

Lunch @ the Center

NUTRITION INFORMATION

Week 1

Week 2

MON.

MEATBALL/MARINARA SUB SANDWICH
> POTATOES ITALIANO
> ITALIAN GREEN BEANS
> SOFT HOAGIE ROLL
> WHOLE ORANGE

Calories per serving 804 % Cal.
Saturated fat (g) 9
Total Fat (g) 24 27%
Protein (g) 38 19%
Carbohydrates (g) 108 54%
Cholesterol (mg) 55 Fiber (g) 13
Vitamin C (mg) 128
Vitamin A (IU) 2642
Sodium (mg) 1060

CHICKEN ALA ORANGE
> VEGETABLE RICE PILAF
> BEAN SALAD
> WHEAT CRANBERRY BREAD
> HOT PEACH CRUMBLE

Calories per serving 819 % Cal.
Saturated fat (g) 6
Total Fat (g) 18 20%
Protein (g) 49 24%
Carbohydrates (g) 116 57%
Cholesterol (mg) 87 Fiber (g) 10
Vitamin C (mg) 33
Vitamin A (IU) 2487
Sodium (mg) 738

TUES.

SALISBURY STEAK
> MASHED POTATOES
> CABBAGE & CARROTS
> MULTI-GRAIN BREAD
> FRUIT CUP
> OATMEAL RAISIN COOKIE

Calories per serving 751 % Cal.
Saturated fat (g) 5
Total Fat (g) 12 14%
Protein (g) 35 19%
Carbohydrates (g) 126 67%
Cholesterol (mg) 59 Fiber (g) 11
Vitamin C (mg) 77
Vitamin A (IU) 14518
Sodium (mg) 833

FRENCH DIP OF BEEF W/ MUSHROOMS & ONIONS
> OVEN FRIES
> CORN
> FRENCH ROLL
> FRESH MELON
> APPLE

Calories per serving 800 % Cal.
Saturated fat (g) 5
Total Fat (g) 16 18%
Protein (g) 48 24%
Carbohydrates (g) 115 58%
Cholesterol (mg) 87 Fiber (g) 15
Vitamin C (mg) 53
Vitamin A (IU) 1974
Sodium (mg) 605

WED.

ROAST TURKEY BRST. & CHEDDAR
> WHEAT KAISER
> LETTUCE & TOMATO
> PEA SALAD
> PINEAPPLE TID BITS

Calories per serving 659 % Cal.
Saturated fat (g) 8
Total Fat (g) 22 30%
Protein (g) 41 25%
Carbohydrates (g) 74 45%
Cholesterol (mg) 68 Fiber (g) 13
Vitamin C (mg) 30
Vitamin A (IU) 1917
Sodium (mg) 540

CLASSIC LASAGNA W/ MEAT SAUCE
> SQUASH MEDLEY
> ITALIAN GREEN BEANS
> WHOLE WHEAT BREAD
> PEARS

Calories per serving 735 % Cal.
Saturated fat (g) 10
Total Fat (g) 22 27%
Protein (g) 33 18%
Carbohydrates (g) 100 54%
Cholesterol (mg) 74 Fiber (g) 8
Vitamin C (mg) 48
Vitamin A (IU) 5256
Sodium (mg) 775

THUR.

CHICKEN & MINI DUMPLINGS
> GARDEN VEGETABLES
> CORN & BLACK BEAN SALAD
> MULTI GRAIN DINNER ROLL
> HOT GLAZED APPLES
> BANANA

Calories per serving 998 % Cal.
Saturated fat (g) 5
Total Fat (g) 13 12%
Protein (g) 58 23%
Carbohydrates (g) 161 65%
Cholesterol (mg) 140 Fiber (g) 12
Vitamin C (mg) 93
Vitamin A (IU) 9905
Sodium (mg) 813

SURIMI CRAB SALAD
> MIXED SALAD GREENS W/ TOMATO WEDGES
> DILLED CUCUMBERS
> WHOLE WHEAT BREAD
> APPLE CRISP
> FRUIT CUP

Calories per serving 946 % Cal.
Saturated fat (g) 5
Total Fat (g) 32 30%
Protein (g) 34 14%
Carbohydrates (g) 129 55%
Cholesterol (mg) 48 Fiber (g) 6
Vitamin C (mg) 172
Vitamin A (IU) 10831
Sodium (mg) 758

FRI.

VEAL PARMESAN
> PENNE PASTA W/ MARINARA SAUCE
> BROCCOLI
> WHOLE WHEAT ROLL
> FRESH MELON

Calories per serving 742 % Cal.
Saturated fat (g) 9
Total Fat (g) 20 24%
Protein (g) 35 19%
Carbohydrates (g) 105 57%
Cholesterol (mg) 60 Fiber (g) 12
Vitamin C (mg) 81
Vitamin A (IU) 3985
Sodium (mg) 639

> HOT DOG
> TWICE BAKE POTATO CASSEROLE
> PEAS & CARROTS
> HOT DOG BUN
> BANANA

Calories per serving 929 % Cal.
Saturated fat (g) 8
Total Fat (g) 21 20%
Protein (g) 37 16%
Carbohydrates (g) 148 64%
Cholesterol (mg) 81 Fiber (g) 10
Vitamin C (mg) 53
Vitamin A (IU) 13941
Sodium (mg) 1081

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NUTRITION INFORMATION

Week 3

Week 4

MON.

BBQ RIBLET
 > SWEET POTATO MASHED
 > CHEF'S VEGETABLE
 > WHEAT SANDWICH BUN
 > STRAWBERRY YOGURT

Calories per serving 680 % Cal.
 Saturated fat (g) 5
 Total Fat (g) 17 23%
 Protein (g) 42 25%
 Carbohydrates (g) 91 54%
 Cholesterol (mg) 61 Fiber (g) 10
 Vitamin C (mg) 89
 Vitamin A (IU) 12147
 Sodium (mg) 870

BAKED MEATLOAF W/
 COUNTRY GRAVY
 > MASHED POTATOES
 > STEWED TOMATOES
 > WHOLE WHEAT BREAD
 > WHOLE ORANGE

CALORIES PER SERVING 805 % CAL.
 SATURATED FAT (G) 10
 TOTAL FAT (G) 26 29%
 PROTEIN (G) 39 19%
 CARBOHYDRATES (G) 103 51%
 CHOLESTEROL (MG) 108 FIBER (G) 12
 VITAMIN C (MG) 123
 VITAMIN A (IU) 1357
 SODIUM (MG) 799

TUES.

HAMBURGER
 > BEAN CASSEROLE
 > MIXED VEGETABLE
 > WHEAT HAMBURGER BUN
 > FRUIT SUNBURST
 > FRESH MELON

Calories per serving 863 % Cal.
 Saturated fat (g) 5
 Total Fat (g) 15 16%
 Protein (g) 54 25%
 Carbohydrates (g) 127 59%
 Cholesterol (mg) 91 Fiber (g) 13
 Vitamin C (mg) 61
 Vitamin A (IU) 7259
 Sodium (mg) 697

BISCUIT & GRAVY BAKE
 > DICED HASH BROWNS
 > APPLE COBBLER
 > JUICE
 > BANANA
 > PEACHES

Calories per serving 812 % Cal.
 Saturated fat (g) 9
 Total Fat (g) 21 23%
 Protein (g) 32 16%
 Carbohydrates (g) 125 62%
 Cholesterol (mg) 255 Fiber (g) 8
 Vitamin C (mg) 74
 Vitamin A (IU) 1708
 Sodium (mg) 699

WED.

BLT CHICKEN SALAD
 > MIXED SALAD GREENS W/
 TOMATO WEDGES
 > TRI-BEAN SALAD
 > CRACKERS
 > MANDARIN ORANGES

Calories per serving 893 % Cal.
 Saturated fat (g) 10
 Total Fat (g) 35 35%
 Protein (g) 53 24%
 Carbohydrates (g) 91 41%
 Cholesterol (mg) 98 Fiber (g) 6
 Vitamin C (mg) 131
 Vitamin A (IU) 4676
 Sodium (mg) 867

SLOW ROASTED BEEF
 > AU GRATIN POTATOES
 > CARROTS & CHIVES
 > MULTI - GRAIN
 DINNER ROLL
 > MIXED FRUIT

CALORIES PER SERVING 648 % CAL.
 SATURATED FAT (G) 6
 TOTAL FAT (G) 14 19%
 PROTEIN (G) 42 26%
 CARBOHYDRATES (G) 81 50%
 CHOLESTEROL (MG) 90 FIBER (G) 7
 VITAMIN C (MG) 31
 VITAMIN A (IU) 26008
 SODIUM (MG) 548

THUR.

SPAGHETTI
 & MEATBALLS W/
 > MARINARA SAUCE
 > CAPRI BLEND VEGETABLES
 > WHEAT VIENNA BREAD
 > CHILLED PEARS

Calories per serving 777 % Cal.
 Saturated fat (g) 9
 Total Fat (g) 25 29%
 Protein (g) 41 21%
 Carbohydrates (g) 98 50%
 Cholesterol (mg) 55 Fiber (g) 11
 Vitamin C (mg) 50
 Vitamin A (IU) 3517
 Sodium (mg) 906

ASIAN GLAZED CHICKEN
 > CITRUS BROWN RICE
 > ORIENTAL BLEND
 VEGETABLE
 > GINGER CABBAGE SLAW
 > MANDARIN ORANGE JELLO
 > FORTUNE COOKIE

CALORIES PER SERVING 733 % CAL.
 SATURATED FAT (G) 4
 TOTAL FAT (G) 15 18%
 PROTEIN (G) 46 25%
 CARBOHYDRATES (G) 103 56%
 CHOLESTEROL (MG) 87 FIBER (G) 7
 VITAMIN C (MG) 84
 VITAMIN A (IU) 1953
 SODIUM (MG) 609

FRI.

HERBED BAKED CHICKEN
 > MASHED POTATOES/
 GRAVY
 > GREEN BEAN CASSEROLE
 > BRAN MUFFIN BREAD
 > FRESH MELON

Calories per serving 691 % Cal.
 Saturated fat (g) 5
 Total Fat (g) 14 18%
 Protein (g) 47 27%
 Carbohydrates (g) 94 54%
 Cholesterol (mg) 89 Fiber (g) 5
 Vitamin C (mg) 71
 Vitamin A (IU) 2393
 Sodium (mg) 719

TURKEY PASTA SALAD
 W/SHELL RIGATE
 > LETTUCE/ TOMATO
 > TRI-BEAN SALAD
 > WHOLE WHEAT BREAD
 > PINEAPPLE TID BITS

CALORIES PER SERVING 930 % CAL.
 SATURATED FAT (G) 7
 TOTAL FAT (G) 23 22%
 PROTEIN (G) 54 23%
 CARBOHYDRATES (G) 126 54%
 CHOLESTEROL (MG) 37 FIBER (G) 10
 VITAMIN C (MG) 43
 VITAMIN A (IU) 2311
 SODIUM (MG) 765

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Week 5

MON.

PRIME RIB OF PORK	Calories per serving	635	%
>BAKED POTATO	Cal.		
>PARSLIED CAULIFLOWER	Saturated fat (g)	8	
>RYE BREAD	Total Fat (g)	15	21%
>MIXED FRUIT	Protein (g)	43	27%
	Carbohydrates (g)	83	52%
	Cholesterol (mg)	85	Fiber (g)
		7	
	Vitamin C (mg)	148	
	Vitamin A (IU)	921	
	Sodium (mg)	484	

ITALIAN SAUSAGE/MARINARA	Calories per serving	719	%
>SCALLOPED POTATOES	Cal.		
>BRUSSELS SPROUTS	Saturated fat (g)	8	
>WHEAT SAUSAGE BUN	Total Fat (g)	22	28%
>FRESH MELON	Protein (g)	37	21%
>JUICE	Carbohydrates (g)	94	52%
	Cholesterol (mg)	62	Fiber
	(g)	8	
	Vitamin C (mg)	219	
	Vitamin A (IU)	4824	
	Sodium (mg)	977	

BBQ PULLED CHICKEN	Calories per serving	637	% Cal.
>CHEESY MASHED POTATO	Saturated fat (g)	3	
>BROCCOLI	Total Fat (g)	9	13%
>WHEAT SANDWICH BUN	Protein (g)	48	30%
>CHILLED PEARS	Carbohydrates (g)	92	58%
	Cholesterol (mg)	88	Fiber (g) 8
	Vitamin C (mg)	94	
	Vitamin A (IU)	2863	
	Sodium (mg)	617	

DILLED TUNA SALAD SANDWICH	Calories per serving	1034	% Cal.
>LETTUCE AND TOMATO	Saturated fat (g)	5	
>GARBANZO & KIDNEY BEAN W/ SLIVERED CARROTS BALSAMIC	Total Fat (g)	30	26%
>WHEAT SANDWICH BUN	Protein (g)	59	23%
>BANANA	Carbohydrates (g)	131	51%
	Cholesterol (mg)	58	Fiber (g) 14
	Vitamin C (mg)	55	
	Vitamin A (IU)	11199	
	Sodium (mg)	810	

CHICKEN MARBELLA	Calories per serving	730	% Cal.
>RICE FLORENTINE	Saturated fat (g)	3	
>COUNTRY BLEND	Total Fat (g)	11	14%
>WHOLE WHEAT BREAD	Protein (g)	43	24%
>WHOLE ORANGE	Carbohydrates (g)	111	61%
	Cholesterol (mg)	74	Fiber (g)
		13	
	Vitamin C (mg)	100	
	Vitamin A (IU)	12371	
	Sodium (mg)	571	

THUR.

FRI.

Week 6

KIELBASA	Calories per serving	807	% Cal.
>DILLED BABY RED POTATOES	Saturated fat (g)	7	
>BEAN CASSEROLE	Total Fat (g)	19	21%
>RYE BREAD	Protein (g)	36	18%
>FRUIT CUP	Carbohydrates (g)	122	60%
	Cholesterol (mg)	46	Fiber (g) 12
	Vitamin C (mg)	127	
	Vitamin A (IU)	1138	
	Sodium (mg)	1017	

ORZO CHICKEN SALAD	Calories per serving	765	% Cal.
>MIXED SALAD GREENS	Saturated fat (g)	5	
>HERBED TOMATO WEDGES	Total Fat (g)	19	22%
>MULTI-GRAIN BREAD	Protein (g)	46	24%
>PINEAPPLE TID BITS	Carbohydrates (g)	103	54%
>CHEF CHOICE	Cholesterol (mg)	82	Fiber (g) 9
	Vitamin C (mg)	62	
	Vitamin A (IU)	6636	
	Sodium (mg)	678	

SOUFFLE LORRAINE	Calories per serving	870	% Cal.
>POTATOES O'BRIEN	Saturated fat (g)	11	
>FRUIT CUP	Total Fat (g)	24	25%
>BLUEBERRY MUFFIN BREAD	Protein (g)	41	19%
>FRESH ORANGE	Carbohydrates (g)	122	56%
	Cholesterol (mg)	268	Fiber (g) 11
	Vitamin C (mg)	222	
	Vitamin A (IU)	2476	
	Sodium (mg)	668	

BAKED MEATLOAF W/ COUNTRY GRAVY	Calories per serving	806	%
>MASHED POTATOES	Cal.		
>CARROTS & CHIVES	Saturated fat (g)	10	
>WHOLE WHEAT BREAD	Total Fat (g)	26	29%
>PEACHES	Protein (g)	39	19%
>MELON	Carbohydrates (g)	104	52%
FRIDAY	Cholesterol (mg)	108	Fiber
	(g)	6	
	Vitamin C (mg)	66	
	Vitamin A (IU)	23527	
	Sodium (mg)	776	

POTATO CRUSTED FISH FILET	Calories per serving	733	% Cal.
>AU GRATIN POTATOES	Saturated fat (g)	7	
>COLE SLAW	Total Fat (g)	29	36%
>WHOLE WHEAT BREAD	Protein (g)	29	16%
>APPLESAUCE	Carbohydrates (g)	89	49%
	Cholesterol (mg)	74	Fiber (g) 9
	Vitamin C (mg)	80	
	Vitamin A (IU)	4624	
	Sodium (mg)	881	