

Meal including Sides of Fruit and Milk/Juice	Calories	Fat (g)	%kcal from fat		% kcal from Sat Fat		Sodium (mg)	Carbs (g)	Fiber (g)	Total Protein for the meal (g)	Vit				Calcium (mg)	Magnesium (mg)	Potassium (mg)
			fat	Sat Fat (g)	Sat Fat	Sat Fat					Vit C (mg)	Vit A (RAE)	B12 (mcg)	Vit D (IU)			
Fish Stick Dish	599	16	24%	4	5%	725	89	9	25	72	1126	1.3	80	666	90	1359	
Corned Beef and Cabbage	556	14	23%	6	10%	538	84	11	30	142	643	1	80	516	129	1542	
Chicken Enchilada	600	16	25%	4	7%	759	85	15	29	111	252	1.3	80	675	113	1506	
Cheese Quesadilla	601	15	22%	5	8%	707	81	16	25	86	1293	0	425	382	136	910	
Spaghetti & Meatballs	639	19	27%	7	9%	490	93	18	30	49	1410	3.2	344	464	105	1593	
Barbacoa Stew	813	23	25%	6	7%	594	98	14	33	25	1469	2.9	513	488	142	1564	
Shrimp Fried Rice	598	16	24%	3	5%	641	85	12	29	25	681	2.1	174	499	116	1248	
Mushroom Curry Chicken	588	18	28%	4	6%	712	80	7	31	28	169	1.6	86	488	109	1354	
Cheese Ravioli	629	16	23%	5	7%	758	91	11	26	104	457	0.5	54	765	92	815	
Grilled Chicken Parmesan	645	16	23%	5	7%	700	90	13	38	43	1808	1.7	304	565	107	1675	
Minestrone Soup	721	19	24%	7	8%	648	114	22	30	44	729	1.3	83	703	201	1788	
Beef Stroganoff	618	19	28%	6	9%	483	83	9	33	29	2372	2.7	512	493	92	1472	
Teriyaki Chicken	577	15	23%	4	6%	702	86	7	28	75	1120	1	80	477	81	1391	
Chicken Cheese Tamale	556	20	32%	6	10%	760	74	11	19	94	300	0.3	0	245	128	901	
Cheeseburger	671	20	27%	6	8%	568	80	9	40	117	1339	3.6	83	1037	89	1764	
Creamy Mushroom Ckn	633	18	26%	4	5%	715	90	8	32	30	171	1.6	86	537	128	1420	
Vegetable Pasta	701	19	24%	3	4%	517	113	18	28	51	1443	1.3	519	567	148	1781	
Broccoli Beef	606	19	29%	5	7%	630	81	12	27	54	1410	1.3	335	457	105	1344	
Southwest Chicken Bowl	554	17	28%	5	8%	743	73	9	22	75	154	0	0	240	106	828	
BBQ Chicken	644	20	28%	7	10%	654	81	8	38	105	783	1.6	86	484	68	1523	
Beef Taquitos	664	21	28%	8	10%	715	93	14	26	112	278	1.3	80	540	114	1361	
Chicken Marsala	553	14	22%	5	9%	756	76	12	35	53	685	1.7	85	546	112	1494	
3 Bean Chili	618	19	28%	5	7%	739	87	14	25	28	1547	1.4	513	567	127	1637	
Country Fried Steak	656	23	31%	7	9%	783	68	8	25	74	1688	4.8	228	1539	112	1253	
Shrimp Stir Fry	623	15	22%	4	6%	753	97	13	33	88	276	2	176	551	133	1472	