

Nutritionals for January 2019 REGULAR MEAL					Nutritionals for January 2019 OPTION B MEAL				
Monday	Tuesday	Wednesday	Thursday	Friday	Monday	Tuesday	Wednesday	Thursday	Friday
	1- CHICKEN FRIED STEAK	2- SLOPPY JOE	3- BEEF STROGANOFF	4- CHICKEN POT PIE		1- MAC N' CHEESE	2- ASIAN GRILLED CHICKEN	3- LONDON BROIL	4- BAKED COD
	Calories 659	Calories 670	Calories 595	Calories 595		Calories 1154	Calories 471	Calories 678	Calories 682
	Carbohydrate 53	Carbohydrate 95	Carbohydrate 66	Carbohydrate 66		Carbohydrate 131	Carbohydrate 60	Carbohydrate 69	Carbohydrate 74
	Protein 24	Protein 21	Protein 32	Protein 32		Protein 32	Protein 18	Protein 33	Protein 37
	Fat 20	Fat 13	Fat 29	Fat 29		Fat 56	Fat 16	Fat 27	Fat 25
	Sodium 1534	Sodium 300	Sodium 701	Sodium 701		Sodium 1945	Sodium 1004	Sodium 1123	Sodium 1172
7- ROAST TURKEY	8-BAKED SALMON	9-POT ROAST	10-STUFFED PEPPERS	11-SPAGHETTI W/ MEAT SAUCE	7-BBQ PULLED PORK	8-STUFFED CABBAGE	9-ITALIAN SAUSAGE PASTA	10-BAKED COD	11-BBQ CHICKEN
Calories 716	Calories 630	Calories 884	Calories 675	Calories 758	Calories 1018	Calories 400	Calories 814	Calories 658	Calories 629
Carbohydrate 114	Carbohydrate 71	Carbohydrate 73	Carbohydrate 88	Carbohydrate 80	Carbohydrate 131	Carbohydrate 42	Carbohydrate 69	Carbohydrate 92	Carbohydrate 78
Protein 23	Protein 45	Protein 21	Protein 18	Protein 41	Protein 29	Protein 18	Protein 27	Protein 38	Protein 36
Fat 17	Fat 17	Fat 30	Fat 17	Fat 18	Fat 40	Fat 18	Fat 45	Fat 13	Fat 14
Sodium 323	Sodium 587	Sodium 1381	Sodium 1186	Sodium 1128	Sodium 1912	Sodium 1180	Sodium 1604	Sodium 980	Sodium 1055
14-BEEF BRISKET	15-PORK CHOP	16-HAM & CHEESE CASSEROLE	17-CHICKEN FRIED STEAK	18-BEEF STEW	14-TURKEY TETRAZZINI	15-CHICKEN MARSALA	16-ASIAN FLANK STEAK	17-CHICKEN FAJITAS	18-LEMON PEPPER TILAPIA
Calories 812	Calories 817	Calories 1990	Calories 859	Calories 775	Calories 727	Calories 855	Calories 883	Calories 938	Calories 552
Carbohydrate 114	Carbohydrate 71	Carbohydrate 80	Carbohydrate 105	Carbohydrate 87	Carbohydrate 124	Carbohydrate 70	Carbohydrate 90	Carbohydrate 113	Carbohydrate 69
Protein 25	Protein 41	Protein 31	Protein 40	Protein 32	Protein 18	Protein 31	Protein 38	Protein 34	Protein 33
Fat 28	Fat 38	Fat 17	Fat 30	Fat 30	Fat 17	Fat 37	Fat 39	Fat 38	Fat 14
Sodium 517	Sodium 948	Sodium 1104	Sodium 1132	Sodium 1505	Sodium 1514	Sodium 813	Sodium 624	Sodium 1313	Sodium 1085
21-POT ROAST	22-SALISBURY STEAK	23-PORK ROAST	24-MEATLOAF	25-FRIED CHICKEN PATTY	21-BAKED CHICKEN	22-BAKED HAM	23-MAC N' CHEESE	24-MARGARITA CHICKEN	25-COCONUT TILAPIA
Calories 754	Calories 642	Calories 742	Calories 775	Calories 610	Calories 618	Calories 797	Calories 720	Calories 546	Calories 794
Carbohydrate 94	Carbohydrate 98	Carbohydrate 83	Carbohydrate 86	Carbohydrate 82	Carbohydrate 93	Carbohydrate 101	Carbohydrate 91	Carbohydrate 90	Carbohydrate 83
Protein 39	Protein 22	Protein 46	Protein 42	Protein 26	Protein 57	Protein 18	Protein 28	Protein 27	Protein 40
Fat 24	Fat 25	Fat 20	Fat 29	Fat 20	Fat 19	Fat 29	Fat 27	Fat 8	Fat 28
Sodium 1177	Sodium 762	Sodium 1017	Sodium 1002	Sodium 1290	Sodium 853	Sodium 1538	Sodium 1590	Sodium 919	Sodium 1718
28-LASAGNA	29-BAKED COD	30-POT ROAST	31-BBQ ROASTED SALMON		28-SALISBURY STEAK	29-GARLIC ROSEMARY CHICKEN	30-SWEET N' SOUR CHICKEN	31-BAKED TURKEY	
Calories 595	Calories 676	Calories 595	Calories 648		Calories 576	Calories 599	Calories 784	Calories 490	
Carbohydrate 99	Carbohydrate 96	Carbohydrate 66	Carbohydrate 116		Carbohydrate 84	Carbohydrate 79	Carbohydrate 127	Carbohydrate 56	
Protein 23	Protein 38	Protein 23	Protein 29		Protein 17	Protein 37	Protein 16	Protein 33	
Fat 12	Fat 15	Fat 95	Fat 9		Fat 13	Fat 14	Fat 23	Fat 9	
Sodium 1422	Sodium 724	Sodium 701	Sodium 1213		Sodium 1302	Sodium 574	Sodium 1175	Sodium 1229	

Please note: Nutritional info may be higher based on the meal being 1/2 the daily recommendation according to the DASH diet.