

Meal including Sides of Fruit and Milk/Juice	Calories	Fat (g)	%kcal	% kcal	Sodium (mg)	Carbs (g)	Fiber (g)	Total	Vit C (mg)	Vit A (RAE)	Vit	Vit D (IU)	Calcium (mg)	Magnesium (mg)	Potassium (mg)	
			from fat	Sat Fat (g)				from Sat Fat			Protein for the meal (g)					B12 (mcg)
Fish Stick Dish	599	16	24%	4	5%	725	89	9	25	72	1126	1	80	666	90	1359
Corned Beef and Cabbage	577	13	21%	6	10%	545	90	9	29	37	644	1	80	484	116	1279
Whole Wheat Pancakes	645	13	18%	4	5%	555	108	10	29	106	158	2	80	522	105	1882
Cheese Quesadilla	603	10	16%	4	7%	707	81	19	28	86	17	0	0	403	156	1041
Spaghetti & Meatballs	649	19	27%	7	9%	490	95	18	30	56	1412	3	344	471	105	1593
<b>Weekly Average</b>	<b>615</b>	<b>14</b>	<b>21</b>	<b>5</b>	<b>7</b>	<b>604</b>	<b>93</b>	<b>13</b>	<b>28</b>	<b>71</b>	<b>671</b>	<b>1</b>	<b>117</b>	<b>509</b>	<b>114</b>	<b>1431</b>
Philly Cheese Steak	544	12	20%	5	8%	705	79	5	31	82	300	1	84	584	52	1202
Shrimp Fried Rice	598	16	24%	3	5%	641	85	12	29	25	681	2	174	499	116	1248
Mushroom Curry Chicken	588	18	28%	4	6%	712	80	7	31	28	169	2	86	488	109	1354
Cheese Ravioli	629	16	23%	5	7%	758	91	11	26	104	457	1	54	765	92	815
English Muffin Sandwich	631	16	22%	5	7%	621	92	10	33	135	351	2	111	635	90	1763
<b>Weekly Average</b>	<b>598</b>	<b>15</b>	<b>24</b>	<b>4</b>	<b>6</b>	<b>687</b>	<b>85</b>	<b>9</b>	<b>30</b>	<b>75</b>	<b>392</b>	<b>1</b>	<b>102</b>	<b>594</b>	<b>92</b>	<b>1277</b>
Vegetable Frittata	580	14	22%	4	7%	489	84	7	28	35	628	2	142	603	121	1446
Beef Stroganoff	598	19	29%	6	10%	474	74	12	32	35	2374	3	512	482	86	1328
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	23	94	300	0	0	245	128	901
Cheeseburger Slider	671	20	27%	6	8%	568	80	9	40	117	1339	4	83	1037	89	1764
<b>Weekly Average</b>	<b>596</b>	<b>18</b>	<b>27</b>	<b>5</b>	<b>8</b>	<b>599</b>	<b>80</b>	<b>9</b>	<b>30</b>	<b>71</b>	<b>1152</b>	<b>2</b>	<b>163</b>	<b>569</b>	<b>101</b>	<b>1366</b>
Creamy Mushroom Ckn	633	18	26%	4	5%	715	90	8	32	30	171	2	86	537	128	1420
Veggie Rice & Lentil Bowl	665	23	31%	3	57%	298	74	11	20	91	221	1	80	413	82	1238
Broccoli Beef	606	19	29%	5	7%	630	81	12	27	54	1410	1	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	2	86	484	68	1523
<b>Weekly Average</b>	<b>620</b>	<b>20</b>	<b>26</b>	<b>5</b>	<b>7</b>	<b>608</b>	<b>80</b>	<b>9</b>	<b>28</b>	<b>71</b>	<b>548</b>	<b>1</b>	<b>117</b>	<b>426</b>	<b>98</b>	<b>1271</b>
Beef Taquitos	664	21	28%	8	10%	715	93	14	26	112	278	1	80	540	114	1361
Spinach & Cheese Omlete	725	24	30%	10	13%	552	96	12	32	60	684	2	141	748	143	1492
Sweet & Sour Chicken	630	14	20%	4	5%	566	100	5	27	61	178	1	80	457	85	1214
Country Fried Steak	637	20	29%	6	9%	783	68	8	25	74	1050	5	16	1539	112	1253
Shrimp Stir Fry	623	15	22%	4	6%	753	97	13	33	88	276	2	176	551	133	1472
<b>Weekly Average</b>	<b>656</b>	<b>19</b>	<b>26</b>	<b>6</b>	<b>9</b>	<b>674</b>	<b>91</b>	<b>10</b>	<b>29</b>	<b>79</b>	<b>493</b>	<b>2</b>	<b>99</b>	<b>767</b>	<b>117</b>	<b>1358</b>