

Nutritionals for MARCH 2019 REGULAR MEAL					Nutritionals for MARCH 2019 OPTION B MEAL				
Monday	Tuesday	Wednesday	Thursday	Friday	Monday	Tuesday	Wednesday	Thursday	Friday
				1st					1st
				FRIED CHICKEN PATTY					COCONUT TILAPIA
				Calories 610					Calories 794
				Carbohydrate 82					Carbohydrate 83
				Protein 26					Protein 40
				Fat 20					Fat 28
				Sodium 1290					Sodium 1718
4th	5th	6th	7th	8th	4th	5th	6th	7th	8th
LASAGNA	BAKED COD	POT ROAST	BBQ ROASTED SALMON	BEEF BRISKET	SALISBURY STEAK	GARLIC ROSEMARY CHICKEN	SWEET & SOUR CHICKEN	BAKED TURKEY W/GRAVY	CHICKEN PARMESAN
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
11th	12th	13th	14th	15th	11th	12th	13th	14th	15th
BBQ CHICKEN BREAST	CHICKEN FRIED STEAK	SLOPPY JOE	BEEF STROGANOFF	CHICKEN POT PIE	STUFFED PEPPERS	MAC & CHEESE	ASIAN GRILLED CHICKEN	LONDON BROIL	BAKED COD
Calories 537	Calories 610	Calories 659	Calories 670	Calories 595	Calories 684	Calories 1154	Calories 471	Calories 678	Calories 682
Carbohydrate 78	Carbohydrate 82	Carbohydrate 53	Carbohydrate 95	Carbohydrate 66	Carbohydrate 80	Carbohydrate 131	Carbohydrate 60	Carbohydrate 69	Carbohydrate 74
Protein 34	Protein 26	Protein 24	Protein 21	Protein 32	Protein 21	Protein 32	Protein 18	Protein 33	Protein 37
Fat 11	Fat 20	Fat 20	Fat 13	Fat 29	Fat 25	Fat 56	Fat 16	Fat 27	Fat 25
Sodium 829	Sodium 1290	Sodium 1534	Sodium 300	Sodium 701	Sodium 898	Sodium 1945	Sodium 1004	Sodium 1123	Sodium 1172
18th	19th	20th	21st	22nd	18th	19th	20th	21st	22nd
ROAST TURKEY	SALMON	POT ROAST	STUFFED PEPPERS	SPAGHETTI W/ MEAT SAUCE	BBQ PULLED PORK	STUFFED CABBAGE	ITALIAN SAUSAGE PASTA	BAKED COD	BBQ CHICKEN BREAST
Calories 716	Calories 595	Calories 884	Calories 675	Calories 758	Calories 1018	Calories 400	Calories 814	Calories 658	Calories 629
Carbohydrate 114	Carbohydrate 73	Carbohydrate 73	Carbohydrate 88	Carbohydrate 80	Carbohydrate 131	Carbohydrate 42	Carbohydrate 69	Carbohydrate 92	Carbohydrate 78
Protein 23	Protein 35	Protein 21	Protein 18	Protein 41	Protein 29	Protein 18	Protein 27	Protein 38	Protein 36
Fat 17	Fat 25	Fat 30	Fat 17	Fat 18	Fat 40	Fat 18	Fat 45	Fat 13	Fat 14
Sodium 323	Sodium 1360	Sodium 1381	Sodium 1186	Sodium 1128	Sodium 1912	Sodium 1180	Sodium 1604	Sodium 980	Sodium 1055
25th	26th	27th	28th	29TH	25th	26th	27th	28th	29TH
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 855	Calories 1990	Calories 859	Calories 775	Calories 727	Calories 855	Calories 883	Calories 938	Calories 552
Carbohydrate 114	Carbohydrate 70	Carbohydrate 80	Carbohydrate 105	Carbohydrate 87	Carbohydrate 124	Carbohydrate 70	Carbohydrate 90	Carbohydrate 113	Carbohydrate 69
Protein 25	Protein 31	Protein 31	Protein 40	Protein 32	Protein 18	Protein 31	Protein 38	Protein 34	Protein 33
Fat 28	Fat 37	Fat 17	Fat 30	Fat 30	Fat 17	Fat 37	Fat 39	Fat 38	Fat 14
Sodium 517	Sodium 813	Sodium 1104	Sodium 1132	Sodium 1505	Sodium 1514	Sodium 813	Sodium 624	Sodium 1313	Sodium 1085

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