
























































# 20-Meal Straight Packs

## Beef Entrees

	CALORIES	CARBS (g)	SODIUM (mg)	PROTEIN (g)
 <b>Meatballs over Pizzaiola Noodles</b> with Carrots and Greens Beans (16)	248	26.1	403	19.1
 <b>Three Layer Spinach Lasagna with Meat Sauce</b> with Spinach and Corn with Peppers (21)	369	45	536	20.7
 <b>NY Strip Beef Patty with Horseradish Sauce</b> with Red Skin Potatoes and Brussels Sprouts (22)	255	25.5	477	18.8
 <b>Homestyle Meatloaf</b> with Winter Vegetables and Red Skin Potatoes (23)	273	27.6	599	18.8
 <b>NY Strip Beef Patty with Orange Rice &amp; Vegetables</b> with Corn with Peppers and Broccoli Florets (27)	411	61.4	495	21.2
 <b>Creamy Country Fried Steak</b> with Red Skin Potatoes and Mixed Vegetables (32)	422	52.3	438	18.7
 <b>Chili with Beans</b> with Carrots and Broccoli Florets (34)	361	38	550	24.6
 <b>Taco Soup</b> with Sweet Potatoes and Cauliflower (37)	258	44.8	470	12.3
 <b>NY Strip Beef Patty &amp; Gravy</b> with Spinach and Four Seasons Vegetables (38)	211	13.7	521	19
 <b>Pepper &amp; Beef Patty with Gravy</b> with Spinach and Sweet Potatoes (42)	306	25.7	491	24.3
<b>Florentine Stuffed Shell with Meat Sauce</b> with Northern Beans and Spring Vegetables (46)	401	48.4	614	24.2
 <b>Salisbury Steak</b> with Red Skin Potatoes and Mixed Vegetables (47)	296	30.9	339	17.9
 <b>Meatballs &amp; Alfredo Shell Pasta</b> with Corn with Peppers and Green Beans (55)	286	34.8	399	19.9
 <b>Thai Chili Meatballs with Rice</b> with Green Pea Blend and Broccoli Florets (59)	323	45.1	419	20.7
 <b>Spaghetti &amp; Meatballs</b> with Whole Kernel Corn and Broccoli Florets (65)	349	49.8	410	22
<b>Cilantro Lime Meatballs with Rice</b> with Bean Blend and Carrots (76)	430	50.6	591	25.5
 <b>Beef Patty over Cheesy Chipotle Rice</b> with Whole Kernel Corn and Broccoli Florets (82)	328	39.1	315	20.8
 <b>Chipotle Meatloaf</b> with Red Skin Potatoes and Green Beans (84)	264	26.3	408	17.4
 <b>Beef Patty &amp; Onion Gravy</b> with Red Skin Potatoes and Broccoli Florets (88)	249	21.8	289	19
 <b>Beef Patty</b> with Carrots and Brussels Sprouts (99)	201	11.7	180	18.4
 <b>Meatballs with Rice &amp; Gravy</b> with Spinach and Bean Blend (100)	368	46.8	471	27.4

# Poultry Entrees

		CALORIES	CARBS (g)	SODIUM (mg)	PROTEIN (g)
  	<b>Cacciatore Chicken Tenders</b> with Asparagus and Hash Browns (11)	230	24	549	20.7
	<b>Pepperoni Pizza</b> with Four Seasons Vegetables and Corn (12)	376	45.3	520	19.4
	<b>Honey Mustard Chicken Tenders</b> with Spinach and Carrots (17)	302	29.3	625	23.3
  	<b>Chicken &amp; Mushroom Swiss Rice</b> with Peas & Carrots and Cauliflower (19)	243	23.8	510	22.8
 	<b>Chicken with Rosemary Gravy</b> with Lima Beans and Spring Vegetables (25)	262	28.8	518	24
	<b>Chicken Patty &amp; Apricot Rice</b> with Carrots and Brussels Sprouts (28)	280	38.1	452	20.6
	<b>Chicken with Tomato Basil Penne</b> with Corn with Peppers and Green Beans (29)	327	41.9	546	24.2
 	<b>Honey Mustard Chicken</b> with Sweet Potatoes and Brussels Sprouts (36)	249	32.7	448	20.2
	<b>Bruschetta Chicken</b> with Red Skin Potatoes and Autumn Blend (39)	335	32	489	22.7
	<b>New Orleans Chicken &amp; Rice</b> with Sweet Potatoes and Four Seasons Vegetables (43)	308	45.6	745	20.8
	<b>Breaded Chicken Patty</b> with Whole Kernel Corn and Spring Vegetables (50)	318	33.8	467	17.1
	<b>Chicken Noodle Casserole</b> with Three Seasons Vegetable Blend and Bean Blend (51)	476	51.9	576	30
	<b>Chicken &amp; Teriyaki Rice</b> with Sweet Potatoes and Brussels Sprouts (52)	326	48.1	504	21.9
   	<b>BBQ Chicken</b> with Succotash and Green Beans (53)	221	23.4	415	19.7
	<b>Chicken &amp; Dumplings</b> with Lima Beans and Winter Vegetables (54)	337	38.7	705	26.2
  	<b>Chicken Chili with Beans</b> with Cauliflower and Spring Vegetables (62)	252	30.3	345	19
	<b>Breaded Chicken Nuggets</b> with Whole Kernel Corn and Broccoli Florets (68)	334	31.3	560	20.7
	<b>Chicken Parmesan</b> with Red Skin Potatoes and Mixed Vegetables (77)	372	42	607	18.7
   	<b>Chicken Florentine</b> with Asparagus and Carrots (79)	237	23.6	401	20.8
	<b>Chicken over Rice &amp; Gravy</b> with Bean Blend and Carrots (80)	339	42.7	412	26
  	<b>Chimichurri Chicken</b> with Stewed Tomatoes and Black Beans & Corn (81)	283	25.7	326	21
 	<b>Pesto Basil Chicken</b> with Lima Beans and Three Seasons Vegetable Blend (83)	323	35.1	404	24.4
	<b>Creamy Breaded Chicken</b> with Lima Beans and Mixed Vegetables (86)	409	47.5	636	22.4
	<b>Southwest Chicken Tenders</b> with Sweet Potatoes and Broccoli Florets (89)	328	45.8	555	23.3
	<b>Chicken Tenders over Zesty Orange Rice</b> with Bean Blend and Three Seasons Vegetables (90)	433	64.2	443	27.4







 Gluten-aware

 Lower Sodium – less than 550 mg sodium

 Diabetic Friendly – Less than 30 grams of carbohydrates and less than 550 mg sodium

 Renal Friendly – less than 600 mg sodium, 650 mg potassium & 400 mg phosphorus

## Poultry Entrees (Cont.)










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

**NEW**

## Pork Entrees

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

## Seafood Entrees

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
















 Gluten-aware

 Lower Sodium – less than 550 mg sodium















 Diabetic Friendly – Less than 30 grams of carbohydrates and less than 550 mg sodium

 Renal Friendly – less than 600 mg sodium, 650 mg potassium & 400 mg phosphorus

# Meatless Entrees

		CALORIES	CARBS (g)	SODIUM (mg)	PROTEIN (g)
	<b>Florentine Stuffed Shell with Parma Rosa Sauce</b> with Lima Beans and Carrots (18)	317	44.7	542	15.9
	<b>Cheese Pizza</b> with Bean Blend and Mixed Vegetables (24)	461	58.4	452	25.2
	<b>Plant Based Meatballs over Spaghetti and Bruschetta Sauce</b> with Winter Vegetables and Green Beans (33)	312	30.7	583	19.6
	<b>NEW</b>				
 	<b>Cheese Manicotti &amp; Alfredo Sauce</b> with Bean Blend and Butternut Squash (45)	320	58.1	335	15.5
 	<b>Three Cheese Ravioli &amp; Spinach Alfredo</b> with Mixed Vegetables and Cauliflower (49)	340	49.1	423	23
 	<b>Red Beans, Chickpeas and Rice</b> with Butternut Squash and Corn with Peppers (56)	381	75.3	375	15.7
	<b>NEW</b>				
 	<b>Chickpea and Sweet Potato Chili</b> with Corn and Broccoli Florets (57)	313	58.5	453	14.9
	<b>NEW</b>				
	<b>Southwest Black Bean and Corn Casserole</b> with Sweet Potatoes and Brussels Sprouts (64)	393	75.6	603	17.1
	<b>NEW</b>				
	<b>Chicken Nuggets</b> with Green Pea Blend and Butternut Squash (72)	266	31.8	373	18.5
	<b>NEW</b>				
 	<b>Macaroni &amp; Cheese</b> with Bean Blend and Brussels Sprouts (75)	446	68.6	479	21.7

# Breakfast Entrees

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

 Gluten-aware

 Lower Sodium – less than 550 mg sodium

 Diabetic Friendly – Less than 30 grams of carbohydrates and less than 550 mg sodium

 Renal Friendly – less than 600 mg sodium, 650 mg potassium & 400 mg phosphorus

