Values*
Total Fat 12.8g	**8%**
Cholesterol 25mg	**19%**
Sodium 429mg	**18%**
Total Carbohydrate 24.7g	**12%**
Dietary Fiber 6.6g	**10%**
Sugar 20g	
Protein 18.8g	**12%**

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 9 / 062

Chicken Chili
Served with Spring Vegetables
and Cauliflower

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 239	
	% Daily Values*
Total Fat 4.8g	**4%**
Cholesterol 48mg	**30%**
Sodium 440mg	**32%**
Total Carbohydrate 27.9g	**25%**
Dietary Fiber 10.3g	**22%**
Sugar 20g	
Protein 19.9g	**16%**

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 10 / 728

Beef Patty & Mushroom Gravy
Served with Mixed Vegetables
and Cabbage

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 278	
	% Daily Values*
Total Fat 17.2g	**14%**
Cholesterol 65mg	**25%**
Sodium 336mg	**10%**
Total Carbohydrate 13g	**9%**
Dietary Fiber 3.8g	**10%**
Sugar 20g	
Protein 18.1g	**9%**

*Percent Daily Values are based on a 2,000 calorie diet.

Pork-Free Menu Cycle 2

Meal 1 / 032

Creamy Country Fried Steak with Gravy
Served with Mixed Vegetables and Red Skin Diced Potatoes

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 410	Calories from Fat 120
	% Daily Values*
Total Fat 14g	**21%**
Cholesterol 30mg	**9%**
Sodium 490mg	**20%**
Total Carbohydrate 55g	**18%**
Dietary Fiber 6g	**23%**
Sugar 4g	
Protein 18g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 2 / 075

Macaroni and Cheese
Served with Carrots and Green Peas

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 340	Calories from Fat 90
	% Daily Values*
Total Fat 9g	**15%**
Cholesterol 20mg	**6%**
Sodium 490mg	**20%**
Total Carbohydrate 47g	**16%**
Dietary Fiber 6g	**25%**
Sugar 8g	
Protein 16g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 3 / 089

Southwest Chicken
Served with Broccoli and Sweet Potatoes

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 390	Calories from Fat 110
	% Daily Values*
Total Fat 5g	**7%**
Cholesterol 60mg	**19%**
Sodium 630mg	**26%**
Total Carbohydrate 47g	**16%**
Dietary Fiber 8g	**31%**
Sugar 8g	
Protein 31g	

*Percent Daily Values are based on a 2,000 calorie diet.

Note: Nutrition analysis **does not include components**, such as bread, margarine, fruit, and dessert. Components contribute to an increase in nutrients.

Meal 4 / 738

Meatballs and Penne
Served with Carrots and Green Peas

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 400	Calories from Fat 200
	% Daily Values*
Total Fat 22g	**34%**
Cholesterol 60mg	**19%**
Sodium 590mg	**25%**
Total Carbohydrate 29g	**10%**
Dietary Fiber 6g	**26%**
Sugar 8g	
Protein 19g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 5 / 070

Fish Nuggets
Served with Northern Beans and Broccoli

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 330	Calories from Fat 90
	% Daily Values*
Total Fat 10g	**15%**
Cholesterol 45mg	**15%**
Sodium 360mg	**15%**
Total Carbohydrate 40g	**13%**
Dietary Fiber 10g	**40%**
Sugar 2g	
Protein 24g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 6 / 014

Creamy Chicken and Waffle
Served with Four Seasons Vegetables and Cabbage

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 520	Calories from Fat 210
	% Daily Values*
Total Fat 23g	**35%**
Cholesterol 30mg	**10%**
Sodium 620mg	**26%**
Total Carbohydrate 59g	**20%**
Dietary Fiber 9g	**35%**
Sugar 3g	
Protein 22g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 7 / 027

Beef Strips and Orange Rice
Served with Corn with Peppers and Broccoli

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 440	Calories from Fat 100
	% Daily Values*
Total Fat 11g	**16%**
Cholesterol 35mg	**12%**
Sodium 430mg	**18%**
Total Carbohydrate 66g	**22%**
Dietary Fiber 10g	**40%**
Sugar 23g	
Protein 26g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 8 / 052

Chicken and Teriyaki Rice
Served with Brussel Sprouts and Sweet Potatoes

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 360	Calories from Fat 50
	% Daily Values*
Total Fat 5g	**8%**
Cholesterol 65mg	**22%**
Sodium 500mg	**21%**
Total Carbohydrate 49g	**16%**
Dietary Fiber 6g	**23%**
Sugar 14g	
Protein 34g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 9 / 803

Vegetarian Chili
Served with Broccoli and Red Skin Potatoes

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 290	Calories from Fat 10
	% Daily Values*
Total Fat 1g	**2%**
Cholesterol 0mg	**0%**
Sodium 350mg	**15%**
Total Carbohydrate 57g	**19%**
Dietary Fiber 16g	**62%**
Sugar 11g	
Protein 14g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 10 / 090

Zesty Orange Chicken and Rice
Served with Bean Blend and Three Seasons Vegetables

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 500	Calories from Fat 110
	% Daily Values*
Total Fat 5g	**8%**
Cholesterol 60mg	**19%**
Sodium 500mg	**21%**
Total Carbohydrate 68g	**23%**
Dietary Fiber 6g	**23%**
Sugar 13g	
Protein 32g	

*Percent Daily Values are based on a 2,000 calorie diet.

FISH-FREE

Menu Cycles

Standard Diet Meals

Fish-Free Menu Cycle 1

Meal 1 / 087

Mushroom Pork
Served with Green Beans and Sweet Potatoes

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 340	Calories from Fat 140
	% Daily Values*
Total Fat 16g	**24%**
Cholesterol 70mg	**24%**
Sodium 560mg	**23%**
Total Carbohydrate 25g	**8%**
Dietary Fiber 6g	**24%**
Sugar 4g	
Protein 31g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 2 / 019

Mushroom Swiss Chicken
Served with Rice, Peas & Carrots and Stewed Tomatoes

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 290	Calories from Fat 45
	% Daily Values*
Total Fat 5g	**8%**
Cholesterol 40mg	**14%**
Sodium 540mg	**23%**
Total Carbohydrate 31g	**10%**
Dietary Fiber 5g	**21%**
Sugar 12g	
Protein 33g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 3 / 065

Spaghetti & Meatballs
Served with Broccoli and Whole Kernel Corn

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 380	Calories from Fat 120
	% Daily Values*
Total Fat 13g	**20%**
Cholesterol 50mg	**17%**
Sodium 350mg	**14%**
Total Carbohydrate 42g	**14%**
Dietary Fiber 8g	**31%**
Sugar 12g	
Protein 26g	

*Percent Daily Values are based on a 2,000 calorie diet.

Note: Nutrition analysis **does not include components**, such as bread, margarine, fruit, and dessert. Components contribute to an increase in nutrients.

Meal 4 / 094

Chicken Patty & Alfredo Penne
Served with Carrots and Butternut Squash

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 270	Calories from Fat 50
	% Daily Values*
Total Fat 5g	**8%**
Cholesterol 40mg	**13%**
Sodium 460mg	**19%**
Total Carbohydrate 28g	**9%**
Dietary Fiber 4g	**14%**
Sugar 7g	
Protein 29g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 5 / 093

Breakfast Scramble
Served with Asparagus and Hash Browns

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 260	Calories from Fat 110
	% Daily Values*
Total Fat 13g	**19%**
Cholesterol 30mg	**11%**
Sodium 470mg	**20%**
Total Carbohydrate 18g	**6%**
Dietary Fiber 3g	**13%**
Sugar 1g	
Protein 20g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 6 / 053

Honey BBQ Chicken
Served with Stewed Tomatoes, and Sweet Potatoes

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 260	Calories from Fat 35
	% Daily Values*
Total Fat 4g	**6%**
Cholesterol 40mg	**14%**
Sodium 460mg	**19%**
Total Carbohydrate 31g	**11%**
Dietary Fiber 4g	**17%**
Sugar 15g	
Protein 31g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 7 / 737

Meatball Stroganoff
Served with Carrots and Whole Kernel Corn

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 410	Calories from Fat 230
	% Daily Values*
Total Fat 26g	**40%**
Cholesterol 70mg	**24%**
Sodium 480mg	**20%**
Total Carbohydrate 29g	**10%**
Dietary Fiber 4g	**17%**
Sugar 6g	
Protein 17	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 8 / 049

Cheese Ravioli with Spinach Alfredo
Served with Mixed Vegetables and Cauliflower

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 320	Calories from Fat 90
	% Daily Values*
Total Fat 9g	**14%**
Cholesterol 45mg	**14%**
Sodium 410mg	**17%**
Total Carbohydrate 45g	**15%**
Dietary Fiber 6g	**23%**
Sugar 8g	
Protein 17g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 9 / 813

Vegetarian Taco Soup
Served with Carrots and Brussel Sprouts

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 210	Calories from Fat 15
	% Daily Values*
Total Fat 1.5g	**3%**
Cholesterol 0mg	**0%**
Sodium 470mg	**19%**
Total Carbohydrate 43g	**14%**
Dietary Fiber 14g	**55%**
Sugar 11g	
Protein 10g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 10 / 088

Beef Patty & Onion Gravy
Served with Broccoli and Red Skin Diced Potatoes

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 260	Calories from Fat 80
	% Daily Values*
Total Fat 9g	**13%**
Cholesterol 35mg	**12%**
Sodium 430mg	**18%**
Total Carbohydrate 24g	**8%**
Dietary Fiber 7g	**30%**
Sugar 4g	
Protein 23g	

*Percent Daily Values are based on a 2,000 calorie diet.

Fish-Free Menu Cycle 2

Meal 1 / 013

BBQ Pork Rib Patty
Served with Whole Kernel Corn and Red Skin Diced Potatoes

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 320	Calories from Fat 100
	% Daily Values*
Total Fat 12g	**18%**
Cholesterol 35mg	**12%**
Sodium 350mg	**15%**
Total Carbohydrate 39g	**13%**
Dietary Fiber 5g	**18%**
Sugar 13g	
Protein 18g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 2 / 080

Grilled Chicken with Rice & Gravy
Served with Carrots and Bean Blend

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 370	Calories from Fat 50
	% Daily Values*
Total Fat 6g	**9%**
Cholesterol 40mg	**13%**
Sodium 440mg	**18%**
Total Carbohydrate 45g	**15%**
Dietary Fiber 6g	**24%**
Sugar 5g	
Protein 36g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 3 / 038

Beef Strips and Gravy
Served with Four Seasons Vegetables and Mixed Greens

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 240	Calories from Fat 80
	% Daily Values*
Total Fat 9g	**15%**
Cholesterol 35mg	**12%**
Sodium 480mg	**20%**
Total Carbohydrate 18g	**6%**
Dietary Fiber 9g	**35%**
Sugar 3g	
Protein 25g	

*Percent Daily Values are based on a 2,000 calorie diet.

Note: Nutrition analysis **does not include components**, such as bread, margarine, fruit, and dessert. Components contribute to an increase in nutrients.

Meal 4 / 050

Breaded Chicken
Served with Spring Vegetables and Whole Kernel Corn

Nutrition Facts	
Serving Size 1	
Amount Per Serving	
Calories 340	Calories from Fat 160
	% Daily Values*
Total Fat 18g	**27%**
Cholesterol 30mg	**10%**
Sodium 350mg	**14%**
Total Carbohydrate 32g	**11%**
Dietary Fiber 5g	**20%**
Sugar 4g	
Protein 16g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 5 / 042

Beef Pepper Patty with Gravy
Served with Spinach and Sweet Potato

Nutrition Facts	
Serving Size 1	
Amount Per Serving	
Calories 310	Calories from Fat 120
	% Daily Values*
Total Fat 14g	**21%**
Cholesterol 60mg	**19%**
Sodium 520mg	**22%**
Total Carbohydrate 26g	**9%**
Dietary Fiber 7g	**28%**
Sugar 5g	
Protein 28g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 6 / 083

Pesto Basil Chicken Served with Lima Beans and Three Seasons Vegetables

Nutrition Facts	
Serving Size 1	
Amount Per Serving	
Calories 350	Calories from Fat 70
	% Daily Values*
Total Fat 8g	**12%**
Cholesterol 45mg	**14%**
Sodium 440mg	**18%**
Total Carbohydrate 38g	**13%**
Dietary Fiber 6g	**24%**
Sugar 6g	
Protein 34g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 7 / 815

Vegetarian Creole
Served with Winter Vegetables and Rice

Nutrition Facts	
Serving Size 1	
Amount Per Serving	
Calories 190	Calories from Fat 10
	% Daily Values*
Total Fat 1g	**2%**
Cholesterol 0mg	**0%**
Sodium 400mg	**16%**
Total Carbohydrate 40g	**13%**
Dietary Fiber 7g	**29%**
Sugar 6g	
Protein 9g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 8 / 039

Bruschetta Chicken Served with Autumn Vegetables and Red Skin Potatoes

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 370	Calories from Fat 100
	% Daily Values*
Total Fat 12g	**18%**
Cholesterol 40mg	**13%**
Sodium 530mg	**22%**
Total Carbohydrate 35g	**12%**
Dietary Fiber 6g	**22%**
Sugar 5g	
Protein 33g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 9 / 739

Beef Patty and Cheesy Chipotle Rice Served with Four Seasons Vegetables and Cabbage

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 360	Calories from Fat 170
	% Daily Values*
Total Fat 18g	**28%**
Cholesterol 65mg	**22%**
Sodium 380mg	**16%**
Total Carbohydrate 30g	**10%**
Dietary Fiber 4g	**14%**
Sugar 6g	
Protein 19g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 10 / 045

Cheese Manicotti Served with Butternut Squash and Autumn Blend

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 320	Calories from Fat 80
	% Daily Values*
Total Fat 10g	**15%**
Cholesterol 35mg	**12%**
Sodium 460mg	**19%**
Total Carbohydrate 46g	**15%**
Dietary Fiber 6g	**24%**
Sugar 4g	
Protein 16g	

*Percent Daily Values are based on a 2,000 calorie diet.

SOUTHWEST

Menu Cycles

Standard Diet Meals

Southwest Menu Cycle

Meal 1 / 081

Chimichurri Chicken
Served with Black Beans and Corn and Stewed Tomatoes

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 300	Calories from Fat 100
	% Daily Values*
Total Fat 9g	**14%**
Cholesterol 40mg	**13%**
Sodium 350mg	**15%**
Total Carbohydrate 27g	**9%**
Dietary Fiber 6g	**23%**
Sugar 9g	
Protein 31g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 2 / 804

Black Bean Chili
Served with Spinach and Whole Kernel Corn

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 200	Calories from Fat 10
	% Daily Values*
Total Fat 1.5g	**2%**
Cholesterol 0mg	**0%**
Sodium 390mg	**16%**
Total Carbohydrate 40g	**13%**
Dietary Fiber 14g	**54%**
Sugar 7g	
Protein 11g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 3 / 089

Southwest Chicken
Served with Sweet Potatoes and Broccoli

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 390	Calories from Fat 110
	% Daily Values*
Total Fat 5g	**7%**
Cholesterol 60mg	**19%**
Sodium 630mg	**26%**
Total Carbohydrate 47g	**16%**
Dietary Fiber 8g	**31%**
Sugar 8g	
Protein 31g	

*Percent Daily Values are based on a 2,000 calorie diet.

Note: Nutrition analysis **does not include components**, such as bread, margarine, fruit, and dessert. Components contribute to an increase in nutrients.

Meal 4 / 806

Cheese Lasagna with Salsa
Served with Green Beans
and Carrots

Nutrition Facts	
Serving Size 1	
Amount Per Serving	
Calories 24	Calories from Fat 70
	% Daily Values*
Total Fat 7g	**10%**
Cholesterol 25mg	**8%**
Sodium 470mg	**19%**
Total Carbohydrate 33g	**11%**
Dietary Fiber 5g	**21%**
Sugar 7g	
Protein 11g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 5 / 062

Chicken Chili and Beans
Served with Cauliflower and
Spring Vegetables

Nutrition Facts	
Serving Size 1	
Amount Per Serving	
Calories 240	Calories from Fat 40
	% Daily Values*
Total Fat 5g	**7%**
Cholesterol 50mg	**16%**
Sodium 430mg	**18%**
Total Carbohydrate 28g	**9%**
Dietary Fiber 10g	**42%**
Sugar 7g	
Protein 20g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 6 / 813

Veggie Taco Soup
Served with Brussels Sprouts
and Carrots

Nutrition Facts	
Serving Size 1	
Amount Per Serving	
Calories 210	Calories from Fat 15
	% Daily Values*
Total Fat 1.5g	**3%**
Cholesterol 0mg	**0%**
Sodium 470mg	**19%**
Total Carbohydrate 43g	**14%**
Dietary Fiber 14g	**55%**
Sugar 11g	
Protein 10g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 7 / 093

Breakfast Scramble
Served with Asparagus and
Hash Browns

Nutrition Facts	
Serving Size 1	
Amount Per Serving	
Calories 260	Calories from Fat 110
	% Daily Values*
Total Fat 13g	**19%**
Cholesterol 30mg	**11%**
Sodium 470mg	**20%**
Total Carbohydrate 18g	**6%**
Dietary Fiber 3g	**13%**
Sugar 1g	
Protein 20g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 8 / 803

Vegetable Chili
Served with Broccoli and Red Skin Potatoes

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 290	Calories from Fat 10
	% Daily Values*
Total Fat 1g	**2%**
Cholesterol 0mg	**0%**
Sodium 350mg	**15%**
Total Carbohydrate 57g	**19%**
Dietary Fiber 16g	**62%**
Sugar 11g	
Protein 14g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 9 / 818

Huevos Rancheros
Served with Hash Browns and Asparagus

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 390	Calories from Fat 200
	% Daily Values*
Total Fat 22g	**33%**
Cholesterol 230mg	**78%**
Sodium 400mg	**17%**
Total Carbohydrate 30g	**10%**
Dietary Fiber 6g	**24%**
Sugar 5g	
Protein 18g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 10 / 739

Beef Patty and Cheesy Chipotle Rice
Served with Four Seasons Vegetables and Cabbage

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 360	Calories from Fat 170
	% Daily Values*
Total Fat 18g	**28%**
Cholesterol 65mg	**22%**
Sodium 380mg	**16%**
Total Carbohydrate 30g	**10%**
Dietary Fiber 4g	**14%**
Sugar 6g	
Protein 19g	

*Percent Daily Values are based on a 2,000 calorie diet.

RENAL

Menu Cycles

Specialty Diet Meals

Renal Menu Cycle 1

Meal 1 / 737

Meatball Stroganoff
Served with Whole Kernel Corn and Carrots

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 410	Calories from Fat 230
	% Daily Values*
Total Fat 26g	**40%**
Cholesterol 70mg	**24%**
Sodium 480mg	**20%**
Total Carbohydrate 29g	**10%**
Dietary Fiber 4g	**17%**
Sugar 6g	
Protein 17g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 2 / 712

Pesto Chicken
Served with Green Beans and Rice Pilaf

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 280	Calories from Fat 70
	% Daily Values*
Total Fat 8g	**12%**
Cholesterol 85mg	**28%**
Sodium 490mg	**20%**
Total Carbohydrate 20g	**7%**
Dietary Fiber 2g	**10%**
Sugar 2g	
Protein 33g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 3 / 045

Cheese Manicotti Alfredo
Served with Butternut Squash and Autumn Vegetables

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 320	Calories from Fat 80
	% Daily Values*
Total Fat 10g	**15%**
Cholesterol 35mg	**12%**
Sodium 460mg	**19%**
Total Carbohydrate 46g	**15%**
Dietary Fiber 6g	**24%**
Sugar 4g	
Protein 16g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal Pattern Requirements for End Stage Renal Disease in the Dialysis Patient. Nutrient Requirements for one meal are as follows: Average Protein - 3 oz.; Potassium - 501 mg; Phosphorus - 371 mg; Sodium - 429 mg
Our meals are renal friendly. Meals may contain the following foods: tomatoes, potatoes, processed meats, cantaloupes, broccoli, spinach, vegetables juices, sweet potato, salt substitutes (containing KCL), nuts, milk or dairy.

Meal 4 / 704

Lemon Pepper Chicken
Served with Egg Noodles
and Mixed Vegetables

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 230	Calories from Fat 40
	% Daily Values*
Total Fat 4g	**7%**
Cholesterol 90mg	**29%**
Sodium 480mg	**20%**
Total Carbohydrate 15g	**5%**
Dietary Fiber 3g	**10%**
Sugar 3g	
Protein 33g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 5 / 093

Breakfast Scramble
Served with Asparagus and
Hash Browns

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 260	Calories from Fat 110
	% Daily Values*
Total Fat 13g	**19%**
Cholesterol 30mg	**11%**
Sodium 470mg	**20%**
Total Carbohydrate 18g	**6%**
Dietary Fiber 3g	**13%**
Sugar 1g	
Protein 20g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 6 / 710

Chicken Breast
Served with Corn with Peppers
and Egg Noodles

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 240	Calories from Fat 40
	% Daily Values*
Total Fat 4.5g	**7%**
Cholesterol 90mg	**29%**
Sodium 420mg	**18%**
Total Carbohydrate 18g	**6%**
Dietary Fiber 2g	**7%**
Sugar 2g	
Protein 33g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 7 / 806

Lasagna with Salsa
Served with Green Beans
and Carrots

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 240	Calories from Fat 70
	% Daily Values*
Total Fat 7g	**10%**
Cholesterol 25mg	**8%**
Sodium 470mg	**19%**
Total Carbohydrate 33g	**11%**
Dietary Fiber 5g	**21%**
Sugar 7g	
Protein 11g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 8 / 728

Mushroom Beef
Served with Mixed Vegetables and Cabbage

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 280	Calories from Fat 160
	% Daily Values*
Total Fat 17g	**27%**
Cholesterol 65mg	**22%**
Sodium 340mg	**14%**
Total Carbohydrate 13g	**5%**
Dietary Fiber 4g	**15%**
Sugar 4g	
Protein 18g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 9 / 814

Hash Brown and Egg Patties
Served with Asparagus and Cinnamon Apples

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 281	
	% Daily Values*
Total Fat 4.6g	**8%**
Cholesterol 65mg	**33%**
Sodium 444mg	**45%**
Total Carbohydrate 32.6g	**18%**
Dietary Fiber 5g	**12%**
Sugar 20g	
Protein 31.9g	**18%**

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 10 / 702

Honey Mustard Chicken
Served with Corn with Peppers and Seasons Vegetables

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 250	Calories from Fat 35
	% Daily Values*
Total Fat 4g	**7%**
Cholesterol 80mg	**27%**
Sodium 500mg	**21%**
Total Carbohydrate 22g	**7%**
Dietary Fiber 3g	**13%**
Sugar 5g	
Protein 33g	

*Percent Daily Values are based on a 2,000 calorie diet.

Renal Menu Cycle 2

Meal 1 / 050

Breaded Chicken
Served with Whole Kernel Corn and Spring Vegetables

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 291	
	% Daily Values*
Total Fat 9.6g	**32%**
Cholesterol 63mg	**33%**
Sodium 289mg	**16%**
Total Carbohydrate 22.1g	**9%**
Dietary Fiber 5.5g	**10%**
Sugar 20g	
Protein 31.1g	**20%**

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 2 / 738

Meatballs and Penne
Served with Green Peas and Carrots

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 400	Calories from Fat 200
	% Daily Values*
Total Fat 22g	**34%**
Cholesterol 60mg	**19%**
Sodium 590mg	**25%**
Total Carbohydrate 29g	**10%**
Dietary Fiber 6g	**26%**
Sugar 8g	
Protein 19g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 3 / 049

Cheese Ravioli and Spinach Alfredo
Served with Mixed Vegetables and Cauliflower

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 320	Calories from Fat 90
	% Daily Values*
Total Fat 9g	**14%**
Cholesterol 45mg	**14%**
Sodium 410mg	**17%**
Total Carbohydrate 45g	**15%**
Dietary Fiber 6g	**23%**
Sugar 8g	
Protein 17g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal Pattern Requirements for End Stage Renal Disease in the Dialysis Patient. Nutrient Requirements for one meal are as follows: Average Protein - 3 oz.; Potassium - 501 mg; Phosphorus - 371 mg; Sodium - 429 mg
Our meals are renal friendly. Meals may contain the following foods: tomatoes, potatoes, processed meats, cantaloupes, broccoli, spinach, vegetables juices, sweet potato, salt substitutes (containing KCL), nuts, milk or dairy.

Meal 4 / 714

Garlic Onion Chicken Breast
Served with Mixed Vegetables and White Rice

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 280	Calories from Fat 35
	% Daily Values*
Total Fat 4g	**6%**
Cholesterol 80mg	**27%**
Sodium 450mg	**19%**
Total Carbohydrate 26g	**9%**
Dietary Fiber 2g	**10%**
Sugar 3g	
Protein 34g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 5 / 727

All Beef Patty
Served with Corn with Peppers and Green Beans

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 280	Calories from Fat 160
	% Daily Values*
Total Fat 17g	**27%**
Cholesterol 65mg	**22%**
Sodium 180mg	**8%**
Total Carbohydrate 15g	**5%**
Dietary Fiber 3g	**12%**
Sugar 3g	
Protein 18g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 6 / 719

Alfredo Chicken
Served with Egg Noodles and Corn with Peppers

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 250	Calories from Fat 45
	% Daily Values*
Total Fat 5g	**8%**
Cholesterol 90mg	**29%**
Sodium 490mg	**20%**
Total Carbohydrate 20g	**7%**
Dietary Fiber 2g	**7%**
Sugar 2g	
Protein 33g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 7 / 074

Fried Egg Patties
Served with Asparagus and Sweet Potatoes

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 386	
	% Daily Values*
Total Fat 29.0g	**31%**
Cholesterol 232mg	**22%**
Sodium 404mg	**21%**
Total Carbohydrate 29.9g	**11%**
Dietary Fiber 6.1g	**12%**
Sugar 20g	
Protein 18.3g	**10%**

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 8 / 716

Herbed Chicken Breast
Served with White Rice and
Seasoned Green Peas

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 300	Calories from Fat 35
	% Daily Values*
Total Fat 4g	**6%**
Cholesterol 80mg	**27%**
Sodium 490mg	**20%**
Total Carbohydrate 30g	**10%**
Dietary Fiber 5g	**21%**
Sugar 5g	
Protein 36g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 9 / 739

Beef Patty & Cheesy Chipotle Rice
Served with Cabbage and
Four Seasons Vegetables

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 360	Calories from Fat 170
	% Daily Values*
Total Fat 18g	**28%**
Cholesterol 65mg	**22%**
Sodium 380mg	**16%**
Total Carbohydrate 30g	**10%**
Dietary Fiber 4g	**14%**
Sugar 6g	
Protein 19g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 10 / 819

Teriyaki Veggie Patty
Served with Sweet Potatoes and
Seasoned Green Peas

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 260	Calories from Fat 60
	% Daily Values*
Total Fat 7g	**11%**
Cholesterol 0mg	**1%**
Sodium 600mg	**25%**
Total Carbohydrate 37g	**12%**
Dietary Fiber 7g	**26%**
Sugar 13g	
Protein 15g	

*Percent Daily Values are based on a 2,000 calorie diet.

PUREE

Menu Cycles

Specialty Diet Meals

Puree Menu Cycle 1

Meal 1 / 601

Roast Pork and Apple
Served with Green Beans, Potatoes and Applesauce Cup

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 250	Calories from Fat 50
	% Daily Values*
Total Fat 5g	**8%**
Cholesterol 85mg	**28%**
Sodium 460mg	**19%**
Total Carbohydrate 33g	**11%**
Dietary Fiber 6g	**24%**
Sugar 8g	
Protein 19g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 2 / 602

Chicken and Broccoli
Served with Cabbage, Sweet Potato and Peach Cup

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 280	Calories from Fat 60
	% Daily Values*
Total Fat 6g	**10%**
Cholesterol 75mg	**25%**
Sodium 440mg	**18%**
Total Carbohydrate 41g	**14%**
Dietary Fiber 8g	**32%**
Sugar 12g	
Protein 17g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 3 / 603

Ham
Served with Mixed Greens, Corn and Pineapple Cup

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 250	Calories from Fat 50
	% Daily Values*
Total Fat 6g	**9%**
Cholesterol 25mg	**8%**
Sodium 990mg	**41%**
Total Carbohydrate 32g	**11%**
Dietary Fiber 5g	**18%**
Sugar 13g	
Protein 18g	

*Percent Daily Values are based on a 2,000 calorie diet.

Note: Nutrition analysis **does not include components**, such as bread, margarine, fruit, and dessert. Components contribute to an increase in nutrients. **Additional cycles available.**

Meal 4 / 604

Alaskan Seafood
Served with Broccoli, Carrots, Mixed Fruit Cup

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 250	Calories from Fat 120
	% Daily Values*
Total Fat 13g	**21%**
Cholesterol 70mg	**23%**
Sodium 440mg	**18%**
Total Carbohydrate 17g	**6%**
Dietary Fiber 7g	**28%**
Sugar 7g	
Protein 19g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 5 / 605

Lasagna
Served with Green Peas, Apples and Pear Cup

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 260	Calories from Fat 50
	% Daily Values*
Total Fat 5g	**8%**
Cholesterol 75mg	**25%**
Sodium 500mg	**21%**
Total Carbohydrate 34g	**11%**
Dietary Fiber 9g	**36%**
Sugar 15g	
Protein 21g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 6 / 606

Roast Beef Served with Sweet Potato, Cabbage and Peach Cup

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 300	Calories from Fat 70
	% Daily Values*
Total Fat 7g	**12%**
Cholesterol 30mg	**10%**
Sodium 770mg	**32%**
Total Carbohydrate 40g	**14%**
Dietary Fiber 7g	**29%**
Sugar 10g	
Protein 18g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 7 / 607

Chicken a L'Orange
Served with Green Beans, Corn and Pear Cup

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 280	Calories from Fat 70
	% Daily Values*
Total Fat 8g	**13%**
Cholesterol 85mg	**28%**
Sodium 630mg	**26%**
Total Carbohydrate 35g	**12%**
Dietary Fiber 6g	**23%**
Sugar 12g	
Protein 18g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 8 / 608

Beef and Vegetables
Served with Broccoli, Potatoes and Applesauce Cup

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 240	Calories from Fat 60
	% Daily Values*
Total Fat 7g	**10%**
Cholesterol 85mg	**28%**
Sodium 580mg	**24%**
Total Carbohydrate 22g	**7%**
Dietary Fiber 7g	**27%**
Sugar 4g	
Protein 23g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 9 / 609

Cheese Pizza
Served with Green Peas, Carrots and Mixed Fruit Cup

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 260	Calories from Fat 60
	% Daily Values*
Total Fat 7g	**11%**
Cholesterol 75mg	**25%**
Sodium 560mg	**23%**
Total Carbohydrate 29g	**10%**
Dietary Fiber 10g	**40%**
Sugar 10g	
Protein 21g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 10 / 610

Sausage Link
Served with Apples, Mixed Greens and Pineapple Cup

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 230	Calories from Fat 60
	% Daily Values*
Total Fat 7g	**11%**
Cholesterol 30mg	**10%**
Sodium 550mg	**23%**
Total Carbohydrate 25g	**8%**
Dietary Fiber 5g	**18%**
Sugar 13g	
Protein 18g	

*Percent Daily Values are based on a 2,000 calorie diet.

PEDIATRIC

Menu Cycles

Specialty Diet Meals

Pediatric Menu Cycle 1

Meal 1 / 902

Meatballs and Whole Wheat Spaghetti
Serve with Whole Kernel Corn and Carrots

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 360	Calories from Fat 110
	% Daily Values*
Total Fat 12g	**18%**
Cholesterol 30mg	**10%**
Sodium 400mg	**17%**
Total Carbohydrate 52g	**17%**
Dietary Fiber 7g	**29%**
Sugar 14g	
Protein 16g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 2 / 904

Turkey Sausages & Cheese Omelet
Serve with Broccoli and Hash Browns

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 290	Calories from Fat 160
	% Daily Values*
Total Fat 18g	**27%**
Cholesterol 280mg	**94%**
Sodium 810mg	**34%**
Total Carbohydrate 13g	**5%**
Dietary Fiber 3g	**10%**
Sugar 4g	
Protein 20g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 3 / 905

Whole Grain Cheese Pizza
Served with Mashed Sweet Potato and Green Beans

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 370	Calories from Fat 110
	% Daily Values*
Total Fat 12g	**19%**
Cholesterol 30mg	**10%**
Sodium 440mg	**18%**
Total Carbohydrate 46g	**15%**
Dietary Fiber 6g	**25%**
Sugar 16g	
Protein 17g	

*Percent Daily Values are based on a 2,000 calorie diet.

Note: Nutrition analysis **does not include components**, such as bread, margarine, fruit, and dessert. Components contribute to an increase in nutrients. **Additional cycles available.**

Meal 4 / 914

Whole Grain Mini Corn Dogs
Served with Whole Kernel Corn and Broccoli

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 310	Calories from Fat 120
	% Daily Values*
Total Fat 12g	**19%**
Cholesterol 35mg	**12%**
Sodium 430mg	**18%**
Total Carbohydrate 40g	**13%**
Dietary Fiber 7g	**28%**
Sugar 8g	
Protein 13g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 5 / 908

Meatloaf with Gravy
Served with Peas and Carrots and Red Skin Diced Potatoes

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 240	Calories from Fat 90
	% Daily Values*
Total Fat 10g	**15%**
Cholesterol 50mg	**16%**
Sodium 560mg	**23%**
Total Carbohydrate 20g	**7%**
Dietary Fiber 4g	**16%**
Sugar 5g	
Protein 20g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 6 / 909

Breaded Chicken with Brown Rice
Served with Green Beans and Whole Kernel Corn

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 360	Calories from Fat 110
	% Daily Values*
Total Fat 12g	**19%**
Cholesterol 55mg	**18%**
Sodium 520mg	**22%**
Total Carbohydrate 44g	**15%**
Dietary Fiber 5g	**18%**
Sugar 3g	
Protein 20g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 7 / 907

Whole Grain Fish Nuggets
Serve with Green Peas and Mashed Sweet Potatoes

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 330	Calories from Fat 80
	% Daily Values*
Total Fat 9g	**14%**
Cholesterol 45mg	**15%**
Sodium 410mg	**17%**
Total Carbohydrate 41g	**14%**
Dietary Fiber 6g	**24%**
Sugar 10g	
Protein 18g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 8 / 916

BBQ Chicken Drummies
Served with Broccoli and Red Skin Diced Potatoes

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 200	Calories from Fat 40
	% Daily Values*
Total Fat 5g	**7%**
Cholesterol 40mg	**13%**
Sodium 350mg	**15%**
Total Carbohydrate 21g	**7%**
Dietary Fiber 3g	**13%**
Sugar 10g	
Protein 20g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 9 / 918

BBQ Pork Riblets
Served with Carrots and Green Beans

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 240	Calories from Fat 120
	% Daily Values*
Total Fat 13g	**20%**
Cholesterol 35mg	**12%**
Sodium 650mg	**27%**
Total Carbohydrate 17g	**6%**
Dietary Fiber 4g	**15%**
Sugar 10g	
Protein 13g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 10 / 919

Breaded Beef Fingers
Served with Hash Browns and Green Peas

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 400	Calories from Fat 190
	% Daily Values*
Total Fat 21g	**32%**
Cholesterol 35mg	**12%**
Sodium 400mg	**17%**
Total Carbohydrate 35g	**12%**
Dietary Fiber 7g	**35%**
Sugar 5g	
Protein 20g	

*Percent Daily Values are based on a 2,000 calorie diet.

VEGETARIAN

Menu Cycles

Specialty Diet Meals

Vegetarian Menu Cycle 1

Meal 1 / 804

Black Bean Chili
Served with Spinach and Whole Kernel Corn

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 269	
	% Daily Values*
Total Fat 14.6g	**14%**
Cholesterol 226mg	**33%**
Sodium 2255mg	**50%**
Total Carbohydrate 21.3g	**12%**
Dietary Fiber 3.7g	**6%**
Sugar 20g	
Protein 16.5g	**17%**

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 2 / 074

Fried Egg Patties
Served with Asparagus and Sweet Potatoes

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 270	Calories from Fat 140
	% Daily Values*
Total Fat 15g	**23%**
Cholesterol 225mg	**75%**
Sodium 260mg	**11%**
Total Carbohydrate 21g	**7%**
Dietary Fiber 4g	**15%**
Sugar 3g	
Protein 17g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 3 / 806

Cheese Lasagna with Salsa
Served with Green Beans and Carrots

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 209	
	% Daily Values*
Total Fat 8.1g	**8%**
Cholesterol 40mg	**22%**
Sodium 415mg	**21%**
Total Carbohydrate 19.3g	**20%**
Dietary Fiber 3.7g	**10%**
Sugar 20g	
Protein 14.9g	**14%**

*Percent Daily Values are based on a 2,000 calorie diet.

Note: Nutrition analysis **does not include components**, such as bread, margarine, fruit, and dessert. Components contribute to an increase in nutrients. *Only Cycle 2 of Diabetic meals is Gluten-Free.

Meal 4 / 817

Whole Grain Cheese Pizza
Served with Sweet Potatoes and Mixed Vegetables

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 275	
	% Daily Values*
Total Fat 6.5g	**5%**
Cholesterol 25mg	**20%**
Sodium 441mg	**19%**
Total Carbohydrate 43.3g	**35%**
Dietary Fiber 5.5g	**13%**
Sugar 20g	
Protein 16.9g	**14%**

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 5 / 049

Cheese Ravioli and Spinach Sauce
Served with Cauliflower and Mixed Vegetables

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 320	Calories from Fat 90
	% Daily Values*
Total Fat 9g	**14%**
Cholesterol 45mg	**14%**
Sodium 410mg	**17%**
Total Carbohydrate 45g	**15%**
Dietary Fiber 6g	**23%**
Sugar 8g	
Protein 17g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 6 / 819

Teriyaki Vegetarian Patty
Served with Sweet Potatoes and Seasoned Green Beans

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 260	Calories from Fat 60
	% Daily Values*
Total Fat 7g	**11%**
Cholesterol 0mg	**1%**
Sodium 600mg	**25%**
Total Carbohydrate 37g	**12%**
Dietary Fiber 7g	**26%**
Sugar 13g	
Protein 15g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 7 / 813

Vegetarian Taco Soup
Served with Brussel Sprouts and Carrots

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 210	Calories from Fat 15
	% Daily Values*
Total Fat 1.5g	**3%**
Cholesterol 0mg	**0%**
Sodium 470mg	**19%**
Total Carbohydrate 43g	**14%**
Dietary Fiber 14g	**55%**
Sugar 11g	
Protein 10g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 8 / 045

Cheese Manicotti
Served with Butternut Squash
and Autumn Vegetables

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 320	Calories from Fat 80
	% Daily Values*
Total Fat 10g	**15%**
Cholesterol 35mg	**12%**
Sodium 460mg	**19%**
Total Carbohydrate 46g	**15%**
Dietary Fiber 6g	**24%**
Sugar 4g	
Protein 16g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 9 / 818*

Huevos Rancheros
Served with Hash Browns
and Asparagus

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 390	Calories from Fat 200
	% Daily Values*
Total Fat 22g	**33%**
Cholesterol 230mg	**78%**
Sodium 400mg	**17%**
Total Carbohydrate 30g	**10%**
Dietary Fiber 6g	**24%**
Sugar 5g	
Protein 18g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 10 / 812

Bean and Spinach Soup
Served with Whole Kernel Corn
and Carrots

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 240	Caloried from Fat 10
	% Daily Values*
Total Fat 1g	**2%**
Cholesterol 0mg	**0%**
Sodium 460mg	**19%**
Total Carbohydrate 48g	**16%**
Dietary Fiber 14g	**56%**
Sugar 9g	
Protein 13g	

*Percent Daily Values are based on a 2,000 calorie diet.

Vegetarian Menu Cycle 2

Meal 1 / 810

Eggplant Parmigiana
Served with Cauliflower and Green Peas

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 340	Calories from Fat 65
	% Daily Values*
Total Fat 7g	**11%**
Cholesterol 5mg	**2%**
Sodium 600mg	**25%**
Total Carbohydrate 56g	**19%**
Dietary Fiber 9g	**34%**
Sugar 13g	
Protein 14g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 2 / 803*

Vegetarian Chili
Served with Broccoli and Red Skin Diced Potatoes

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 290	Calories from Fat 10
	% Daily Values*
Total Fat 1g	**2%**
Cholesterol 0mg	**0%**
Sodium 350mg	**15%**
Total Carbohydrate 57g	**19%**
Dietary Fiber 16g	**62%**
Sugar 11g	
Protein 14g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 3 / 805

Florentine Stuffed Shells
Served with Spinach and Whole Kernel Corn

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 250	Calories from Fat 60
	% Daily Values*
Total Fat 7g	**11%**
Cholesterol 20mg	**7%**
Sodium 440mg	**18%**
Total Carbohydrate 38g	**13%**
Dietary Fiber 6g	**24%**
Sugar 9g	
Protein 12g	

*Percent Daily Values are based on a 2,000 calorie diet.

Note: Nutrition analysis **does not include components**, such as bread, margarine, fruit, and dessert. Components contribute to an increase in nutrients.

Meal 4 / 816

Vegetables Eggroll
Served with Seasonal Vegetables and Green Peas

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 250	Calories from Fat 40
	% Daily Values*
Total Fat 4.5g	**7%**
Cholesterol 0mg	**0%**
Sodium 580mg	**24%**
Total Carbohydrate 43g	**14%**
Dietary Fiber 7g	**29%**
Sugar 10g	
Protein 9g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 5 / 814*

Fried Egg Patty
Served with Hash Brown Patty, Asparagus and Cinnamon Apples

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 280	Calories from Fat 140
	% Daily Values*
Total Fat 15g	**24%**
Cholesterol 115mg	**38%**
Sodium 360mg	**15%**
Total Carbohydrate 28g	**9%**
Dietary Fiber 5g	**19%**
Sugar 9g	
Protein 8g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 6 / 811

Cheese Lasagna
Served with Sweet Potatoes and Winter Vegetables

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 310	Calories from Fat 70
	% Daily Values*
Total Fat 7g	**11%**
Cholesterol 25mg	**9%**
Sodium 470mg	**20%**
Total Carbohydrate 50g	**17%**
Dietary Fiber 6g	**23%**
Sugar 12g	
Protein 15g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 7 / 801*

Red Beans and Rice
Served with Corn with Peppers and Spinach

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 350	Calories from Fat 20
	% Daily Values*
Total Fat 2.5g	**4%**
Cholesterol 0mg	**0%**
Sodium 390mg	**16%**
Total Carbohydrate 69g	**23%**
Dietary Fiber 16g	**63%**
Sugar 7g	
Protein 17g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 8 / 815

Vegetarian Creole
Served with Winter Vegetables and Rice

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 190	Calories from Fat 10
	% Daily Values*
Total Fat 1g	**2%**
Cholesterol 0mg	**0%**
Sodium 400mg	**16%**
Total Carbohydrate 40g	**16%**
Dietary Fiber 7g	**29%**
Sugar 6g	
Protein 9g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 9 / 075

Macaroni and Cheese
Served with Bean Blend and Stewed Tomatoes

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 340	Calories from Fat 90
	% Daily Values*
Total Fat 9g	**15%**
Cholesterol 20mg	**6%**
Sodium 490mg	**20%**
Total Carbohydrate 47g	**16%**
Dietary Fiber 6g	**25%**
Sugar 8g	
Protein 16g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 10 / 802*

Black Bean and Corn Cassarole
Served with Sweet Potatoes and Brussel Sprouts

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 280	Calories from Fat 30
	% Daily Values*
Total Fat 3g	**5%**
Cholesterol 5mg	**1%**
Sodium 450mg	**19%**
Total Carbohydrate 57g	**19%**
Dietary Fiber 11g	**43%**
Sugar 7g	
Protein 15g	

*Percent Daily Values are based on a 2,000 calorie diet.

DIABETIC GLUTEN-FREE

Menu Cycles

Specialty Diet Meals

Diabetic Gluten-Free Menu Cycle 1

Meal 1 / 093

Breakfast Scramble
Served with Asparagus and Hash Browns

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 260	Calories from Fat 110
	% Daily Values*
Total Fat 13g	**19%**
Cholesterol 30mg	**11%**
Sodium 470mg	**20%**
Total Carbohydrate 18g	**6%**
Dietary Fiber 3g	**13%**
Sugar 1g	
Protein 20g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 2 / 053

Honey BBQ Chicken
Served with Sweet Potatoes and Stewed Tomatoes

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 260	Calories from Fat 35
	% Daily Values*
Total Fat 4g	**6%**
Cholesterol 40mg	**14%**
Sodium 460mg	**19%**
Total Carbohydrate 31g	**11%**
Dietary Fiber 4g	**17%**
Sugar 15g	
Protein 31g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 3 / 813

Vegetarian Taco Soup
Served with Carrots and Brussels Sprouts

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 210	Calories from Fat 15
	% Daily Values*
Total Fat 12.8g	**12%**
Cholesterol 38mg	**13%**
Sodium 271mg	**8%**
Total Carbohydrate 19.3g	**8%**
Dietary Fiber 7g	**12%**
Sugar 20g	
Protein 20.8g	**8%**

*Percent Daily Values are based on a 2,000 calorie diet.

Note: Nutrition analysis **does not include components**, such as bread, margarine, fruit, and dessert. Components contribute to an increase in nutrients.

Meal 4 / 062

Chicken Chili
Served with Cauliflower and Spring Vegetables

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 240	Calories from Fat 40
	% Daily Values*
Total Fat 5g	**7%**
Cholesterol 50mg	**5%**
Sodium 430mg	**18%**
Total Carbohydrate 28g	**9%**
Dietary Fiber 10g	**42%**
Sugar 7g	
Protein 20g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 5 / 099

Beef Patty
Served with Carrots and Brussels Sprouts

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 240	Calories from Fat 120
	% Daily Values*
Total Fat 13g	**19%**
Cholesterol 40mg	**13%**
Sodium 270mg	**11%**
Total Carbohydrate 14g	**5%**
Dietary Fiber 7g	**28%**
Sugar 3g	
Protein 21g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 6 / 033

BBQ Chicken Drummies
Served with Black Beans and Corn and Brussels Sprouts

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 300	Calories from Fat 60
	% Daily Values*
Total Fat 7g	**10%**
Cholesterol 55mg	**18%**
Sodium 430mg	**18%**
Total Carbohydrate 33g	**11%**
Dietary Fiber 7g	**28%**
Sugar 11g	
Protein 30g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 7 / 818

Huevos Rancheros
Served with Asparagus and Hash Browns

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 390	Calories from Fat 200
	% Daily Values*
Total Fat 22g	**33%**
Cholesterol 230mg	**78%**
Sodium 400mg	**17%**
Total Carbohydrate 30g	**10%**
Dietary Fiber 6g	**24%**
Sugar 5g	
Protein 18g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 8 / 081

Chimichurri Chicken
Served with Broccoli and Stewed Tomatoes

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 300	Calories from Fat 100
	% Daily Values*
Total Fat 9g	**14%**
Cholesterol 40mg	**13%**
Sodium 350mg	**15%**
Total Carbohydrate 27g	**9%**
Dietary Fiber 6g	**23%**
Sugar 9g	
Protein 31g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 9 / 023

Homestyle Meatloaf
Served with Red Skin Potatoes and Winter Vegetables

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 280	Calories from Fat 120
	% Daily Values*
Total Fat 13g	**20%**
Cholesterol 25mg	**8%**
Sodium 470mg	**20%**
Total Carbohydrate 27g	**9%**
Dietary Fiber 7g	**28%**
Sugar 6g	
Protein 18g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 10 / 074

Fried Egg Patties
Served with Sweet Potatoes and Asparagus

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 270	Calories from Fat 140
	% Daily Values*
Total Fat 15g	**23%**
Cholesterol 225mg	**75%**
Sodium 260mg	**11%**
Total Carbohydrate 21g	**7%**
Dietary Fiber 4g	**15%**
Sugar 3g	
Protein 17g	

*Percent Daily Values are based on a 2,000 calorie diet.

VEGAN

Menu Cycle

Specialty Diet Meals

Vegan Menu Cycle 1

Meal 1 / 803*

Vegetarian Chili
Served with Broccoli and Red Skin Diced Potatoes

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 290	Calories from Fat 10
	% Daily Values*
Total Fat 1g	**2%**
Cholesterol 0mg	**0%**
Sodium 350mg	**15%**
Total Carbohydrate 57g	**19%**
Dietary Fiber 16g	**62%**
Sugar 11g	
Protein 14g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 2 / 816

Vegetables Eggroll
Served with Seasonal Vegetables and Green Peas

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 250	Calories from Fat 40
	% Daily Values*
Total Fat 4.5g	**7%**
Cholesterol 0mg	**0%**
Sodium 580mg	**24%**
Total Carbohydrate 43g	**14%**
Dietary Fiber 7g	**29%**
Sugar 10g	
Protein 9g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 3 / 801*

Red Beans and Rice
Served with Corn with Peppers and Spinach

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 350	Calories from Fat 20
	% Daily Values*
Total Fat 2.5g	**4%**
Cholesterol 0mg	**0%**
Sodium 390mg	**16%**
Total Carbohydrate 69g	**23%**
Dietary Fiber 16g	**63%**
Sugar 7g	
Protein 17g	

*Percent Daily Values are based on a 2,000 calorie diet.

Note: Nutrition analysis **does not include components**, such as bread, margarine, fruit, and dessert. Components contribute to an increase in nutrients.

Meal 4 / 815

Vegetarian Creole
Served with Winter Vegetables and Rice

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 190	Calories from Fat 10
	% Daily Values*
Total Fat 1g	**2%**
Cholesterol 0mg	**0%**
Sodium 400mg	**16%**
Total Carbohydrate 40g	**16%**
Dietary Fiber 7g	**29%**
Sugar 6g	
Protein 9g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 5 / 802*

Black Bean and Corn Cassarole
Served with Sweet Potatoes and Brussel Sprouts

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 280	Calories from Fat 30
	% Daily Values*
Total Fat 3g	**5%**
Cholesterol 5mg	**1%**
Sodium 450mg	**19%**
Total Carbohydrate 57g	**19%**
Dietary Fiber 11g	**43%**
Sugar 7g	
Protein 15g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 6 / 812

Bean and Spinach Soup
Served with Whole Kernel Corn and Carrots

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 240	Caloried from Fat 10
	% Daily Values*
Total Fat 1g	**2%**
Cholesterol 0mg	**0%**
Sodium 460mg	**19%**
Total Carbohydrate 48g	**16%**
Dietary Fiber 14g	**56%**
Sugar 9g	
Protein 13g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 7 / 819

Teriyaki Vegetarian Patty
Served with Sweet Potatoes and Seasoned Green Beans

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 260	Calories from Fat 60
	% Daily Values*
Total Fat 7g	**11%**
Cholesterol 0mg	**1%**
Sodium 600mg	**25%**
Total Carbohydrate 37g	**12%**
Dietary Fiber 7g	**26%**
Sugar 13g	
Protein 15g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 8 / 813

Vegetarian Taco Soup
Served with Brussel Sprouts and Carrots

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 210	Calories from Fat 15
	% Daily Values*
Total Fat 1.5g	**3%**
Cholesterol 0mg	**0%**
Sodium 470mg	**19%**
Total Carbohydrate 43g	**14%**
Dietary Fiber 14g	**55%**
Sugar 11g	
Protein 10g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 9 / 804

Black Bean Chili
Served with Spinach and Whole Kernel Corn

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 269	
	% Daily Values*
Total Fat 14.6g	**14%**
Cholesterol 226mg	**33%**
Sodium 2255mg	**50%**
Total Carbohydrate 21.3g	**12%**
Dietary Fiber 3.7g	**6%**
Sugar 20g	
Protein 16.5g	**17%**

*Percent Daily Values are based on a 2,000 calorie diet.

KOSHER

Menu Cycles

Religious Diet Meals

Kosher Menu Cycle 1

No photo available

Meal 1

Turkey Meatballs with Marinara Sauce
Served with Penne Pasta and Green Beans

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 297	
	% Daily Values*
Total Fat 6.6g	**8%**
Cholesterol 53mg	**13%**
Sodium 514mg	**20%**
Total Carbohydrate 32.4g	**10%**
Dietary Fiber 6.3g	**10%**
Sugar 20g	
Protein 30.3g	**16%**

*Percent Daily Values are based on a 2,000 calorie diet.

No photo available

Meal 2

Spanish Omelet
Served with Hash Brown and Carrots

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 269	
	% Daily Values*
Total Fat 14.6g	**14%**
Cholesterol 226mg	**33%**
Sodium 2255mg	**50%**
Total Carbohydrate 21.3g	**12%**
Dietary Fiber 3.7g	**6%**
Sugar 20g	
Protein 16.5g	**17%**

*Percent Daily Values are based on a 2,000 calorie diet.

No photo available

Meal 3

Fish Florentine
Served with Brown Rice and Cabbage

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 239	
	% Daily Values*
Total Fat 12.8g	**12%**
Cholesterol 38mg	**13%**
Sodium 271mg	**8%**
Total Carbohydrate 19.3g	**8%**
Dietary Fiber 7g	**12%**
Sugar 20g	
Protein 20.8g	**8%**

*Percent Daily Values are based on a 2,000 calorie diet.

Note: Nutrition analysis **does not include components**, such as bread, margarine, fruit, and dessert. Components contribute to an increase in nutrients.

No photo available

Meal 4

Stuffed Cabbage
Served with Parsley Potatoes and Mixed Vegetables

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 209	
	% Daily Values*
Total Fat 8.1g	**8%**
Cholesterol 40mg	**22%**
Sodium 415mg	**21%**
Total Carbohydrate 19.3g	**20%**
Dietary Fiber 3.7g	**10%**
Sugar 20g	
Protein 14.9g	**14%**

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 5

Turkey Meatloaf
Served with Mashed Potatoes and Carrots and Peas

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 291	
	% Daily Values*
Total Fat 9.6g	**32%**
Cholesterol 63mg	**33%**
Sodium 289mg	**16%**
Total Carbohydrate 22.1g	**9%**
Dietary Fiber 5.5g	**10%**
Sugar 20g	
Protein 31.1g	**20%**

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 6

Chicken Stir Fry
Served with Brown Rice and Peas

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 282	
	% Daily Values*
Total Fat 13g	**10%**
Cholesterol 38mg	**18%**
Sodium 404mg	**36%**
Total Carbohydrate 19.8g	**10%**
Dietary Fiber 5.1g	**7%**
Sugar 20g	
Protein 21.1g	**11%**

*Percent Daily Values are based on a 2,000 calorie diet.

No photo available

Meal 7

Shephard's Pie
Served with Green Beans

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 386	
	% Daily Values*
Total Fat 29.0g	**31%**
Cholesterol 232mg	**22%**
Sodium 404mg	**21%**
Total Carbohydrate 29.9g	**11%**
Dietary Fiber 6.1g	**12%**
Sugar 20g	
Protein 18.3g	**10%**

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 8

Cheese Stuffed Shells with Marinara
Served with Mixed Vegetables

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 297	
	% Daily Values*
Total Fat 6.6g	**8%**
Cholesterol 53mg	**13%**
Sodium 514mg	**20%**
Total Carbohydrate 32.4g	**10%**
Dietary Fiber 6.3g	**10%**
Sugar 20g	
Protein 30.3g	**16%**

*Percent Daily Values are based on a 2,000 calorie diet.

No photo available

Meal 9

Turkey Meatballs with Sweet and Sour Sauce
Served with Brown Rice and Carrots

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 269	
	% Daily Values*
Total Fat 14.6g	**14%**
Cholesterol 226mg	**33%**
Sodium 2255mg	**50%**
Total Carbohydrate 21.3g	**12%**
Dietary Fiber 3.7g	**6%**
Sugar 20g	
Protein 16.5g	**17%**

*Percent Daily Values are based on a 2,000 calorie diet.

No photo available

Meal 10

Herb Roasted Fish Pasta and Garlic Sauce
Served with Mixed Vegetables

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 239	
	% Daily Values*
Total Fat 12.8g	**12%**
Cholesterol 38mg	**13%**
Sodium 271mg	**8%**
Total Carbohydrate 19.3g	**8%**
Dietary Fiber 7g	**12%**
Sugar 20g	
Protein 20.8g	**8%**

*Percent Daily Values are based on a 2,000 calorie diet.

Kosher Menu Cycle 2

No photo available

Meal 1

Chicken with Chow Mien Noodles
Served with Peas and Carrots

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 297	
	% Daily Values*
Total Fat 6.6g	**8%**
Cholesterol 53mg	**13%**
Sodium 514mg	**20%**
Total Carbohydrate 32.4g	**10%**
Dietary Fiber 6.3g	**10%**
Sugar 20g	
Protein 30.3g	**16%**

*Percent Daily Values are based on a 2,000 calorie diet.

No photo available

Meal 2

Vegetable Lasagna
Served with Carrots and Peas

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 269	
	% Daily Values*
Total Fat 14.6g	**14%**
Cholesterol 226mg	**33%**
Sodium 2255mg	**50%**
Total Carbohydrate 21.3g	**12%**
Dietary Fiber 3.7g	**6%**
Sugar 20g	
Protein 16.5g	**17%**

*Percent Daily Values are based on a 2,000 calorie diet.

No photo available

Meal 3

Baked Ziti
Served with Mixed Vegetables

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 239	
	% Daily Values*
Total Fat 12.8g	**12%**
Cholesterol 38mg	**13%**
Sodium 271mg	**8%**
Total Carbohydrate 19.3g	**8%**
Dietary Fiber 7g	**12%**
Sugar 20g	
Protein 20.8g	**8%**

*Percent Daily Values are based on a 2,000 calorie diet.

Note: Nutrition analysis **does not include components**, such as bread, margarine, fruit, and dessert. Components contribute to an increase in nutrients.

No photo available

Meal 4

Honey Glaze Fish
Served with Yellow Rice and Carrots

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 209	
	% Daily Values*
Total Fat 8.1g	**8%**
Cholesterol 40mg	**22%**
Sodium 415mg	**21%**
Total Carbohydrate 19.3g	**20%**
Dietary Fiber 3.7g	**10%**
Sugar 20g	
Protein 14.9g	**14%**

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 5

Eggplant Parmesan
Served with Penne Pasta and Garden Blend Vegetables

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 291	
	% Daily Values*
Total Fat 9.6g	**32%**
Cholesterol 63mg	**33%**
Sodium 289mg	**16%**
Total Carbohydrate 22.1g	**9%**
Dietary Fiber 5.5g	**10%**
Sugar 20g	
Protein 31.1g	**20%**

*Percent Daily Values are based on a 2,000 calorie diet.

No photo available

Meal 6

Stuffed Cabbage
Served with Parsley Potatoes and Green Beans

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 282	
	% Daily Values*
Total Fat 13g	**10%**
Cholesterol 38mg	**18%**
Sodium 404mg	**36%**
Total Carbohydrate 19.8g	**10%**
Dietary Fiber 5.1g	**7%**
Sugar 20g	
Protein 21.1g	**11%**

*Percent Daily Values are based on a 2,000 calorie diet.

No photo available

Meal 7

Spanish Chicken Stew
Served with White Rice and Carrots and Corn

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 386	
	% Daily Values*
Total Fat 29.0g	**31%**
Cholesterol 232mg	**22%**
Sodium 404mg	**21%**
Total Carbohydrate 29.9g	**11%**
Dietary Fiber 6.1g	**12%**
Sugar 20g	
Protein 18.3g	**10%**

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 8

Marinated Fish Filet
Served with Sweet Potato and Peas and Carrots

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 297	
	% Daily Values*
Total Fat 6.6g	**8%**
Cholesterol 53mg	**13%**
Sodium 514mg	**20%**
Total Carbohydrate 32.4g	**10%**
Dietary Fiber 6.3g	**10%**
Sugar 20g	
Protein 30.3g	**16%**

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 9

Turkey Chili
Served with Brown Rice and Peas

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 269	
	% Daily Values*
Total Fat 14.6g	**14%**
Cholesterol 226mg	**33%**
Sodium 2255mg	**50%**
Total Carbohydrate 21.3g	**12%**
Dietary Fiber 3.7g	**6%**
Sugar 20g	
Protein 16.5g	**17%**

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 10

Salisbury Steak
Served with Baked Potato and Peas and Carrots

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 239	
	% Daily Values*
Total Fat 12.8g	**12%**
Cholesterol 38mg	**13%**
Sodium 271mg	**8%**
Total Carbohydrate 19.3g	**8%**
Dietary Fiber 7g	**12%**
Sugar 20g	
Protein 20.8g	**8%**

*Percent Daily Values are based on a 2,000 calorie diet.

HALAL

Menu Cycles
Available (Q2 2020)

Religious Diet Meals

SHELF STABLE

Menu Packs

For nearly 2 decades, ILS meal's has served special needs and at-risk populations as well as those in need and facing challenging situations. ILS Meals Shelf Stable disaster response meal kits are designed to aid those affected by natural disasters. Shelf Stable meal kits are nutritionally balanced and require minimal preparation. Prepackaged in easy-to-open containers, shelf stable meals help complete your emergency or disaster relief plan.

Our meals:

- Meet 1/3 of the USDA recommended daily allowances
- Can be ordered as 5 pack and 7 pack
- We proudly serve quality products from

Nutrition Overview

	# Meals	Avg. Kcal	Avg. Pro	Avg. CHO	Avg. Fat	Avg. Sodium	Avg. Fiber	Avg. Potassium	Avg. Phos.
Shelf Stable	5	684	22	106	19	1392	8	-	-
Shelf Stable	7	640	22.8	32	16.8	1343	7	-	-

Summary - Side Items

Side Items	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Choleterol (mg)	Sodium (mg)	Fiber (g)
Beef Chili with Beans	250	12	24	13	25	760	8
Beef Stew	290	10	17	19	25	970	3
Beans & Franks	240	13	29	9	40	1230	7
Noodles & Chicken	190	8	20	9	35	1100	1
Spaghetti & Meatballs	198	8	24	8	20	840	1
Mixed Fruit Cup	50	0	13	0	0	5	1
Applesauce	51	1	16	0	0	17	2
Strawberry Applesauce	51	1	16	0	0	17	2
Raisins	130	1	33	0	0	10	2
Saltine Crackers	50	1	9	1	0	160	1
Vanilla Créme Cookies	135	1	21	5	0	69	0
Blueberry Cereal Bar	130	1	26	3	0	80	1
Apple Cereal Bar	130	1	26	3	0	80	1
Honey Goldfish Grahams	120	2	18	4	0	110	1
Animal Crackers	121	2	23	2	0	86	0
Sunbutter	200	7	7	16	0	120	4
Nonfat Milk	90	9	13	0.2	6	123	0
Orange Tangerine Juice	60	0	15	0	0	10	0
Orange Juice	60	1	15	0	0	5	0
Grape Juice	60	0	14	0	0	5	0

Shelf-Stable 5 Pack

Meal 1 / 441

Chili with Beans, Mixed Fruit Cup, Juice, Saltine Crackers, Milk and Creme Cookies

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 665	
	% Daily Values*
Total Fat 19.2g	
Cholesterol 31mg	
Sodium 1.146mg	
Total Carbohydrate 101g	
Dietary Fiber 9.9g	
Sugar 50.7g	
Protein 24.6g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 2 / 442

Beef Stew, Strawberry Applesauce Cup, Juice, Saltine Crackers, Milk and Graham Crackers

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 600	
	% Daily Values*
Total Fat 22.2g	**34.4%**
Cholesterol 31mg	
Sodium 1.354mg	
Total Carbohydrate 79.8g	
Dietary Fiber 7.1g	
Sugar 41g	
Protein 22.7g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 3 / 444

Beans & Franks, Pineapple Cup, Juice, Saltine Crackers, Milk and Cereal Bar

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 640	
	% Daily Values*
Total Fat 12.7g	**17.5%**
Cholesterol 46mg	
Sodium 1.617mg	
Total Carbohydrate 110g	
Dietary Fiber 9.9g	
Sugar 66.7g	
Protein 24.7g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 4 / 445

Noodles & Chicken, Raisins, Juice, Saltine Crackers, Milk and Honey Goldfish Grahams

Nutrition Facts

Serving Size 1

Amount Per Serving	
Calories 640	
	% Daily Values*
Total Fat 14.2g	**20%**
Cholesterol 41mg	
Sodium 1.522mg	
Total Carbohydrate 108g	
Dietary Fiber 4.9g	
Sugar 64.7g	
Protein 21.6g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 5 / 449

Spaghetti, Mandarin Orange Cup, Juice, Saltine Crackers, Milk, Sunbutter and Graham Crackers

Nutrition Facts

Serving Size 1

Amount Per Serving	
Calories 730	
	% Daily Values*
Total Fat 27.2g	**33.5%**
Cholesterol 26mg	
Sodium 1.337mg	
Total Carbohydrate 96g	
Dietary Fiber 7.7g	
Sugar 55.7g	
Protein 26.6g	

*Percent Daily Values are based on a 2,000 calorie diet.

Shelf-Stable 7 Pack

Meal 1 / 442

Beef Stew, Strawberry Applesauce Cup, Juice, Saltine Crackers, Milk and Graham Crackers

Nutrition Facts

Serving Size 1

Amount Per Serving	
Calories 600	
	% Daily Values*
Total Fat 22.2g	**34.4%**
Cholesterol 31mg	
Sodium 1.354mg	
Total Carbohydrate 79.8g	
Dietary Fiber 7.1g	
Sugar 41g	
Protein 22.7g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 2 / 443

Lasagna, Raisins, Juice, Saltine Crackers, Milk and Creme Cookies

Nutrition Facts

Serving Size 1

Amount Per Serving	
Calories 664	
	% Daily Values*
Total Fat 15.2g	**20.9%**
Cholesterol 26mg	
Sodium 1.239mg	
Total Carbohydrate 111.9g	
Dietary Fiber 3.9g	
Sugar 70.7g	
Protein 20.7g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 3 / 445

Noodles & Chicken, Raisins, Juice, Saltine Crackers, Milk and Honey Goldfish Grahams

Nutrition Facts

Serving Size 1

Amount Per Serving	
Calories 640	
	% Daily Values*
Total Fat 14.2g	**20%**
Cholesterol 41mg	
Sodium 1.522mg	
Total Carbohydrate 108g	
Dietary Fiber 4.9g	
Sugar 64.7g	
Protein 21.6g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 4 / 448

Red Beans & Rice, Mandarin Orange Cup, Juice, Saltine Crackers, Milk and Peanut Butter and Graham Crackers

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 620	
	% Daily Values*
Total Fat 15.7	**20.9%**
Cholesterol 6mg	
Sodium 1.087mg	
Total Carbohydrate 104g	
Dietary Fiber 9.7g	
Sugar 49.7g	
Protein 22.6g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 5 / 446

Scalloped Potatoes & Ham, Peach Cup, Juice, Saltine Crackers, Milk and Animal Crackers

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 641	
	% Daily Values*
Total Fat 16.2g	**23.4%**
Cholesterol 41mg	
Sodium 1.443mg	
Total Carbohydrate 98.3g	
Dietary Fiber 3.9g	
Sugar 50.8g	
Protein 22.6g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 6 / 441

Chili with Beans, Mixed Fruit Cup, Juice, Saltine Crackers, Milk and Creme Cookies

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 665	
	% Daily Values*
Total Fat 19.2g	
Cholesterol 31mg	
Sodium 1.146mg	
Total Carbohydrate 101g	
Dietary Fiber 9.9g	
Sugar 50.7g	
Protein 24.6g	

*Percent Daily Values are based on a 2,000 calorie diet.

Meal 7 / 444

Beans & Franks, Pineapple Cup, Juice, Saltine Crackers, Milk and Cereal Bar

Nutrition Facts
Serving Size 1

Amount Per Serving	
Calories 640	
	% Daily Values*
Total Fat 12.7g	
Cholesterol 46mg	
Sodium 1.617mg	
Total Carbohydrate 110g	
Dietary Fiber 9.9g	
Sugar 66.7g	
Protein 24.7g	

*Percent Daily Values are based on a 2,000 calorie diet.

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