

Free from meat protein. Meals are prepared with non-meat protein ingredients, which may include dairy, eggs, beans, plant proteins and nuts.

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: All meals contain <75g of carbohydrates.

Item	Breakfast	Carbs (g)
95002	Vegetable and Potato Skillet with Mozzarella and Plain Omelet , Orange Juice, Whole Wheat English Muffin and Peanut Butter	34 73 ♥ D
95882	Cinnamon Oatmeal with Apples and Raisins and Brown Sugar Peaches , Whole Wheat Bread, Margarine and Orange	73 103 ♥
95928	Mini Pancakes with Colby Cheese Omelet , Syrup, Orange Juice, Applesauce & Granola	26 120 ♥
95972	Ranch Skillet of Eggs, Cheese, Potatoes, Sweet Potatoes and Black Beans and Apples , Whole Wheat Bread, Peanut Butter & Orange	59 92 ♥
95977	Colby Cheese Omelet with Cinnamon French Toast Sticks , Syrup, Margarine, Mandarin Oranges and Blueberry Applesauce	29 94 ♥
95998	Maple Apple Walnut Oatmeal and Scrambled Eggs and Peach Cup	86 105 ♥

Lunch/Dinner

95016	Cheese Lasagna with Marinara Sauce and Seasoned Vegetables , Whole Wheat Dinner Roll, Orange and Fruit Juice	44 91 ♥
95034	NEW Mushroom Risotto and Italian Style Peas and Orange	49 67 ♥ D
95831	Three Bean Chili with Collard Greens and Wild Rice Pilaf and Cinnamon Apples with Granola	102 - ♥ ✓
95872	Quinoa and Garbanzo Bean Salad with Carrots and Applesauce , Orange and Oatmeal Chocolate Chip Cookie	51 93
95878	Three Bean Vegetarian Chili and Carrots , Blueberry Applesauce and String Cheese	45 63 ♥ D
95881	Vegetarian Red Beans and Rice , Orange, Whole Wheat Dinner Roll and Peanut Butter	63 99 ♥ ✓
95887	Vegetable Primavera in Creamy Alfredo Sauce and Strawberry Rhubarb Applesauce and Mandarin Orange Cup	57 74 ♥ D
95891	Creamy Macaroni & Cheese and Seasoned Vegetable Blend , Peach Cup, Yogurt and Orange	43 87

Meals marked with '✓' are vegan friendly meals (do not contain animal products).

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.

