

Meal including Sides of Fruit and Milk/Juice	Calories	%kcal		% kcal		Sodium (mg)	Carbs (g)	Fiber (g)	Total Protein for the meal (g)	Vit C (mg)	Vit A (RAE)	Vit B12 (mcg)	Vit D (IU)	Calcium (mg)	Magnesium (mg)	Potassium (mg)
		Fat (g)	from fat	Sat Fat (g)	from Sat Fat											
Fish Stick Dish	599	16	24%	4	5%	725	89	9	25	72	1126	1	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	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	344	464	105	1593
Barbacoa Stew	813	23	25%	6	7%	594	98	14	33	25	1469	3	513	488	142	1564
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
Grilled Chicken Parmesan	645	16	23%	5	7%	700	90	13	38	43	1808	2	304	565	107	1675
Minestrone Soup	732	19	24%	7	8%	651	116	21	30	42	718	1	83	701	201	1776
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
Creamy Mushroom Ckn	633	18	26%	4	5%	715	90	8	32	30	171	2	86	537	128	1420
Vegetable Pasta	644	15	21%	2	3%	512	107	18	28	79	190	1	94	602	156	1867
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
Beef Taquitos	664	21	28%	8	10%	715	93	14	26	112	278	1	80	540	114	1361
Chicken Marsala	563	14	22%	5	8%	756	78	13	35	60	687	2	85	553	114	1462
3 Bean Chili	642	15	21%	4	5%	746	103	13	25	25	216	1	88	571	127	1615
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