

Fish					Fish or Seafood					Chicken																																																																																																																																																
<p>Rice Dinner Blue</p> <p>Fish & Veggies in Foil Packets 1/2 cup Instant Brown Rice 1 Multi Grain Roll Light Garden Salad</p> <p>Servings 4 Prep 15 min Cook 20 min Total 35 min</p> <p>Nutritional Information 5/3/2021</p> <table border="1"> <thead> <tr> <th></th> <th>Roll+Salad</th> <th>Fish</th> <th>Rice</th> <th>Total</th> </tr> </thead> <tbody> <tr><td>Calories</td><td>214</td><td>251</td><td>85</td><td>550</td></tr> <tr><td>Total Fat (g)</td><td>6</td><td>14</td><td>1</td><td>21</td></tr> <tr><td>Saturated Fat (g)</td><td>1</td><td>4</td><td>0</td><td>5</td></tr> <tr><td>Cholesterol (mg)</td><td></td><td>53</td><td>0</td><td>53</td></tr> <tr><td>Sodium (mg)</td><td>551</td><td>215</td><td>0</td><td>766</td></tr> <tr><td>Carbs (g)</td><td>32</td><td>6</td><td>18</td><td>56</td></tr> <tr><td>Fiber</td><td>6</td><td>2</td><td>1</td><td>9</td></tr> <tr><td>Sugar</td><td>6</td><td>2</td><td>0</td><td>8</td></tr> <tr><td>Protein (g)</td><td>8</td><td>27</td><td>2</td><td>37</td></tr> </tbody> </table>						Roll+Salad	Fish	Rice	Total	Calories	214	251	85	550	Total Fat (g)	6	14	1	21	Saturated Fat (g)	1	4	0	5	Cholesterol (mg)		53	0	53	Sodium (mg)	551	215	0	766	Carbs (g)	32	6	18	56	Fiber	6	2	1	9	Sugar	6	2	0	8	Protein (g)	8	27	2	37	<p>Pasta Dinner Blue</p> <p>Creamy Low Sodium Pasta with Shrimp Fat Free Garden Salad</p> <p>Servings 4 Prep 10 min Cook 20 min Total 30 min</p> <p>Nutritional Information 04/14/21</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>517</td><td>61</td><td>578</td></tr> <tr><td>Total Fat (g)</td><td>16</td><td>0</td><td>16</td></tr> <tr><td>Saturated Fat (g)</td><td>5</td><td>0</td><td>5</td></tr> <tr><td>Cholesterol (mg)</td><td>162</td><td>0</td><td>162</td></tr> <tr><td>Sodium (mg)</td><td>384</td><td>401</td><td>785</td></tr> <tr><td>Carbs (g)</td><td>62</td><td>12</td><td>74</td></tr> <tr><td>Fiber</td><td>9</td><td>3</td><td>12</td></tr> <tr><td>Sugar</td><td>4</td><td>5</td><td>9</td></tr> <tr><td>Protein (g)</td><td>33</td><td>2</td><td>35</td></tr> </tbody> </table>						Shrimp	Salad	Total	Calories	517	61	578	Total Fat (g)	16	0	16	Saturated Fat (g)	5	0	5	Cholesterol (mg)	162	0	162	Sodium (mg)	384	401	785	Carbs (g)	62	12	74	Fiber	9	3	12	Sugar	4	5	9	Protein (g)	33	2	35	<p>Rice Dinner Blue</p> <p>Sweet and Sour Chicken 1 1/2 cup Stir Fry Vegetables</p> <p>Servings 4 Prep 5 min Cook 30 min Total 35 min</p> <p>Nutritional Information 04/14/21</p> <table border="1"> <thead> <tr> <th></th> <th>Chicken</th> <th>Veggies</th> <th>Total</th> </tr> </thead> <tbody> <tr><td>Calories</td><td>453</td><td>45</td><td>498</td></tr> <tr><td>Total Fat (g)</td><td>14</td><td>0</td><td>14</td></tr> <tr><td>Saturated Fat (g)</td><td>1</td><td>0</td><td>1</td></tr> <tr><td>Cholesterol (mg)</td><td>88</td><td>0</td><td>88</td></tr> <tr><td>Sodium (mg)</td><td>376</td><td>45</td><td>421</td></tr> <tr><td>Carbs (g)</td><td>59</td><td>11</td><td>70</td></tr> <tr><td>Fiber</td><td>3</td><td>3</td><td>6</td></tr> <tr><td>Sugar</td><td>14</td><td>0</td><td>14</td></tr> <tr><td>Protein (g)</td><td>24</td><td>3</td><td>27</td></tr> </tbody> </table>						Chicken	Veggies	Total	Calories	453	45	498	Total Fat (g)	14	0	14	Saturated Fat (g)	1	0	1	Cholesterol (mg)	88	0	88	Sodium (mg)	376	45	421	Carbs (g)	59	11	70	Fiber	3	3	6	Sugar	14	0	14	Protein (g)	24	3	27										
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<p>Potato Dinner Blue</p> <p>New York Strip Steak & Mushrooms Smashed Potatoes (1/2 cup) Multi Grain Dinner roll 5 spears (93g) Asparagus Frozen Yogurt Bar</p> <p>Servings 4 Prep Cook Total</p> <p>Nutritional Information 04/14/21</p> <table border="1"> <thead> <tr> <th></th> <th>Asparagus+Bar</th> <th>Steak</th> <th>Potatoes+Roll</th> <th>Total</th> </tr> </thead> <tbody> <tr><td>Calories</td><td>100</td><td>347</td><td>209</td><td>656</td></tr> <tr><td>Total Fat (g)</td><td>0</td><td>19</td><td>1</td><td>20</td></tr> <tr><td>Saturated Fat (g)</td><td></td><td>4</td><td>0</td><td>4</td></tr> <tr><td>Cholesterol (mg)</td><td>5</td><td>79</td><td>0</td><td>84</td></tr> <tr><td>Sodium (mg)</td><td>55</td><td>185</td><td>290</td><td>530</td></tr> <tr><td>Carbs (g)</td><td>20</td><td>8</td><td>46</td><td>74</td></tr> <tr><td>Fiber</td><td>2</td><td>0</td><td>5</td><td>7</td></tr> <tr><td>Sugar</td><td>14</td><td>0</td><td>6</td><td>20</td></tr> <tr><td>Protein (g)</td><td>8</td><td>33</td><td>8</td><td>49</td></tr> </tbody> </table>						Asparagus+Bar	Steak	Potatoes+Roll	Total	Calories	100	347	209	656	Total Fat (g)	0	19	1	20	Saturated Fat (g)		4	0	4	Cholesterol (mg)	5	79	0	84	Sodium (mg)	55	185	290	530	Carbs (g)	20	8	46	74	Fiber	2	0	5	7	Sugar	14	0	6	20	Protein (g)	8	33	8	49	<p>Pasta Dinner Green</p> <p>Ham & Asparagus Casserole Tomato Basil White Bean Soup</p> <p>Servings 4 Prep 30 min Cook 1.5 hrs Total 2 hrs</p> <p>Nutritional Information 5/5/2021</p> <table border="1"> <thead> <tr> <th></th> <th>Casserole</th> <th>Soup</th> <th>Total</th> </tr> </thead> <tbody> <tr><td>Calories</td><td>261</td><td>138</td><td>399</td></tr> <tr><td>Total Fat (g)</td><td>7</td><td>2</td><td>9</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>1</td><td>26</td></tr> <tr><td>Sodium (mg)</td><td>732</td><td>104</td><td>836</td></tr> <tr><td>Carbs (g)</td><td>32</td><td>23</td><td>55</td></tr> <tr><td>Fiber</td><td>4</td><td>6</td><td>10</td></tr> <tr><td>Sugar</td><td>6</td><td>4</td><td>10</td></tr> <tr><td>Protein (g)</td><td>17</td><td>8</td><td>25</td></tr> </tbody> </table>						Casserole	Soup	Total	Calories	261	138	399	Total Fat (g)	7	2	9	Saturated Fat (g)	3	0	3	Cholesterol (mg)	25	1	26	Sodium (mg)	732	104	836	Carbs (g)	32	23	55	Fiber	4	6	10	Sugar	6	4	10	Protein (g)	17	8	25	<p>Pasta Dinner Blue</p> <p>Chicken Breast in Caper Sauce 2/3 cup Mixed Vegetables Blueberry Muffin 1 cup sliced Strawberries</p> <p>Servings 4 Prep 5 min Cook 15 min Total 20 min</p> <p>Nutritional Information 4/22/2021</p> <table border="1"> <thead> <tr> <th></th> <th>Muffin+Strawberries</th> <th>Chicken</th> <th>Veggies</th> <th>Total</th> </tr> </thead> <tbody> <tr><td>Calories</td><td>213</td><td>398</td><td>50</td><td>661</td></tr> <tr><td>Total Fat (g)</td><td>8</td><td>14</td><td>0</td><td>22</td></tr> <tr><td>Saturated Fat (g)</td><td>1</td><td>5</td><td>0</td><td>6</td></tr> <tr><td>Cholesterol (mg)</td><td>36</td><td>89</td><td>0</td><td>125</td></tr> <tr><td>Sodium (mg)</td><td>186</td><td>476</td><td>20</td><td>682</td></tr> <tr><td>Carbs (g)</td><td>37</td><td>33</td><td>10</td><td>80</td></tr> <tr><td>Fiber</td><td>3.5</td><td>5</td><td>2</td><td>10.5</td></tr> <tr><td>Sugar</td><td>21</td><td>2</td><td>4</td><td>27</td></tr> <tr><td>Protein (g)</td><td>2</td><td>32</td><td>2</td><td>36</td></tr> </tbody> </table>						Muffin+Strawberries	Chicken	Veggies	Total	Calories	213	398	50	661	Total Fat (g)	8	14	0	22	Saturated Fat (g)	1	5	0	6	Cholesterol (mg)	36	89	0	125	Sodium (mg)	186	476	20	682	Carbs (g)	37	33	10	80	Fiber	3.5	5	2	10.5	Sugar	21	2	4	27	Protein (g)	2	32	2	36
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