

Monday

Vegetarian Minestrone



Contains wheat, soy beans, gluten

Serving	6 oz Ladle (180 grams)
Total Calories	70
Calories from Fat	15
% Calories from Fat	21%
Total Fat	1.5g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	320mg
Total Carbohydrates	13g
Sugars	2g
Dietary Fiber	2g
Total Protein	2g

Vegetarian Chili



Contains soy beans, gluten

Serving	6 oz Ladle (226 grams)
Total Calories	310
Calories from Fat	40
% Calories from Fat	13%
Total Fat	4g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	410mg
Total Carbohydrates	61g
Sugars	6g
Dietary Fiber	14g
Total Protein	10g

Homestyle Chicken & Rice Soup

Contains milk, wheat, soy beans, gluten

Serving	6 oz (170 grams)
Total Calories	70
Calories from Fat	20
% Calories from Fat	29%
Total Fat	2g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	10mg
Sodium	810mg
Total Carbohydrates	9g
Sugars	2g
Dietary Fiber	< 1g
Total Protein	5g

Chicken & Orzo Soup



Contains wheat, soy beans, gluten

Serving	6 oz Ladle (156 grams)
Total Calories	50
Calories from Fat	15
% Calories from Fat	30%
Total Fat	1.5g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	10mg
Sodium	680mg
Total Carbohydrates	6g
Sugars	1g
Dietary Fiber	< 1g
Total Protein	4g

Basmati Rice



Serving	Ounce (28 grams)
Total Calories	100
Calories from Fat	0
% Calories from Fat	0%
Total Fat	0g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	0mg
Total Carbohydrates	23g
Sugars	0g
Dietary Fiber	0g
Total Protein	2g

Grilled Fajita Beef Burrito

Contains milk, wheat, soy beans, gluten

Serving	Each (335 grams)
Total Calories	700
Calories from Fat	310
% Calories from Fat	44%
Total Fat	34g
Saturated Fat	18g
Trans Fat	0g
Cholesterol	95mg
Sodium	2070mg
Total Carbohydrates	62g
Sugars	5g
Dietary Fiber	4g
Total Protein	36g

Chicken Burrito Bowl

Contains milk, wheat, soy beans, gluten

Serving	Bowl (539 grams)
Total Calories	660
Calories from Fat	250
% Calories from Fat	38%
Total Fat	28g
Saturated Fat	14g
Trans Fat	0g
Cholesterol	135mg
Sodium	1520mg
Total Carbohydrates	66g
Sugars	7g
Dietary Fiber	7g
Total Protein	38g

Black Bean Burritos



Contains milk, wheat, soy beans, gluten

Serving	1 Burrito-12" (535 grams)
Total Calories	980
Calories from Fat	370
% Calories from Fat	38%
Total Fat	41g
Saturated Fat	22g
Trans Fat	0g
Cholesterol	90mg
Sodium	2420mg
Total Carbohydrates	118g
Sugars	5g
Dietary Fiber	10g
Total Protein	33g

Tuesday

Homestyle Chicken & Rice Soup

Contains milk, wheat, soy beans, gluten

Serving	6 oz (170 grams)
Total Calories	70
Calories from Fat	20
% Calories from Fat	29%
Total Fat	2g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	10mg
Sodium	810mg
Total Carbohydrates	9g
Sugars	2g
Dietary Fiber	< 1g
Total Protein	5g

Louisiana Chicken and Andouille Gumbo

Contains milk, wheat, soy beans, gluten

Serving	0.50 - 12 oz (191 grams)
Total Calories	190
Calories from Fat	100
% Calories from Fat	53%
Total Fat	11g
Saturated Fat	5g
Trans Fat	0g
Cholesterol	25mg
Sodium	380mg
Total Carbohydrates	12g
Sugars	2g
Dietary Fiber	1g
Total Protein	9g

Korean Fried Chicken

Contains eggs, wheat, soy beans, gluten

Serving	1 Thigh (123 grams)
Total Calories	390
Calories from Fat	190
% Calories from Fat	49%
Total Fat	22g
Saturated Fat	2.5g
Trans Fat	0g
Cholesterol	120mg
Sodium	1480mg
Total Carbohydrates	28g
Sugars	10g
Dietary Fiber	2g
Total Protein	22g

Macaroni and Cheese

V *Contains milk, wheat, soy beans, gluten, mustard*

Serving	1 Cup Portion (352 grams)
Total Calories	610
Calories from Fat	180
% Calories from Fat	30%
Total Fat	20g
Saturated Fat	10g
Trans Fat	0g
Cholesterol	35mg
Sodium	1390mg
Total Carbohydrates	83g
Sugars	8g
Dietary Fiber	3g
Total Protein	22g

Chicken Mulligatawny Soup

Contains milk, wheat, soy beans, gluten

Serving	6 oz Ladle (193 grams)
Total Calories	80
Calories from Fat	20
% Calories from Fat	25%
Total Fat	2.5g
Saturated Fat	1g
Trans Fat	0g
Cholesterol	15mg
Sodium	200mg
Total Carbohydrates	9g
Sugars	3g
Dietary Fiber	1g
Total Protein	5g

Vegetarian Chili

V *Contains soy beans, gluten*

Serving	6 oz Ladle (226 grams)
Total Calories	310
Calories from Fat	40
% Calories from Fat	13%
Total Fat	4g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	410mg
Total Carbohydrates	61g
Sugars	6g
Dietary Fiber	14g
Total Protein	10g

Mashed Yukon Gold Potatoes

Contains milk, soy beans

Serving	4 oz (113 grams)
Total Calories	120
Calories from Fat	30
% Calories from Fat	25%
Total Fat	3.5g
Saturated Fat	1.5g
Trans Fat	0g
Cholesterol	0mg
Sodium	140mg
Total Carbohydrates	20g
Sugars	2g
Dietary Fiber	2g
Total Protein	2g

Southern Style Collard Greens

Contains milk, soy beans

Serving	4 oz (113 grams)
Total Calories	90
Calories from Fat	40
% Calories from Fat	44%
Total Fat	4.5g
Saturated Fat	1g
Trans Fat	0g
Cholesterol	< 5mg
Sodium	1560mg
Total Carbohydrates	12g
Sugars	9g
Dietary Fiber	2g
Total Protein	3g

Wednesday

Chicken Mulligatawny Soup

Contains milk, wheat, soy beans, gluten

Serving	6 oz Ladle (193 grams)
Total Calories	80
Calories from Fat	20
% Calories from Fat	25%
Total Fat	2.5g
Saturated Fat	1g
Trans Fat	0g
Cholesterol	15mg
Sodium	200mg
Total Carbohydrates	9g
Sugars	3g
Dietary Fiber	1g
Total Protein	5g

Louisiana Chicken and Andouille Gumbo

Contains milk, wheat, soy beans, gluten

Serving	0.50 - 12 oz (191 grams)
Total Calories	190
Calories from Fat	100
% Calories from Fat	53%
Total Fat	11g
Saturated Fat	5g
Trans Fat	0g
Cholesterol	25mg
Sodium	380mg
Total Carbohydrates	12g
Sugars	2g
Dietary Fiber	1g
Total Protein	9g

Three Cheese Mac & Cheese

Contains milk, wheat, gluten

Serving	8 oz (227 grams)
Total Calories	840
Calories from Fat	640
% Calories from Fat	76%
Total Fat	71g
Saturated Fat	44g
Trans Fat	0g
Cholesterol	250mg
Sodium	840mg
Total Carbohydrates	28g
Sugars	1g
Dietary Fiber	1g
Total Protein	23g

Hot dog

Contains wheat, soy beans, gluten

Serving	1 Sandwich (138 grams)
Total Calories	410
Calories from Fat	250
% Calories from Fat	61%
Total Fat	28g
Saturated Fat	11g
Trans Fat	0g
Cholesterol	45mg
Sodium	1100mg
Total Carbohydrates	27g
Sugars	5g
Dietary Fiber	< 1g
Total Protein	14g

Vegetarian Black Bean Soup

  *Contains soy beans, gluten*

Serving	6 oz Ladle (194 grams)
Total Calories	150
Calories from Fat	20
% Calories from Fat	13%
Total Fat	2g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	210mg
Total Carbohydrates	25g
Sugars	3g
Dietary Fiber	8g
Total Protein	8g

Bacon Corn Chowder

Contains milk, wheat, soy beans, gluten

Serving	6 oz (170 grams)
Total Calories	170
Calories from Fat	90
% Calories from Fat	53%
Total Fat	10g
Saturated Fat	5g
Trans Fat	0g
Cholesterol	15mg
Sodium	530mg
Total Carbohydrates	17g
Sugars	2g
Dietary Fiber	1g
Total Protein	3g

Chipotle Mac & Cheese

 *Contains milk, wheat, soy beans, gluten*

Serving	1 Casserole (283 grams)
Total Calories	570
Calories from Fat	240
% Calories from Fat	42%
Total Fat	27g
Saturated Fat	15g
Trans Fat	0g
Cholesterol	65mg
Sodium	870mg
Total Carbohydrates	53g
Sugars	9g
Dietary Fiber	2g
Total Protein	28g

Grilled Kielbasa

Serving	2 oz (57 grams)
Total Calories	170
Calories from Fat	140
% Calories from Fat	82%
Total Fat	16g
Saturated Fat	5g
Trans Fat	0g
Cholesterol	40mg
Sodium	610mg
Total Carbohydrates	1g
Sugars	< 1g
Dietary Fiber	0g
Total Protein	7g

Thursday

Vegetarian Black Bean Soup



Contains soy beans, gluten

Serving	6 oz Ladle (194 grams)
Total Calories	150
Calories from Fat	20
% Calories from Fat	13%
Total Fat	2g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	210mg
Total Carbohydrates	25g
Sugars	3g
Dietary Fiber	8g
Total Protein	8g

Aztec Tortilla Soup Broth

Contains wheat, soy beans, gluten

Serving	6 oz Ladle (170 grams)
Total Calories	35
Calories from Fat	10
% Calories from Fat	29%
Total Fat	1g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	600mg
Total Carbohydrates	6g
Sugars	4g
Dietary Fiber	2g
Total Protein	2g

Cajun Rotisserie Chicken

Contains soy beans

Serving	1/4 Chicken (177 grams)
Total Calories	310
Calories from Fat	200
% Calories from Fat	65%
Total Fat	23g
Saturated Fat	6g
Trans Fat	0g
Cholesterol	100mg
Sodium	210mg
Total Carbohydrates	1g
Sugars	0g
Dietary Fiber	0g
Total Protein	24g

Garlic Mashed Potatoes

Contains milk, soy beans

Serving	4 oz (113 grams)
Total Calories	120
Calories from Fat	30
% Calories from Fat	25%
Total Fat	3.5g
Saturated Fat	1.5g
Trans Fat	0g
Cholesterol	0mg
Sodium	140mg
Total Carbohydrates	20g
Sugars	2g
Dietary Fiber	2g
Total Protein	2g

Vegetarian Chili



Contains soy beans, gluten

Serving	6 oz Ladle (226 grams)
Total Calories	310
Calories from Fat	40
% Calories from Fat	13%
Total Fat	4g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	410mg
Total Carbohydrates	61g
Sugars	6g
Dietary Fiber	14g
Total Protein	10g

Tomato Soup Florentine



Contains milk, soy beans, gluten

Serving	6 oz Ladle (170 grams)
Total Calories	120
Calories from Fat	80
% Calories from Fat	67%
Total Fat	9g
Saturated Fat	4g
Trans Fat	0g
Cholesterol	20mg
Sodium	370mg
Total Carbohydrates	9g
Sugars	3g
Dietary Fiber	2g
Total Protein	3g

Traditional Rotisserie Chicken

Contains soy beans

Serving	1/4 Chicken (177 grams)
Total Calories	310
Calories from Fat	200
% Calories from Fat	65%
Total Fat	23g
Saturated Fat	6g
Trans Fat	0g
Cholesterol	100mg
Sodium	430mg
Total Carbohydrates	< 1g
Sugars	0g
Dietary Fiber	0g
Total Protein	24g

Zucchini & Yellow Squash



Contains soy beans

Serving	1 Serving (49 grams)
Total Calories	50
Calories from Fat	40
% Calories from Fat	80%
Total Fat	4.5g
Saturated Fat	1g
Trans Fat	0g
Cholesterol	0mg
Sodium	240mg
Total Carbohydrates	2g
Sugars	1g
Dietary Fiber	< 1g
Total Protein	1g

Friday

New England Fish Chowder

Contains milk, fish, wheat, soy beans, gluten

Serving	6 oz Ladle (192 grams)
Total Calories	170
Calories from Fat	100
% Calories from Fat	59%
Total Fat	11g
Saturated Fat	6g
Trans Fat	0g
Cholesterol	15mg
Sodium	520mg
Total Carbohydrates	14g
Sugars	< 1g
Dietary Fiber	< 1g
Total Protein	4g

Tomato Soup Florentine

 *Contains milk, soy beans, gluten*

Serving	6 oz Ladle (170 grams)
Total Calories	120
Calories from Fat	80
% Calories from Fat	67%
Total Fat	9g
Saturated Fat	4g
Trans Fat	0g
Cholesterol	20mg
Sodium	370mg
Total Carbohydrates	9g
Sugars	3g
Dietary Fiber	2g
Total Protein	3g

Chicken Tenders



Serving	4.00 - Ounce (113 grams)
Total Calories	90
Calories from Fat	10
% Calories from Fat	11%
Total Fat	1g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	45mg
Sodium	55mg
Total Carbohydrates	0g
Sugars	0g
Dietary Fiber	0g
Total Protein	19g

Homestyle Breaded Onion Rings

 *Contains milk, wheat, soy beans, gluten*

Serving	4 oz (113 grams)
Total Calories	140
Calories from Fat	5
% Calories from Fat	4%
Total Fat	1g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	340mg
Total Carbohydrates	30g
Sugars	4g
Dietary Fiber	1g
Total Protein	3g

Aztec Tortilla Soup Broth

Contains wheat, soy beans, gluten

Serving	6 oz Ladle (170 grams)
Total Calories	35
Calories from Fat	10
% Calories from Fat	29%
Total Fat	1g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	600mg
Total Carbohydrates	6g
Sugars	4g
Dietary Fiber	2g
Total Protein	2g

Spanish Lentil Soup with Chorizo

Contains wheat, soy beans, gluten

Serving	6 oz Ladle (180 grams)
Total Calories	190
Calories from Fat	80
% Calories from Fat	42%
Total Fat	9g
Saturated Fat	3g
Trans Fat	0g
Cholesterol	25mg
Sodium	930mg
Total Carbohydrates	17g
Sugars	3g
Dietary Fiber	6g
Total Protein	13g

French Fries

  *Contains soy beans*

Serving	4.00 - Ounce (113 grams)
Total Calories	110
Calories from Fat	30
% Calories from Fat	27%
Total Fat	3.5g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	30mg
Total Carbohydrates	19g
Sugars	0g
Dietary Fiber	2g
Total Protein	2g

Mashed Yukon Gold Potatoes

Contains milk, soy beans

Serving	4 oz (113 grams)
Total Calories	120
Calories from Fat	30
% Calories from Fat	25%
Total Fat	3.5g
Saturated Fat	1.5g
Trans Fat	0g
Cholesterol	0mg
Sodium	140mg
Total Carbohydrates	20g
Sugars	2g
Dietary Fiber	2g
Total Protein	2g