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Beef Entrees

	CALORIES	CARBS (g)	SODIUM (mg)	PROTEIN (g)
  Meatballs over Pizzaiola Noodles with Carrots and Greens Beans (16)	305	37.5	402	21.2
 Three Layer Spinach Lasagna with Meat Sauce with Spinach and Corn with Peppers (21)	369	45	536	20.7
  NY Strip Beef Patty with Horseradish Sauce with Red Skin Potatoes and Brussels Sprouts (22)	255	25.5	477	18.8
Homestyle Meatloaf with Winter Vegetables and Red Skin Potatoes (23)	273	27.6	599	18.8
 NY Strip Beef Patty with Orange Rice & Vegetables with Corn with Peppers and Broccoli Florets (27)	411	61.4	495	21.2
 Creamy Country Fried Steak with Red Skin Potatoes and Mixed Vegetables (32)	422	52.3	438	18.7
  Beef Chili with Beans with Carrots and Broccoli Florets (34)	361	38	550	24.6
  Taco Soup with Sweet Potatoes and Cauliflower (37)	279	44.8	471	13.9
  NY Strip Beef Patty & Gravy with Spinach and Four Seasons Vegetables (38)	211	13.7	521	19
  Pepper & Beef Patty with Gravy with Spinach and Sweet Potatoes (42)	306	25.7	491	24.3
 Cheese Rollup with Meat Sauce with Northern Beans and Spring Vegetables (46)	388	57.2	496	23.2
   Salisbury Steak with Roasted Potatoes and Mixed Vegetables (47)	285	29.1	345	17.6
 Meatballs & Alfredo Shell Pasta with Corn with Peppers and Green Beans (55)	323	42.1	399	21.3
 Thai Chili Meatballs with Rice with Green Pea Blend and Broccoli Florets (59)	323	45.1	419	20.7
 Spaghetti & Meatballs with Whole Kernel Corn and Broccoli Florets (65)	416	62.9	410	24.5
Cilantro Lime Meatballs with Rice with Bean Blend and Carrots (76)	430	50.6	591	25.5
  Beef Patty over Cheesy Chipotle Rice with Whole Kernel Corn and Broccoli Florets (82)	328	39.1	315	20.8
   Chipotle Meatloaf with Red Skin Potatoes and Green Beans (84)	264	26.3	408	17.4
  Beef Patty & Onion Gravy with Red Skin Potatoes and Broccoli Florets (88)	249	21.8	289	19
   Beef Patty with Carrots and Brussels Sprouts (99)	201	11.7	180	18.4
 Meatballs with Rice & Gravy with Spinach and Bean Blend (100)	368	46.8	471	27.4

Poultry Entrees

		CALORIES	CARBS (g)	SODIUM (mg)	PROTEIN (g)
  	Cacciatore Chicken Tenders with Asparagus and Hash Browns (11)	230	24	549	20.7
	Pepperoni Pizza with Four Seasons Vegetables and Corn (12)	376	45.3	520	19.4
	Honey Mustard Chicken Tenders with Spinach and Carrots (17)	302	29.3	625	23.3
  	Chicken & Mushroom Swiss Rice with Peas & Carrots and Cauliflower (19)	243	23.8	510	22.8
 	Rosemary Chicken with Lima Beans and Spring Vegetables (25)	262	28.8	518	24
	Chicken Patty & Apricot Rice with Carrots and Brussels Sprouts (28)	280	38.1	452	20.6
	Chicken with Tomato Basil Penne with Corn with Peppers and Green Beans (29)	327	41.9	546	24.2
 	Honey Mustard Chicken with Sweet Potatoes and Brussels Sprouts (36)	249	32.7	448	20.2
	Bruschetta Chicken with Red Skin Potatoes and Autumn Blend (39)	335	32	489	22.7
	New Orleans Chicken & Rice with Sweet Potatoes and Four Seasons Vegetables (43)	308	45.6	745	20.8
	Breaded Chicken Patty with Whole Kernel Corn and Spring Vegetables (50)	318	33.8	467	17.1
	Chicken Noodle Casserole with Three Seasons Vegetable Blend and Bean Blend (51)	476	51.9	576	30
	Chicken & Teriyaki Rice with Sweet Potatoes and Brussels Sprouts (52)	326	48.1	504	21.9
   	BBQ Chicken with Succotash and Green Beans (53)	221	23.4	415	19.7
  	Chicken Chili with Beans with Cauliflower and Spring Vegetables (62)	252	30.3	345	19
	Breaded Chicken Nuggets with Whole Kernel Corn and Broccoli Florets (68)	334	31.3	560	20.7
	Chicken Parmesan with Red Skin Potatoes and Mixed Vegetables (77)	372	42	607	18.7
   	Chicken Florentine with Asparagus and Carrots (79)	237	23.6	401	20.8
	Chicken over Rice & Gravy with Bean Blend and Carrots (80)	339	42.7	412	26
  	Chimichurri Chicken with Stewed Tomatoes and Black Beans & Corn (81)	283	25.7	326	21
 	Pesto Basil Chicken with Lima Beans and Three Seasons Blend (83)	323	35.1	404	24.4
	Creamy Breaded Chicken with Lima Beans and Mixed Vegetables (86)	409	47.5	636	22.4
	Southwest Chicken Tenders with Sweet Potatoes and Broccoli Florets (89)	328	45.8	555	23.3
	Chicken Tenders over Zesty Orange Rice with Bean Blend and Three Seasons Vegetables (90)	433	64.2	443	27.4







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Poultry Entrees (Cont.)

		CALORIES	CARBS (g)	SODIUM (mg)	PROTEIN (g)
 	Chicken & Penne Pasta Alfredo with Carrots and Butternut Squash (94)	288	34.8	432	21.1
 	Chicken & Honey Lemon Rice with Black Beans & Corn and Brussels Sprouts (95)	306	41.2	314	23.4
 	Turkey Meatloaf with Zesty Orange Sauce with Three Season Vegetables and Italian Green Beans (98)	314	40	539	16.9

Pork Entrees

		CALORIES	CARBS (g)	SODIUM (mg)	PROTEIN (g)
 	BBQ Pork Patty with Black Beans & Corn and Brussels Sprouts (13)	320	35.1	355	20.8
  	Pizzaiola Pork with Asparagus and Carrots (15)	229	14	411	18.1
 	Red Beans & Rice with Sausage with Corn with Peppers and Butternut Squash (20)	433	62.3	481	18.1
	Pork Patty & Zesty Orange Rice with Green Peas and Carrots (31)	366	45.3	563	20.4
 	Pork Patty & Gravy with Spinach and Sweet Potatoes (41)	267	25.4	501	18.8
	Smoked Sausage with Mac & Cheese with Bean Blend and Cauliflower (58)	594	48.7	814	26.9
	Pork Patty & Rice with Roasted Garlic Gravy with Succotash and Carrots (63)	316	35.5	506	19
 	Pork Patty & Mushroom Gravy with Sweet Potatoes and Green Beans (87)	264	26.8	492	17.2
	Ginger Pork with Red Skin Potatoes and Green Pea Blend (97)	327	36	525	18.9

Seafood Entrees

		CALORIES	CARBS (g)	SODIUM (mg)	PROTEIN (g)
  	Breaded Pollock with Green Pea Blend and Carrots (44)	285	30.3	372	19
 	Breaded Pollock Wedge with Parma Rosa Sauce with Corn with Peppers and Italian Green Beans (67)	284	31.7	399	18.7
	Pollock Nuggets with Northern Beans & Broccoli Florets (70)	351	41.9	376	26.1
	Breaded Pollock Wedge with Autumn Blend and Butternut Squash (85)	300	35.8	375	20.9
	Breaded Pollock with Alfredo Spinach Sauce with Sweet Potatoes and Cauliflower (91)	355	40.1	497	22.7
	Breaded Pollock with Coconut Curry Rice with Three Seasons Vegetables and Broccoli Florets (96)	361	47.7	525	20.2
















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Meatless Entrees

	CALORIES	CARBS (g)	SODIUM (mg)	PROTEIN (g)
 Cheese Rollup with Parma Rosa Sauce with Lima Beans and Carrots (18)	305	53.5	425	14.8
 Cheese Pizza with Bean Blend and Mixed Vegetables (24)	461	58.4	452	25.2
 Plant Based Meatballs over Spaghetti and Bruschetta Sauce with Winter Vegetables and Green Beans (33)	312	30.7	583	19.6
  Cheese Manicotti & Alfredo Sauce with Bean Blend and Butternut Squash (45)	320	58.1	335	15.5
  Three Cheese Ravioli & Spinach Alfredo with Mixed Vegetables and Cauliflower (49)	340	49.1	423	23
  Red Beans, Chickpeas and Rice with Butternut Squash and Corn with Peppers (56)	381	75.3	375	15.7
  Chickpea and Sweet Potato Chili with Corn and Broccoli Florets (57)	313	58.5	453	14.9
 Southwest Black Bean and Corn Casserole with Sweet Potatoes and Brussels Sprouts (64)	393	75.6	603	17.1
 Chickenless Nuggets with Green Pea Blend and Butternut Squash (72)	266	31.8	373	18.5
  Macaroni & Cheese with Bean Blend and Brussels Sprouts (75)	446	68.6	479	21.7

Breakfast Entrees

	CALORIES	CARBS (g)	SODIUM (mg)	PROTEIN (g)
  Huevos Rancheros with Red Skin Potatoes and Broccoli Florets (61)	407	34.7	457	19.5
Sausage & French Toast with Applesauce and Hash Browns (66)	548	57.5	629	11.6
 Chicken/Beef Sausage Patties & Scrambled Eggs with Peaches and Roasted Potatoes (69)	405	39.3	19.5	447
  Cheese Omelet & Salsa with Broccoli Florets and Hash Browns (71)	292	25.4	575	12.8
 Sausages & Pancake with Sweet Potatoes and Cinnamon Apples (73)	410	41	580	10.7
    Fried Egg Patties with Asparagus and Sweet Potatoes (74)	269	22.8	237	13.6
 Breakfast Burrito with Salsa with Hash Browns and Applesauce (78)	497	68.6	494	18.7
Sausage Patties & Biscuit with Country Gravy with Cinnamon Apples and Hash Browns (92)	537	45.7	1095	11.2
    Breakfast Scramble with Asparagus and Hash Browns (93)	290	19.3	422	17.7

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