

Meatless					Fish or Seafood					Chicken																																																																																																																												
<p>Tostada Breakfast Green</p> <p>Chimichurri Breakfast Tostadas 1 medium (131g) Orange (Fruits)</p> <p>Servings 4 Prep 20 min Cook 10 min Total 30 min</p> <p>Nutritional Information 12/03/20</p> <table border="1"> <thead> <tr> <th></th> <th>Tostada</th> <th>Orange</th> <th>Total</th> </tr> </thead> <tbody> <tr><td>Calories</td><td>420</td><td>62</td><td>482</td></tr> <tr><td>Total Fat (g)</td><td>29</td><td>0</td><td>29</td></tr> <tr><td>Saturated Fat (g)</td><td>5</td><td>0</td><td>5</td></tr> <tr><td>Cholesterol (mg)</td><td>176</td><td>0</td><td>176</td></tr> <tr><td>Sodium (mg)</td><td>282</td><td>0</td><td>282</td></tr> <tr><td>Carbs (g)</td><td>28</td><td>15</td><td>43</td></tr> <tr><td>Fiber</td><td>8</td><td>3</td><td>11</td></tr> <tr><td>Sugar</td><td>0</td><td>12</td><td>12</td></tr> <tr><td>Protein (g)</td><td>22</td><td>1</td><td>23</td></tr> </tbody> </table>						Tostada	Orange	Total	Calories	420	62	482	Total Fat (g)	29	0	29	Saturated Fat (g)	5	0	5	Cholesterol (mg)	176	0	176	Sodium (mg)	282	0	282	Carbs (g)	28	15	43	Fiber	8	3	11	Sugar	0	12	12	Protein (g)	22	1	23	<p>Pasta Dinner Green</p> <p>Lower Fat Garlic Butter Shrimp and Fettuccine Fat-Free Italian Garden Salad (Vegetables)</p> <p>Servings 4 Prep 10 min Cook 10 min Total 20 min</p> <p>Nutritional Information 10/28/2020</p> <table border="1"> <thead> <tr> <th></th> <th>Shrimp</th> <th>Salad</th> <th>Total</th> </tr> </thead> <tbody> <tr><td>Calories</td><td>381</td><td>36</td><td>417</td></tr> <tr><td>Total Fat (g)</td><td>17</td><td>0</td><td>17</td></tr> <tr><td>Saturated Fat (g)</td><td>5</td><td>0</td><td>5</td></tr> <tr><td>Cholesterol (mg)</td><td>142</td><td>0</td><td>142</td></tr> <tr><td>Sodium (mg)</td><td>325</td><td>271</td><td>596</td></tr> <tr><td>Carbs (g)</td><td>34</td><td>7</td><td>41</td></tr> <tr><td>Fiber</td><td>2</td><td>3</td><td>5</td></tr> <tr><td>Sugar</td><td>2</td><td>1</td><td>3</td></tr> <tr><td>Protein (g)</td><td>29</td><td>2</td><td>31</td></tr> </tbody> </table>						Shrimp	Salad	Total	Calories	381	36	417	Total Fat (g)	17	0	17	Saturated Fat (g)	5	0	5	Cholesterol (mg)	142	0	142	Sodium (mg)	325	271	596	Carbs (g)	34	7	41	Fiber	2	3	5	Sugar	2	1	3	Protein (g)	29	2	31	<p>Potatoes Dinner Green</p> <p>Sheet Pan Pomegranate Glazed Chicken Thighs 1 Sugar Free Pudding Cup (Dairy)</p> <p>Servings 4 Prep 15 min Cook 30 min Total 45 min</p> <p>Nutritional Information 1/20/2021</p> <table border="1"> <thead> <tr> <th></th> <th>Chicken</th> <th>Pudding</th> <th>Total</th> </tr> </thead> <tbody> <tr><td>Calories</td><td>527</td><td>60</td><td>587</td></tr> <tr><td>Total Fat (g)</td><td>27</td><td>1.5</td><td>28.5</td></tr> <tr><td>Saturated Fat (g)</td><td>4</td><td>1</td><td>5</td></tr> <tr><td>Cholesterol (mg)</td><td>100</td><td>0</td><td>100</td></tr> <tr><td>Sodium (mg)</td><td>474</td><td>170</td><td>644</td></tr> <tr><td>Carbs (g)</td><td>43</td><td>3</td><td>46</td></tr> <tr><td>Fiber</td><td>5</td><td>1</td><td>6</td></tr> <tr><td>Sugar</td><td>10</td><td>0</td><td>10</td></tr> <tr><td>Protein (g)</td><td>31</td><td>1</td><td>32</td></tr> </tbody> </table>						Chicken	Pudding	Total	Calories	527	60	587	Total Fat (g)	27	1.5	28.5	Saturated Fat (g)	4	1	5	Cholesterol (mg)	100	0	100	Sodium (mg)	474	170	644	Carbs (g)	43	3	46	Fiber	5	1	6	Sugar	10	0	10	Protein (g)	31	1	32
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<p>Potatoes Dinner Green</p> <p>Juicy Cheddar Stuffed Burgers Potato Salad with Asparagus and Peas</p> <p>Servings 4 Prep 40 min Cook 65 min Total 1hr45min</p> <p>Nutritional Information 1/20/2021</p> <table border="1"> <thead> <tr> <th></th> <th>Burger</th> <th>Salad</th> <th>Total</th> </tr> </thead> <tbody> <tr><td>Calories</td><td>340</td><td>81</td><td>421</td></tr> <tr><td>Total Fat (g)</td><td>12</td><td>2</td><td>14</td></tr> <tr><td>Saturated Fat (g)</td><td>5</td><td>0</td><td>5</td></tr> <tr><td>Cholesterol (mg)</td><td>64</td><td>3</td><td>67</td></tr> <tr><td>Sodium (mg)</td><td>668</td><td>45</td><td>713</td></tr> <tr><td>Carbs (g)</td><td>29</td><td>12</td><td>41</td></tr> <tr><td>Fiber</td><td>4</td><td>2</td><td>6</td></tr> <tr><td>Sugar</td><td>4</td><td>1</td><td>5</td></tr> <tr><td>Protein (g)</td><td>29</td><td>3</td><td>32</td></tr> </tbody> </table>						Burger	Salad	Total	Calories	340	81	421	Total Fat (g)	12	2	14	Saturated Fat (g)	5	0	5	Cholesterol (mg)	64	3	67	Sodium (mg)	668	45	713	Carbs (g)	29	12	41	Fiber	4	2	6	Sugar	4	1	5	Protein (g)	29	3	32	<p>Pasta Dinner Green</p> <p>Ham & Asparagus Casserole 2/3-cup Mixed Vegetables (Vegetables)</p> <p>Servings 4 Prep 10 min Cook 50 min Total 1 hr</p> <p>Nutritional Information 1/20/2021</p> <table border="1"> <thead> <tr> <th></th> <th>Casserole</th> <th>Veggies</th> <th>Total</th> </tr> </thead> <tbody> <tr><td>Calories</td><td>262</td><td>50</td><td>312</td></tr> <tr><td>Total Fat (g)</td><td>7</td><td>0</td><td>7</td></tr> <tr><td>Saturated Fat (g)</td><td>3</td><td>0</td><td>3</td></tr> <tr><td>Cholesterol (mg)</td><td>25</td><td>0</td><td>25</td></tr> <tr><td>Sodium (mg)</td><td>734</td><td>20</td><td>754</td></tr> <tr><td>Carbs (g)</td><td>31</td><td>10</td><td>41</td></tr> <tr><td>Fiber</td><td>4</td><td>2</td><td>6</td></tr> <tr><td>Sugar</td><td>6</td><td>4</td><td>10</td></tr> <tr><td>Protein (g)</td><td>18</td><td>2</td><td>20</td></tr> </tbody> </table>						Casserole	Veggies	Total	Calories	262	50	312	Total Fat (g)	7	0	7	Saturated Fat (g)	3	0	3	Cholesterol (mg)	25	0	25	Sodium (mg)	734	20	754	Carbs (g)	31	10	41	Fiber	4	2	6	Sugar	6	4	10	Protein (g)	18	2	20	<p>Roll Dinner Green</p> <p>Low Fat Parmesan Chicken with Sauteed Zucchini 1 Whole Wheat Dinner Roll (Grains)</p> <p>Servings 4 Prep 10 min Cook 20 min Total 30 min</p> <p>Nutritional Information 1/23/2021</p> <table border="1"> <thead> <tr> <th></th> <th>Chicken/Zucchini</th> <th>Roll</th> <th>Total</th> </tr> </thead> <tbody> <tr><td>Calories</td><td>485</td><td>120</td><td>605</td></tr> <tr><td>Total Fat (g)</td><td>34</td><td>1</td><td>35</td></tr> <tr><td>Saturated Fat (g)</td><td>5</td><td>0</td><td>5</td></tr> <tr><td>Cholesterol (mg)</td><td>70</td><td>0</td><td>70</td></tr> <tr><td>Sodium (mg)</td><td>265</td><td>290</td><td>555</td></tr> <tr><td>Carbs (g)</td><td>17</td><td>25</td><td>42</td></tr> <tr><td>Fiber</td><td>1</td><td>3</td><td>4</td></tr> <tr><td>Sugar</td><td>2</td><td>5</td><td>7</td></tr> <tr><td>Protein (g)</td><td>32</td><td>6</td><td>38</td></tr> </tbody> </table>						Chicken/Zucchini	Roll	Total	Calories	485	120	605	Total Fat (g)	34	1	35	Saturated Fat (g)	5	0	5	Cholesterol (mg)	70	0	70	Sodium (mg)	265	290	555	Carbs (g)	17	25	42	Fiber	1	3	4	Sugar	2	5	7	Protein (g)	32	6	38
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