

Lemon Pepper Chicken	Serving Siz	kcal	Fat(gm)	SF(gm)	Chol(mg)	NA(mg)	CHO(gm)	TDFB (gm)	Sugr(gm)	Pro(gm)	Calcium
Grilled Chicken breast	1 each	120.00	2.50	0.50	60.00	320.00	1.02	0.00	0.00	22.00	12.00
Lemon Pepper Sauce	2 oz	21.00	0.71	0.00	0.00	147.00	2.83	0.00	0.00	0.00	2.00
Spinach	4 oz spood	44.00	0.71	0.05	0.00	183.00	4.39	1.50	0.00	2.93	117.00
Rosemary Potatoes	4 oz spood	121	3	0.5	0	192	19.15	2	1	3	10.00
Wheat Bread Sliced Wra	1 slice/25g	60.00	1.00	0.00	0.00	115.00	12.00	1.00	1.00	2.00	15.00
Pineapple bits	1 each	60.00	0.00	0.00	0.00	0.00	15.00	1.00	14.00	1.00	0.00
Milk (1%)	8 fluid oz	99.00	2.47	1.48	10.00	124.00	11.87	0.00	11.87	7.97	297.00
Smart Balance	1 each	25.00	2.50	0.00	0.00	35.00	0.00	0.00	0.00	0.00	0.00
Total		550.00	12.89	2.53	70.00	1116.00	66.26	5.50	27.87	38.90	453.00

Cheesy Smothered Chopped Steak	Serving Siz	kcal	Fat(gm)	SF(gm)	Chol(mg)	NA(mg)	CHO(gm)	TDFB (gm)	Sugr(gm)	Pro(gm)	Calcium
Cheesy Smothered Chop	5 oz	257.00	17.00	7.00	48.00	580.00	8.50	1.50	1.00	16.00	142.00
White Rice Pilaf	8 oz	105.00	0.00	0.00	0.00	7.00	22.74	0.00	0.00	2.40	3.00
Green Beans	4 oz	28.00	0.00	0.00	0.00	0.00	4.35	1.50	1.45	0.73	31.85
Wheat Bread Sliced Wra	1 slice/25g	60.00	1.00	0.00	0.00	115.00	12.00	1.00	1.00	2.00	15.00
Mandarin Oranges	1 each	90.00	0.00	0.00	0.00	5.00	22.08	1.00	18.06	0.00	40.00
Milk (1%)	8 fluid oz	99.00	2.47	1.48	10.00	124.00	11.87	0.00	11.87	7.97	297.00
Smart Balance	1 each	25.00	2.50	0.00	0.00	35.00	0.00	0.00	0.00	0.00	0.00
Total		664.00	22.97	8.48	58.00	866.00	81.54	5.00	33.38	29.10	528.85

Braised Beef over Egg Noodles	Serving Siz	kcal	Fat(gm)	SF(gm)	Chol(mg)	NA(mg)	CHO(gm)	TDFB (gm)	Sugr(gm)	Pro(gm)	Calcium
Pot Roast CFH	1 portion	168.00	11.23	4.21	51.00	98.00	0.94	0.00	0.00	15.91	0.00
Egg Noodles w/ Gravy	4 oz ladle	105.00	2.18	0.30	17.00	212.00	17.25	0.60	0.61	2.43	9.36
Chopped Collard Greens	4 oz spood	29.00	0.00	0.00	0.00	20.00	3.90	2.00	1.00	2.90	232.00
Diced Carrots	4 oz spodle	23.00	0.00	0.00	0.00	34.00	5.30	1.50	3.00	0.00	21.00
Wheat Dinner Roll	1 each	70.00	0.81	0.00	0.00	141.00	12.47	0.50	1.60	2.70	22.00
Applesauce	1 each	50.00	0.00	0.00	0.00	10.00	11.99	1.00	10.99	0.00	5.00
Milk (1%)	8 fluid oz	99.00	2.47	1.48	10.00	124.00	11.87	0.00	11.87	7.97	297.00
Smart Balance	1 each	25.00	2.50	0.00	0.00	35.00	0.00	0.00	0.00	0.00	0.00
Total		569.00	19.19	6.00	78.00	674.00	63.72	5.60	29.07	31.91	586.36

**April Menu has with mixed greens --> can't find in other database

Grilled hamburger	Serving Siz	kcal	Fat(gm)	SF(gm)	Chol(mg)	NA(mg)	CHO(gm)	TDFB (gm)	Sugr(gm)	Pro(gm)	Calcium
Beef Patty	1 each	213.00	14.17	5.06	51.00	445.00	5.06	0.00	1.01	16.20	98.31
Macaroni and Cheese	#8 scoop	205.00	5.85	3.00	7.00	342.00	30.00	1.00	4.50	7.40	118.00
Green Beans	4 oz	22.00	0.00	0.00	0.00	0.00	4.35	1.50	1.45	0.73	29.00
WG Hamburger Bun	1 bun	100.00	1.50	0.00	0.00	115.00	20.00	3.00	3.00	4.00	47.00
Pineapple bits	1 each	60.00	0.00	0.00	0.00	0.00	15.00	1.00	14.00	1.00	0.00
Milk (1%)	8 fluid oz	99.00	2.47	1.48	10.00	124.00	11.87	0.00	11.87	7.97	297.00

Milk (1%)	8 fluid oz	99.00	2.47	1.48	10.00	124.00	11.87	0.00	11.87	7.97	297.00
Smart Balance	1 container	25.00	2.50	0.00	0.00	35.00	0.00	0.00	0.00	0.00	0.00
Total		551.00	18.29	4.48	38.00	698.00	74.96	8.30	28.50	23.67	418.00

Grilled chicken w/ Salsa and cheese	Serving Siz	kcal	Fat(gm)	SF(gm)	Chol(mg)	NA(mg)	CHO(gm)	TDFB (gm)	Sugr(gm)	Pro(gm)	Calcium	
★	Grilled Chicken breast	1 each	120.00	2.50	0.50	60.00	320.00	1.02	0.00	0.00	22.00	12.00
	Low Sodium Black Beans	1/2 cup	110.00	0.00	0.00	0.00	130.00	20.00	5.00	1.00	7.00	80.00
	Salsa and cheese CFH	1/4 cup	67.00	4.56	2.53	15.00	136.00	2.52	0.70	1.00	3.88	111.00
	Diced Carrots	4 oz spood	23.00	0.00	0.00	0.00	34.00	5.30	1.50	3.00	0.00	21.00
	WG Corn Bread	1 each	179.00	5.97	0.50	15.00	90.00	27.85	1.00	14.92	2.98	21.88
	Mandarin Oranges	1 each	90.00	0.00	0.00	0.00	5.00	22.08	1.00	18.06	0.00	40.00
	Milk (1%)	8 fluid oz	99.00	2.47	1.48	10.00	124.00	11.87	0.00	11.87	7.97	297.00
Total		688.00	15.50	5.01	100.00	839.00	90.64	9.20	49.85	43.83	582.88	

Scrambled eggs w/ Sausage	Serving Siz	kcal	Fat(gm)	SF(gm)	Chol(mg)	NA(mg)	CHO(gm)	TDFB (gm)	Sugr(gm)	Pro(gm)	Calcium	
★	Eggs Scrambled CFH	#8 scoop	140.00	5.44	1.56	233.00	218.00	6.22	0.00	1.56	14.00	62.21
	Sausage Link	1 each	91.00	8.46	3.05	17.00	169.00	0.34	0.00	0.34	2.71	6.77
	CFH Hash Browns	1/2 cup	118.00	3.00	0.50	0.00	306.00	20.00	2.80	0.00	2.36	12.00
	Wheat Bread Sliced Wra	1 slice/25g	60.00	1.00	0.00	0.00	115.00	12.00	1.00	1.00	2.00	15.00
	Spiced Peaches	4 oz spood	50.00	0.00	0.00	0.00	0.00	12.00	1.00	10.01	0.00	9.01
	Milk (1%)	8 fluid oz	99.00	2.47	1.48	10.00	124.00	11.87	0.00	11.87	7.97	297.00
	Smart Balance	1 each	25.00	2.50	0.00	0.00	35.00	0.00	0.00	0.00	0.00	0.00
Total		583.00	22.87	6.58	260.00	967.00	62.43	4.80	24.78	29.04	401.99	

Country Ham & Beans	Serving Siz	kcal	Fat(gm)	SF(gm)	Chol(mg)	NA(mg)	CHO(gm)	TDFB (gm)	Sugr(gm)	Pro(gm)	Calcium	
★	Ham and Beans	8 oz ladle (236.00	1.00	0.00	0.00	334.00	39.20	12.70	2.00	13.83	125.00
	Diced Beets	1/2 cup	45.00	0.00	0.00	0.00	203.00	9.99	0.80	7.80	0.00	16.00
	Diced Carrots	4 oz spood	23.00	0.00	0.00	0.00	34.00	4.48	1.50	3.00	0.00	21.00
	WG Corn Bread	1 each	179.00	5.97	0.50	15.00	90.00	27.85	1.00	14.92	2.98	22.00
	Mixed Fruit	1 each	80.00	0.00	0.00	0.00	0.00	19.00	1.00	18.00	1.00	0.00
	Milk (1%)	8 fluid oz	99.00	2.47	1.48	10.00	124.00	11.87	0.00	11.87	7.97	297.00
	Smart Balance	1 each	25.00	2.50	0.00	0.00	35.00	0.00	0.00	0.00	0.00	0.00
Total		687.00	11.94	1.98	25.00	820.00	112.39	17.00	57.59	25.78	481.00	

Oven fried Chicken	Serving Siz	kcal	Fat(gm)	SF(gm)	Chol(mg)	NA(mg)	CHO(gm)	TDFB (gm)	Sugr(gm)	Pro(gm)	Calcium	
★	Oven fried chicken thigh	1 piece	450.00	36.00	9.00	115.00	760.00	9.00	0.00	0.00	23.00	30.25
	Chopped Collard Greens	4 oz spood	29.00	0.00	0.00	0.00	20.00	3.90	2.00	1.00	2.90	232.00
	Whipped Sweet Potatoes	#8 scoop	161.00	6.93	3.15	0.00	73.00	25.60	3.00	16.57	0.00	12.00
	Diced Pears	1 each	70.00	0.00	0.00	0.00	0.00	18.00	3.00	14.00	1.00	0.00
	Milk (1%)	8 fluid oz	99.00	2.47	1.48	10.00	124.00	11.87	0.00	11.87	7.97	297.00

Total			809.00	45.40	13.63	125.00	977.00	68.37	8.00	43.44	34.87	571.25
--------------	--	--	---------------	--------------	--------------	---------------	---------------	--------------	-------------	--------------	--------------	---------------

Ginger BBQ chicken	Serving Siz	kcal	Fat(gm)	SF(gm)	Chol(mg)	NA(mg)	CHO(gm)	TDFB (gm)	Sugr(gm)	Pro(gm)	Calcium
Ginger BBQ Chicken	1 thigh	169.00	6.11	2.04	46.00	521.00	13.48	0.50	11.36	14.33	7.41
Whipped Sweet Potatoes	#8 scoop	161.00	6.93	3.15	0.00	73.00	25.60	3.00	16.57	0.00	12.00
Chopped Collard Greens	4 oz spood	16.00	0.00	0.00	0.00	26.00	6.53	4.40	0.00	3.23	87.11
Wheat Bread Sliced Wra	1 slice/25g	60.00	1.00	0.00	0.00	115.00	12.00	1.00	1.00	2.00	15.00
Diced Pears	1 each	70.00	0.00	0.00	0.00	0.00	18.00	3.00	14.00	1.00	0.00
Milk (1%)	8 fluid oz	99.00	2.47	1.48	10.00	124.00	11.87	0.00	11.87	7.97	297.00
Smart Balance	1 each	25.00	2.50	0.00	0.00	35.00	0.00	0.00	0.00	0.00	0.00

Total			600.00	19.01	6.67	56.00	894.00	87.48	11.90	54.80	28.53	418.52
--------------	--	--	---------------	--------------	-------------	--------------	---------------	--------------	--------------	--------------	--------------	---------------

Potato Pollock	Serving Siz	kcal	Fat(gm)	SF(gm)	Chol(mg)	NA(mg)	CHO(gm)	TDFB (gm)	Sugr(gm)	Pro(gm)	Calcim
Potato Pollock	1 each	192.00	11.00	1.50	30.00	394.00	13.14	1.00	0.00	9.00	0.00
Peas and Corn	1/2 cup	90.00	0.50	0.00	0.00	61.00	18.40	4.24	5.00	4.00	14.47
Chopped Collard Greens	4 oz spood	29.00	0.00	0.00	0.00	20.00	3.90	2.00	1.00	2.90	232.00
Wheat Bread Sliced Wra	1 slice/25g	60.00	1.00	0.00	0.00	115.00	12.00	1.00	1.00	2.00	15.00
Topical Fruit Salad	4 oz cup	80.00	0.00	0.00	0.00	10.00	19.07	0.00	18.06	1.00	0.00
Tartar Sauce	1 each	45.00	3.50	0.50	0.00	105.00	3.00	0.00	2.00	0.00	2.00
Milk (1%)	8 fluid oz	99.00	2.47	1.48	10.00	124.00	11.87	0.00	11.87	7.97	297.00
Smart Balance	1 each	25.00	2.50	0.00	0.00	35.00	0.00	0.00	0.00	0.00	0.00

Total			620.00	20.97	3.48	40.00	864.00	81.38	8.24	38.93	26.87	560.47
--------------	--	--	---------------	--------------	-------------	--------------	---------------	--------------	-------------	--------------	--------------	---------------

Sliced Turkey over Southwest Pasta	Serving Siz	kcal	Fat(gm)	SF(gm)	Chol(mg)	NA(mg)	CHO(gm)	TDFB (gm)	Sugr(gm)	Pro(gm)	Calcium
CFH Red Sodium Turkey	2 oz slice	61.00	1.52	0.00	25.00	273.00	2.02	0.00	1.01	9.11	20.25
Corn	4 oz spood	80.00	0.76	0.00	0.00	0.00	16.05	0.80	4.00	2.40	0.00
Peas	4 oz spood	54.00	0.00	0.00	0.00	0.00	9.33	3.10	3.11	3.89	18.00
Southwest Pasta	1 cup	187.00	2.79	1.25	8.00	213.00	31.19	3.50	3.69	7.84	70.00
Choc Pudding Cup	1 each	100.00	1.00	1.00	0.00	150.00	23.07	0.00	17.05	1.00	20.00
Milk (1%)	8 fluid oz	99.00	2.47	1.48	10.00	124.00	11.87	0.00	11.87	7.97	297.00

Total			581.00	8.54	3.74	43.00	760.00	93.53	7.40	40.73	32.21	425.25
--------------	--	--	---------------	-------------	-------------	--------------	---------------	--------------	-------------	--------------	--------------	---------------

Sloppy Joe	Serving Siz	kcal	Fat(gm)	SF(gm)	Chol(mg)	NA(mg)	CHO(gm)	TDFB (gm)	Sugr(gm)	Pro(gm)	Calcium
GFS Sloppy Joe	4 oz spood	194.00	9.72	3.65	32.00	470.00	17.00	1.60	7.30	11.34	37.00
WG Hamburger Bun	1 bun	100.00	1.50	0.00	0.00	115.00	20.00	3.00	3.00	4.00	47.00
Roasted Sweet Potatoes	1/2 cup	117.00	2.91	0.42	2.00	150.00	19.97	2.50	13.32	1.66	33.29
Brussel Sprouts w/ onion	4 oz spood	60.00	2.60	0.00	0.00	36.00	7.80	3.40	0.00	3.36	25.00
Pineapple bits	1 each	60.00	0.00	0.00	0.00	0.00	15.00	1.00	14.00	1.00	0.00
Milk (1%)	8 fluid oz	99.00	2.47	1.48	10.00	124.00	11.87	0.00	11.87	7.97	297.00

Total			630.00	19.20	5.55	44.00	895.00	91.64	11.50	49.49	29.33	439.29
--------------	--	--	---------------	--------------	-------------	--------------	---------------	--------------	--------------	--------------	--------------	---------------

Smoked Sausage w/ Peppers & onion	Serving Siz	kcal	Fat(gm)	SF(gm)	Chol(mg)	NA(mg)	CHO(gm)	TDFB (gm)	Sugr(gm)	Pro(gm)	Calcium
Smoked Sausage w/ pep	1 each	200.00	15.71	6.08	40.00	603.00	5.90	1.00	2.00	2.80	14.00
Peas	4 oz spood	54.00	0.00	0.00	0.00	0.00	9.33	3.10	3.11	3.89	18.00
Roasted Red Skinned Pot	4 oz spood	79.00	0.00	0.00	0.00	0.00	17.80	2.00	1.00	3.00	10.00
Wheat Bread Sliced Wra	1 slice/25g	60.00	1.00	0.00	0.00	115.00	12.00	1.00	1.00	2.00	15.00
Strwbry Applesauce	4 oz cup	50.00	0.00	0.00	0.00	10.00	14.03	1.00	9.02	0.00	0.00
Milk (1%)	8 fluid oz	99.00	2.47	1.48	10.00	124.00	11.87	0.00	11.87	7.97	297.00
Smart Balance	1 each	25.00	2.50	0.00	0.00	35.00	0.00	0.00	0.00	0.00	0.00
Total		567.00	21.68	7.56	50.00	887.00	70.93	8.10	28.00	19.66	354.00

Meatloaf w/ Gravy	Serving Siz	kcal	Fat(gm)	SF(gm)	Chol(mg)	NA(mg)	CHO(gm)	TDFB (gm)	Sugr(gm)	Pro(gm)	Calcium
Meatloaf	1 each (85	245.00	11.80	6.70	42.00	326.00	2.70	1.20	0.02	13.90	33.00
Beef Gravy CFH Red Sod	2 oz	30.00	1.00	0.00	0.00	211.00	4.01	0.00	0.00	0.00	1.00
Mashed potatoes Red So	1/2 cup	77.00	0.09	0.00	1.00	41.00	16.35	1.10	0.19	2.32	13.50
Brussel Sprouts	4 oz spood	35.00	0.34	0.00	0.00	9.00	6.80	3.20	0.00	3.15	22.00
Wheat Bread Sliced Wra	1 slice/25g	60.00	1.00	0.00	0.00	115.00	12.00	1.00	1.00	2.00	15.00
Mandarin Oranges	1 each	90.00	0.00	0.00	0.00	5.00	22.08	1.00	18.06	0.00	40.00
Milk (1%)	8 fluid oz	99.00	2.47	1.48	10.00	124.00	11.87	0.00	11.87	7.97	297.00
Smart Balance	1 container	25.00	2.50	0.00	0.00	35.00	0.00	0.00	0.00	0.00	0.00
Total		661.00	19.20	8.18	53.00	866.00	75.81	7.50	31.14	29.34	421.50

275.00 12.80

Vegetable Lasagna	Serving Siz	kcal	Fat(gm)	SF(gm)	Chol(mg)	NA(mg)	CHO(gm)	TDFB (gm)	Sugr(gm)	Pro(gm)	Calcium
Lasagna Vegetable CICO	1 piece	318.00	10.90	5.44	41.00	230.00	35.53	3.60	8.36	18.90	256.00
Frozen Baby Lima Beans	4 oz spood	102.00	0.00	0.00	0.00	82.00	20.01	6.00	1.00	5.10	31.00
Diced Carrots	4 oz spood	23.00	0.00	0.00	0.00	34.00	5.32	1.50	3.00	0.00	21.00
Wheat Roll	1 each	70.00	0.81	0.00	0.00	141.00	12.50	0.50	1.60	2.70	22.00
Pineapple bits	1 each	60.00	0.00	0.00	0.00	0.00	15.00	1.00	14.00	1.00	0.00
Milk (1%)	8 fluid oz	99.00	2.47	1.48	10.00	124.00	11.87	0.00	11.87	7.97	297.00
Smart Balance	1 container	25.00	2.50	0.00	0.00	35.00	0.00	0.00	0.00	0.00	0.00
Total		697.00	16.68	6.92	51.00	646.00	100.23	12.60	27.96	27.70	627.00

Spaghetti w/ Tomato Sauce	Serving Siz	kcal	Fat(gm)	SF(gm)	Chol(mg)	NA(mg)	CHO(gm)	TDFB (gm)	Sugr(gm)	Pro(gm)	Calcium
Spaghetti w/ NSA Marina	8 oz ladle	247.00	5.25	0.70	0.00	67.00	42.13	4.90	9.50	7.81	42.00
Meatballs	0.5 oz/4 ea	180	13.33	5.33	27	180	5.33	1.3	0.67	9.33	27.00
Parmesean Cheese	1 pkt	15.00	1.00	0.50	5.00	35.00	1.00	0.00	0.00	1.00	40.00
California Vegetable Bler	4 oz spood	19.00	0.00	0.00	0.00	23.00	3.87	2.30	1.55	1.55	23.00
Italian Cut Green Beans #	1/2 cup	20.00	0.00	0.00	0.00	0.00	4.00	1.30	1.33	0.67	20.00
Diced peach cup	1 each	60.00	0.00	0.00	0.00	0.00	12.20	1.00	12.00	0.00	0.00
Milk (1%)	8 fluid oz	99.00	2.47	1.48	10.00	124.00	11.87	0.00	11.87	7.97	297.00
Total		640.00	22.05	8.01	42.00	429.00	80.40	10.80	36.92	28.33	449.00

Smothered Chicken Breast		Serving Siz	kcal	Fat(gm)	SF(gm)	Chol(mg)	NA(mg)	CHO(gm)	TDFB (gm)	Sugr(gm)	Pro(gm)	Calcium
	Grilled Chicken breast	1 each	120.00	2.50	0.50	60.00	320.00	1.02	0.00	0.00	22.00	12.00
	Onion Gravy	4 oz	43.00	1.38	0.00	0.00	219.00	5.89	0.20	0.36	0.12	4.31
	White and Wild Rice	#8 scoop	66.00	0.09	0.02	0.00	128.00	14.11	0.10	0.21	1.63	24.39
	Key West Vegetable Blend	4 oz spoon	20.00	0.00	0.00	0.00	16.00	4.00	1.30	1.30	0.66	18.00
	Wheat Bread Sliced Wra	1 slice/25g	60.00	1.00	0.00	0.00	115.00	12.00	1.00	1.00	2.00	15.00
	Diced Pears	1 each	70.00	0.00	0.00	0.00	0.00	18.00	3.00	14.00	1.00	0.00
	Milk (1%)	8 fluid oz	99.00	2.47	1.48	10.00	124.00	11.87	0.00	11.87	7.97	297.00
	Smart Balance	1 container	25.00	2.50	0.00	0.00	35.00	0.00	0.00	0.00	0.00	0.00
Total			503.00	9.94	2.00	70.00	957.00	66.89	5.60	28.74	35.38	370.70

Indiana Style Chili Mac		Serving Siz	kcal	Fat(gm)	SF(gm)	Chol(mg)	NA(mg)	CHO(gm)	TDFB (gm)	Sugar(gm)	Pro(gm)	Calcium
	Indiana Style Chili Mac	8 oz ladle	313.00	14.36	6.00	36.00	411.00	31.00	5.00	3.29	15.70	111.18
	Mixed Vegetables	4 oz spoon	38.00	0.00	0.00	0.00	12.00	8.46	2.30	3.00	1.54	0.00
	Applesauce	1 each	50.00	0.00	0.00	0.00	10.00	11.99	1.00	10.99	0.00	5.00
	WG Corn Bread	1 each	179.00	5.97	0.50	15.00	90.00	27.85	1.00	14.92	2.98	21.88
	Milk (1%)	8 fluid oz	99.00	2.47	1.48	10.00	124.00	11.87	0.00	11.87	7.97	297.00
Total			679.00	22.80	7.98	61.00	647.00	91.17	9.30	44.07	28.19	435.06

Chicken and Noodles		Serving Siz	kcal	Fat(gm)	SF(gm)	Chol(mg)	NA(mg)	CHO(gm)	TDFB (gm)	Sugar(gm)	Pro(gm)	Calcium
	Chicken and Noodles CFH	8 oz (237g)	198.00	3.66	1.00	69.00	132.00	20.18	1.00	1.13	18.34	20
	Rosemary Roasted Potat	4 oz spoon	121	3	0.5	0	192	19	2	1.00	3.00	10.00
	Broccoli	4 oz spoon	25.00	0.00	0.00	0.00	15.00	5.00	3.00	1.00	3.00	35.11
	Wheat Roll	1 each	70.00	0.81	0.00	0.00	141.00	15.18	1.60	0.54	2.71	32
	Diced Pears	1 each	70.00	0.00	0.00	0.00	0.00	18.00	3.00	14.00	1.00	0.00
	Smart Balance	1 each	25.00	2.50	0.00	0.00	35.00	0.00	0.00	0.00	0.00	0.00
	Milk (1%)	8 fluid oz	99.00	2.47	1.48	10.00	124.00	11.87	0.00	11.87	7.97	297.00
Total			608.00	12.44	2.98	79.00	639.00	89.23	10.60	29.54	36.02	394.11

Swedish Meatballs		Serving Siz	kcal	Fat(gm)	SF(gm)	Chol(mg)	NA(mg)	CHO(gm)	TDFB (gm)	Sugar(gm)	Pro(gm)	Calcium
	Swedish Meatballs	8 oz ladle	223	16.43	7.6	38	484	10.72	2	2	8	75.15
	Brown rice	#8 scoop	170	1	0	0	217	35	1.5	0	4.62	12.00
	Wax beans	1/2 cup	65	4.5	1	0	233	4.77	2.5	0	1.19	36.00
	California Veg Blend	4 oz spoon	19.00	0.00	0.00	0.00	23.00	3.87	2.30	1.55	1.55	23.22
	Tropical Fruit Cup	1 each	60.00	0.00	0.00	0.00	5.00	15.00	1.00	14.00	1.00	0.00
	Milk (1%)	8 fluid oz	99.00	2.47	1.48	10.00	124.00	11.87	0.00	11.87	7.97	297.00
Total			636.00	24.40	10.08	48.00	1086.00	81.23	9.30	29.42	24.33	443.37

Pot Roast w/ Gravy		Serving Siz	kcal	Fat(gm)	SF(gm)	Chol(mg)	NA(mg)	CHO(gm)	TDFB (gm)	Sugar(gm)	Pro(gm)	Calcium
	Pot Roast CFH	1 portion/7	168.00	11.23	4.21	51.00	97.00	1.00	0.00	0.00	15.91	0.00
	Vegetable Gravy	4 oz/107g	37.00	0.70	0.00	0.00	157.00	6.36	1.00	1.00	0.56	7.36

Mashed Potatoes Red So	1/2 cup	77.00	0.09	0.00	1.00	41.00	16.35	1.10	0.19	2.32	35.00
Broccoli	4 oz spood	25.00	0.00	0.00	0.00	15.00	5.00	3.00	1.36	3.00	35.00
Applesauce	1 each	50.00	0.00	0.00	0.00	10.00	12.00	1.00	11.00	0.00	5.00
Wheat Bread Sliced Wra	1 slice/25g	60.00	1.00	0.00	0.00	115.00	12.00	1.00	1.00	2.00	15.00
Milk (1%)	8 fluid oz	99.00	2.47	1.48	10.00	124.00	11.87	0.00	11.87	7.97	297.00
Total		516.00	15.49	5.69	62.00	559.00	64.58	7.10	26.42	31.76	394.36

Southwest Cheese Omelet w/ Salsa	Serving Siz	kcal	Fat(gm)	SF(gm)	Chol(mg)	NA(mg)	CHO(gm)	TDFB (gm)	Sugar(gm)	Pro(gm)	Calcium
Cheddar egg omelet	1 each 3.5	190.00	14.00	6.00	260.00	560.00	4.00	0.00	2.00	12.00	141.00
Salsa and cheese	1/4 cup	67.00	2.50	0.00	15.00	136.00	2.50	0.70	1.00	4.00	111.16
Shrd Mini Wheats	1.06 oz box	101.00	0.50	0.00	0.00	0.00	24.30	3.00	6.00	2.00	0.00
Hash Browns CFH	1/2 cup	118.00	3.00	0.50	0.00	306.00	20.00	2.40	2.36	2.81	12.00
Mixed Fruit	1 each	80.00	0.00	0.00	0.00	0.00	19.00	1.00	18.00	1.00	0.00
Milk (1%)	8 fluid oz	99.00	2.47	1.48	10.00	124.00	11.87	0.00	11.87	7.97	297.00

Total		655.00	22.47	7.98	285.00	1126.00	81.67	7.10	41.23	29.78	561.16
--------------	--	---------------	--------------	-------------	---------------	----------------	--------------	-------------	--------------	--------------	---------------

Chicken and White Bean Chili	Serving Siz	kcal	Fat(gm)	SF(gm)	Chol(mg)	NA(mg)	CHO(gm)	TDFB (gm)	Sugar(gm)	Pro(gm)	Calcium
Chicken Chili	8 oz ladle	222.00	7.00	3.50	52.00	227.00	18.00	5.20	1.50	21.90	180.00
Brussel Sprouts	4 oz spood	35.00	0.34	0.00	0.00	9.00	6.80	3.20	0.00	3.15	22.00
Corn	4 oz spood	80.00	0.80	0.00	0.00	0.00	16.80	0.80	4.00	2.40	0.00
WG Corn Bread	1 each	179.00	5.97	0.50	15.00	90.00	27.85	1.00	14.92	2.98	22.00
Mixed Fruit	1 each	80.00	0.00	0.00	0.00	0.00	19.00	1.00	18.00	1.00	0.00
Milk (1%)	8 fluid oz	99.00	2.47	1.48	10.00	124.00	11.87	0.00	11.87	7.97	297.00

Total		695.00	16.58	5.48	77.00	450.00	100.32	11.20	50.29	39.40	521.00
--------------	--	---------------	--------------	-------------	--------------	---------------	---------------	--------------	--------------	--------------	---------------

Sliced Turkey Breast w/ gravy	Serving Siz	kcal	Fat(gm)	SF(gm)	Chol(mg)	NA(mg)	CHO(gm)	TDFB (gm)	Sugar(gm)	Pro(gm)	Calcium
CFH Red Sodium Turkey	2 oz slice	61.00	1.52	0.00	25.00	273.00	2.02	0.00	1.01	9.11	20.25
CFH Red Sodium Chicken	2 oz ladle	25.00	0.83	0.00	0.00	133.00	3.31	0.00	0.00	0.00	1.00
Maple Sweet Potatoes	4 oz spood	152.00	0.00	0.00	0.00	5.00	40.00	3.70	28.00	0.00	15.20
Broccoli	4 oz spood	25.00	0.00	0.00	0.00	15.00	5.00	3.00	1.00	3.00	35.00
Diced Pears	1 each	70.00	0.00	0.00	0.00	0.00	18.00	3.00	14.00	1.00	0.00
Milk (1%)	8 fluid oz	99.00	2.47	1.48	10.00	124.00	11.87	0.00	11.87	7.97	297.00

Total		432.00	4.82	1.48	35.00	550.00	80.20	9.70	55.88	21.08	368.45
--------------	--	---------------	-------------	-------------	--------------	---------------	--------------	-------------	--------------	--------------	---------------

Herb marinated chicken	Serving Siz	kcal	Fat(gm)	SF(gm)	Chol(mg)	NA(mg)	CHO(gm)	TDFB (gm)	Sugar(gm)	Pro(gm)	Calcium
Herb Marinated Chicken	1 each (126	135.00	4.50	1.00	95.00	310.00	0.00	0.00	0.00	22.00	1.00
Baked Potato	1 each	168.00	0.18	0.00	0.00	9.00	38.82	2.70	3.00	3.50	9.00
Spinach	4 oz spood	44.00	0.00	0.05	0.00	185.00	4.40	1.50	0.81	4.57	118.39
Wheat Bread Sliced Wra	1 slice/25g	60.00	1.00	0.00	0.00	115.00	12.00	1.00	1.00	2.00	15.00
Mixed Fruit	1 each	80.00	0.00	0.00	0.00	0.00	19.00	1.00	18.00	1.00	0.00
Milk (1%)	8 fluid oz	99.00	2.47	1.48	10.00	124.00	11.87	0.00	11.87	7.97	297.00

Smart Balance	1 container	25.00	2.50	0.00	0.00	35.00	0.00	0.00	0.00	0.00	0.00
---------------	-------------	-------	------	------	------	-------	------	------	------	------	------

Total		611.00	10.65	2.53	105.00	778.00	86.09	6.20	34.68	41.04	440.39
--------------	--	---------------	--------------	-------------	---------------	---------------	--------------	-------------	--------------	--------------	---------------

6.70 42.00 537.00 6.71 1.20 0.02 13.90 34.00