

Nutritionals for December 2018 **REGULAR MEAL**

Nutritionals for December 2018 **OPTION B MEAL**

Monday	Tuesday	Wednesday	Thursday	Friday
3- ROAST TURKEY	4- BEEF SOFT TACOS	5- POT ROAST	6- STUFFED PEPPERS	7- SPAGHETTI
Calories 716	Calories 595	Calories 884	Calories 675	Calories 758
Carbohydrate 114	Carbohydrate 73	Carbohydrate 73	Carbohydrate 88	Carbohydrate 80
Protein 23	Protein 35	Protein 21	Protein 18	Protein 41
Fat 17	Fat 25	Fat 30	Fat 17	Fat 18
Sodium 323	Sodium 1360	Sodium 1381	Sodium 1186	Sodium 1128
10- BEEF BRISKET	11- CHICKEN MARSALA	12- HAM & CHEESE CASSEROLE	13- CHICKEN FRIED STEAK	14- BEEF STEW
Calories 812	Calories 855	Calories 1990	Calories 859	Calories 775
Carbohydrate 114	Carbohydrate 70	Carbohydrate 80	Carbohydrate 105	Carbohydrate 87
Protein 25	Protein 31	Protein 31	Protein 40	Protein 32
Fat 28	Fat 37	Fat 17	Fat 30	Fat 30
Sodium 517	Sodium 813	Sodium 1104	Sodium 1132	Sodium 1505
17- BAKED CHICKEN	18- SALISBURY STEAK	19- MAC N CHEESE	20- MEATLOAF	21- FRIED CHICKEN PATTY
Calories 618	Calories 642	Calories 720	Calories 775	Calories 610
Carbohydrate 93	Carbohydrate 98	Carbohydrate 91	Carbohydrate 86	Carbohydrate 82
Protein 57	Protein 22	Protein 28	Protein 42	Protein 26
Fat 19	Fat 25	Fat 27	Fat 29	Fat 20
Sodium 853	Sodium 762	Sodium 1590	Sodium 1002	Sodium 1290
24- CHICKEN FLORENTINE	25- CLOSED	26- POT ROAST	27- BBQ ROASTED SALMON	28- BEEF BRISKET
Calories 1003		Calories 595	Calories 648	Calories 812
Carbohydrate 109		Carbohydrate 66	Carbohydrate 116	Carbohydrate 114
Protein 45		Protein 23	Protein 29	Protein 25
Fat 56		Fat 95	Fat 9	Fat 28
Sodium 2144		Sodium 701	Sodium 1213	Sodium 517
31- BBQ CHICKEN BREAST				
Calories 537				
Carbohydrate 78				
Protein 34				
Fat 11				
Sodium 829				

Monday	Tuesday	Wednesday	Thursday	Friday
3- BBQ PULLED PORK	4- SALMON	5- ITALIAN SAUSAGE PASTA	6- BAKED COD	7- BBQ CHICKEN BREAST
Calories 1018	Calories 630	Calories 814	Calories 658	Calories 629
Carbohydrate 131	Carbohydrate 71	Carbohydrate 69	Carbohydrate 92	Carbohydrate 78
Protein 29	Protein 45	Protein 27	Protein 38	Protein 36
Fat 40	Fat 17	Fat 45	Fat 13	Fat 14
Sodium 1912	Sodium 587	Sodium 1604	Sodium 980	Sodium 1055
10- TURKEY TETRAZZINI	11- PORK CHOP	12- ASIAN FLANK STEAK	13- CHICKEN FAJITAS	14- LEMON PEPPER TILAPIA
Calories 727	Calories 817	Calories 883	Calories 938	Calories 552
Carbohydrate 124	Carbohydrate 71	Carbohydrate 90	Carbohydrate 113	Carbohydrate 69
Protein 18	Protein 41	Protein 38	Protein 34	Protein 33
Fat 17	Fat 38	Fat 39	Fat 38	Fat 14
Sodium 1514	Sodium 948	Sodium 624	Sodium 1313	Sodium 1085
17- POT ROAST	18- BAKED HAM	19- PORK ROAST	20- MARGARITA CHICKEN	21- COCONUT TILAPIA
Calories 754	Calories 797	Calories 742	Calories 546	Calories 794
Carbohydrate 94	Carbohydrate 101	Carbohydrate 83	Carbohydrate 90	Carbohydrate 83
Protein 39	Protein 18	Protein 46	Protein 27	Protein 40
Fat 24	Fat 29	Fat 20	Fat 8	Fat 28
Sodium 1177	Sodium 1538	Sodium 1017	Sodium 919	Sodium 1718
24- CHICKEN FLORENTINE	25- CLOSED	26- SWEET & SOUR CHICKEN	27- BAKED TURKEY W/GRAVY	28- CHICKEN PARMESAN
Calories 1003		Calories 784	Calories 490	Calories 892
Carbohydrate 109		Carbohydrate 127	Carbohydrate 56	Carbohydrate 117
Protein 45		Protein 16	Protein 33	Protein 49
Fat 56		Fat 23	Fat 9	Fat 23
Sodium 2144		Sodium 1175	Sodium 1229	Sodium 2662
31- STUFFED PEPPERS				
Calories 684				
Carbohydrate 80				
Protein 21				
Fat 25				
Sodium 898				

Please note: Based upon the DASH diet. The nutrition information may be higher based on the meal being 1/2 the daily recommendation