

Meatless					Soup					Chicken				
Pasta Dinner Green Low Sodium Four-Cheese Macaroni and Cheese 2/3 cup Mixed Vegetables (Vegetables)					Pasta Dinner Green Manzanillo Chicken Noodle Soup Cilantro Lime Salad					Pizza Dinner Green Artichoke Chicken Bacon Ranch Pizza 1 Cup Mixed Berries (Fruits)				
Servings	8	Prep	Cook	Total	Servings	8	Prep	Cook	Total	Servings	8	Prep	Cook	Total
		30 min	75 min	1hr45min			30 min	30 min	1 hr			15 min	15 min	30 min
Nutritional Information					Nutritional Information					Nutritional Information				
11/11/2020					2/9/2021 2/9/2021					2/4/2021				
Mac N Cheese Veggie Total					Soup Salad Total					Pizza Berries Total				
Calories		253	50	303	Calories		247	206	453	Calories		309	32	341
Total Fat (g)		9	0	9	Total Fat (g)		7	15	22	Total Fat (g)		12	0	12
Saturated Fat (g)		5	0	5	Saturated Fat (g)		1	3	4	Saturated Fat (g)		5	0	5
Cholesterol (mg)		29	0	29	Cholesterol (mg)		49	6	55	Cholesterol (mg)		19	0	19
Sodium (mg)		355	20	375	Sodium (mg)		225	272	497	Sodium (mg)		676	0	676
Carbs (g)		28	10	38	Carbs (g)		23	15	38	Carbs (g)		29	8	37
Fiber		4	2	6	Fiber		4	2	6	Fiber		3	2	5
Sugar		2	4	6	Sugar		3	4	7	Sugar		3	3	6
Protein (g)		15	2	17	Protein (g)		24	5	29	Protein (g)		20	1	21
Food Groups					Food Groups					Food Groups				
FC	SC				P	FC	SC			P	FC	SC	SC	FC
Meat	Grain	Vegetable	Fruit	Dairy	Meat	Grain	Vegetable	Fruit	Dairy	Meat	Grain	Vegetable	Fruit	Dairy
	1.5	2			2.5	1	1.5			0.5	2	1	1	1
Tortilla Dinner Green Beef & Green Chile Enchiladas 2/3 cup corn sautéed with diced bell pepper and jalapeno (Vegetables)					Potato Dinner Green Sheet Pan Gnocchi with Butternut Squash and Arugula 1 Medium Orange (Fruit)					Tortilla Dinner Green Big Tex Chicken Casserole Sugar Free Pudding Cup (Dairy)				
Servings	8	Prep	Cook	Total	Servings	8	Prep	Cook	Total	Servings	8	Prep	Cook	Total
		15 min	30 min	45 min			15 min	45 min	1 hr			20 min	40 min	60 min
Nutritional Information					Nutritional Information					Nutritional Information				
9/22/2020					2/9/2021					2/4/2021				
1 Enchilada Corn Total					Gnocchi Orange Total					Casserole Pudding				
Calories		244	80	324	Calories		343	62	405	Calories		238	70	308
Total Fat (g)		9	1	10	Total Fat (g)		21	0	21	Total Fat (g)		5	3	8
Saturated Fat (g)		4	0	4	Saturated Fat (g)		5	0	5	Saturated Fat (g)		2	2	4
Cholesterol (mg)		50	0	50	Cholesterol (mg)		15	0	15	Cholesterol (mg)		36	0	36
Sodium (mg)		566	0	566	Sodium (mg)		485	0	485	Sodium (mg)		524	115	639
Carbs (g)		24	16	40	Carbs (g)		32	15	47	Carbs (g)		26	14	40
Fiber		10	2	12	Fiber		2	3	5	Fiber		4	2	6
Sugar		1	0	1	Sugar		3	12	15	Sugar		3	0	3
Protein (g)		23	2	25	Protein (g)		8	1	9	Protein (g)		24	1	25
Food Groups					Food Groups					Food Groups				
P	FC	FC			Meat	FC	SC	FC		P	FC	SC		FC
Meat	Grain	Vegetable	Fruit	Dairy	Meat	Vegetable	Vegetable	Fruit	Dairy	Meat	Grain	Vegetable	Fruit	Dairy
	2.5	1	1		1.5	2		1		1.5	0.5	0.5		1

NOTES:

The information given here is intended to help you make good food choices. Please consult with your doctor before starting any new diet.