

Nutritionals for MARCH 2020 REGULAR MEAL					Nutritionals for MARCH 2020 OPTION B MEAL				
Monday	Tuesday	Wednesday	Thursday	Friday	Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6	2	3	4	5	6
STUFFED PEPPERS	BAKED SALMON	POT ROAST	ROAST TURKEY	SPAGHETTI W/ MEAT SAUCE	BAKED COD	STUFFED CABBAGE	ITALIAN SAUSAGE PASTA	BBQ PULLED PORK	BBQ CHICKEN BREAST
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
9	10	11	12	13	9	10	11	12	13
BEEF BRISKET	PORK CHOP	HAM & CHEESE CASSEROLE	CHICKEN FRIED STEAK	BEEF STEW	TURKEY TETRAZZINI	CHICKEN MARSALA	ASIAN FLANK STEAK	CHICKEN FAJITAS	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
16	17	18	19	20	16	17	18	19	20
MAC & CHEESE	SALISBURY STEAK	BBQ PULLED PORK	MEATLOAF	FRIED CHICKEN PATTY	STUFFED CABBAGE	BAKED HAM	BAKED CHICKEN	MARGARITA CHICKEN	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
23	24	25	26	27	23	24	25	26	27
LASAGNA	BAKED COD	POT ROAST	BAKED TURKEY	CHICKEN PARMESAN	SALISBURY STEAK	GARLIC ROSEMARY CHICKEN	SWEET & SOUR CHICKEN	BBQ ROASTED SALMON	BEEF BRISKET
Calories 595	Calories 676	Calories 595	Calories 648	Calories 812	Calories 576	Calories 599	Calories 784	Calories 490	Calories 892
Carbohydrate 99	Carbohydrate 96	Carbohydrate 66	Carbohydrate 116	Carbohydrate 114	Carbohydrate 84	Carbohydrate 79	Carbohydrate 127	Carbohydrate 56	Carbohydrate 117
Protein 23	Protein 38	Protein 23	Protein 29	Protein 25	Protein 17	Protein 37	Protein 16	Protein 33	Protein 49
Fat 12	Fat 15	Fat 95	Fat 9	Fat 28	Fat 13	Fat 14	Fat 23	Fat 9	Fat 23
Sodium 1422	Sodium 724	Sodium 701	Sodium 1213	Sodium 517	Sodium 1302	Sodium 574	Sodium 1175	Sodium 1229	Sodium 2662
30	31				30	31			
STUFFED PEPPERS	CHICKEN FRIED STEAK				BBQ CHICKEN BREAST	MAC & CHEESE			
Calories 537	Calories 610				Calories 684	Calories 1154			
Carbohydrate 78	Carbohydrate 82				Carbohydrate 80	Carbohydrate 131			
Protein 34	Protein 26				Protein 21	Protein 32			
Fat 11	Fat 20				Fat 25	Fat 56			
Sodium 829	Sodium 1290				Sodium 898	Sodium 1945			

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