

All meals contain <600mg of sodium (milligrams of sodium noted after meal description).

Carbs (g): Approximate grams of carbohydrates are shown for the entree (tray only) and the full meal

♥ Heart Friendly: <800mg Sodium <30% Fat <10% Sat. Fat D Diabetic-Friendly meals contain <75g of carbohydrates

Item	Breakfast	Carbs (g)	
95003	Vegetable and Potato Skillet with Mozzarella and Plain Omelet, Orange Juice, Oatmeal Raisin Cookie and Pineapple Cup (402)	34	87 ♥
95021	Improved Pork Sausage, Egg, Potato and Cheddar Skillet and Spiced Fruit Medley and Orange Juice (582)	76	90
95043	Banana and Walnut Buckwheat Pancakes with Turkey Sausage, Syrup, Peach Cup and Fig Bar (476)	31	112 ♥
95048	Mini Pancakes with Turkey Sausage and Spiced Blueberry & Apple Crisp, Syrup and Orange (564)	79	128 ♥
95882	Cinnamon Oatmeal with Apples & Raisins with Brown Sugar Peaches, Whole Wheat Bread, Margarine and Orange (330)	73	103 ♥
95977	Colby Cheese Omelet with Cinnamon French Toast Sticks, Syrup, Margarine, Mandarin Oranges and Blueberry Applesauce (565)	29	94 ♥
95984	NEW Ranch Skillet with Eggs, Cheese, Potatoes, Sweet Potatoes and Black Beans and Apples and Greek Yogurt (570)	59	66 ♥D
95987	Banana and Walnut Buckwheat Pancakes with Turkey Sausage, Honey, Orange & Greek Yogurt (399)	31	68 ♥D
95998	Maple Apple Walnut Oatmeal and Scrambled Eggs and Peach Cup (503)	86	105 ♥

Lunch/Dinner

Beef

95014	Spaghetti & Meatballs with Marinara Sauce and Italian Style Peas and Orange (319)	53	71 ♥D
95026	NEW Salisbury Steak with Mushroom Gravy, White Rice and Mixed Vegetables and Applesauce (488)	55	69 ♥D
95062	NEW Beef Bolognese over Gluten Free Rotini Pasta and Seasoned Italian Green Beans & Carrots and Gelatin (561)		♥D
95360	Chili Rubbed Beef Steak with Chorizo Spanish Rice, Cheesy Potatoes with Refried Beans and Fruit Juice (600)	44	59 ♥D
95369	Meatball Sandwich and Seasoned Vegetables, Wheat Coney Bun and Orange (557)	23	63 ♥D
95375	NEW Homestyle Beef Meatloaf with Herbed Pasta and Mixed Vegetables, Applesauce and Fig Bar (558)	45	90 ♥
95377	Homestyle Beef Meatloaf, Roasted Potatoes and Seasoned Mixed Vegetables, Fruit Juice & Gelatin (476)	46	80

Poultry

95010	Creole Style Chicken with Brown Rice and Spiced Blueberries & Apples and Greek Yogurt (529)	67	74 ♥D
95031	NEW Chicken Breast with Jerk Sauce and Cilantro Rice and Strawberry Rhubarb Applesauce and Fruit Juice (520)	69	84 ♥
95044	Lemon Herb Chicken with Wild Rice and Broccoli & Carrots, Whole Wheat Dinner Roll and Pineapple Cup (596)	28	57 ♥D
95058	NEW Grilled Chicken Breast with Orange Wild Rice Salad and Spiced Fruit Medley and Almonds (364)	59	63 D

Item	Poultry (continued)	Carbs (g)		
95459	Chicken Fajita with Spanish Rice and Black Beans, Flour Tortillas and Fruit Juice (599)	43	84	♥
95484	Chicken Pepper Pasta and Brown Sugar Peaches and Oatmeal Raisin Cookie (594)	61	85	♥
98199	White Chicken with Potatoes and Peas and Red Peppers, Pear Cup, Whole Wheat Bread and Margarine (436)	41	65	♥D
98282	White Chicken with BBQ Sauce, Candied Sweet Potatoes and Sicilian Vegetables, Pear Cup, White Bread, Margarine and Oatmeal Raisin Cookie (540)	39	92	♥

Pork

95040	Improved Pork Loin with Marsala Sauce over White Rice and Italian Green Beans & Red Peppers, Pear Cup and Fruit Juice (539)	38	66	♥D
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Fish

95716	Tuna Casserole with Vegetables and Apples with Topping (479)	88	-	♥
95718	Salmon Patty with Lemon-Dill Glaze, Wild Rice Pilaf and Seasoned Vegetables and Mandarin Oranges (514)	56	73	♥

Vegetarian

95872	NEW Quinoa and Garbanzo Salad with Carrots and Applesauce, Orange and Oatmeal Chocolate Chip Cookie (528)	51	93	
95881	Vegetarian Red Beans and Rice, Orange, Whole Wheat Dinner Roll and Peanut Butter (579)	63	99	♥
95887	Vegetable Primavera in Creamy Alfredo Sauce with Strawberry Rhubarb Applesauce and Mandarin Orange Cup (376)	57	74	♥D

Please select the meals that are most appropriate for your dietary needs.

Menus are subject to change.

As with any kitchen, there are times when availability of fresh ingredients can fluctuate due to seasonal availability causing us to utilize alternative options with like nutritional.

