



Nutrition Information

We take pride in preparing **nutritious meals** with the finest ingredients in a USDA-inspected facility. All of our menus are healthy choices.

Beef Entrees	CALORIES	CARBS	PROTEIN	SODIUM	FAT	FIBER	POTASSIUM	PHOSPHORUS	ALLERGENS
Beef Patty in Teriyaki Sauce with steamed rice and mixed vegetables. FRZ000763	430	54g	19g	590mg	15g	6g	597mg	64mg	S, W, M, Y5
Beef Patty in Brown Gravy with brown rice and mixed vegetables. FRZ000882	370	41g	18g	440mg	15g	7g	625mg	134mg	S, M, SULF
Grilled Veal Chop in Mustard Sage Sauce with diced potatoes and butternut squash. FRZ000725	400	38g	20g	600mg	14g	4g	846mg	20mg	S, M, SULF
Hamburger Patty with diced potatoes and carrots. FRZ000712	360	38g	18g	330mg	15g	7g	948mg	6mg	S, M, SULF
Meatballs and Stuffed Pasta in Italian Sauce with Italian vegetable medley. FRZ000897	390	45g	20g	600g	14g	4g	794mg	3mg	S, W, M, E
Meatballs and Pasta in Marinara with steamed broccoli. FRZ000861	377	46g	21g	307mg	13g	4g	821mg	43mg	S, W, M, E
Pasta Bolognese with Italian vegetable medley. FRZ000565	380	42g	23g	190mg	13g	7g	1380mg	193mg	S, W
Three Bean Chili con Carne with carrot squash medley. FRZ000859	340	29g	22g	420mg	16g	8g	1421mg	179mg	S
Meatballs in Orange Sauce, with white rice and green beans. FRZ000894	430	60g	19g	380mg	13g	3g	675mg	127mg	S, W, E, M





ALLERGEN KEY

S: Soy | W: Wheat | E: Egg | TN: Treenut | F: Fish | M: Milk | SF: Shellfish | SS: Sesame Seed | SULF: Sulfites | Y5: Yellow No. 5

Seafood Entrees

	 CALORIES	 CARBS	 PROTEIN	 SODIUM	 FAT	 FIBER	 POTASSIUM	 PHOSPHORUS	 ALLERGENS
Batter-Dipped Crispy Fish Nuggets with diced potatoes and carrots. FRZ000097	230	43g	15g	210mg	15g	6g	661mg	16mg	S, W, M, F, Y5
Southern Fish Nuggets with diced potatoes and mixed vegetables. FRZ000879	400	51g	21g	180mg	12g	8g	839mg	6mg	S, W, M, F, SULF
Creole-Style Fish with brown rice and corn. FRZ000865	390	80g	20g	240mg	14g	10g	980mg	207mg	S, W, F
Fish Fillet with broccoli and diced potatoes. FRZ000851	420	50g	22g	310mg	14g	8g	857mg	45mg	S, W, M, F, SULF
Fish in Sweet and Sour Sauce with gingered brown rice and edamame. FRZ000891	500	63g	24g	400mg	16g	13g	672mg	98mg	S, W, F

Breakfast Entrees

	 CALORIES	 CARBS	 PROTEIN	 SODIUM	 FAT	 FIBER	 POTASSIUM	 PHOSPHORUS	 ALLERGENS
Cheese Omelet Skillet With Garden Sauce with diced breakfast potatoes and spiced peaches. FRZ000858	430	45g	14g	780mg	20g	5g	808mg	16mg	S, W, M, E, TN, SULF
Egg With Sausage Country Pepper Gravy with diced breakfast potatoes and maple cinnamon apples. FRZ000857	430	57g	16g	490mg	16g	9g	553mg	26mg	S, W, M, E
Garden Scrambled Eggs with diced breakfast potatoes with onion, and cranberry apples. FRZ000856	420	65g	15g	510mg	14g	10g	713mg	30mg	S, M, E
Omelet With Cheese with diced breakfast potatoes, turkey sausage links, and fruited granola. FRZ000119	410	46g	16g	680mg	18g	4g	582mg	0mg	S, M, E, W, SULF
Pancakes and Cheese Omelet with turkey sausage link, and warm strawberry compote. FRZ000846	370	45g	16g	680mg	15g	3g	277mg	48mg	S, W, M, E
Rancheros Cheese Omelet with chicken chorizo, diced breakfast potatoes with onion, and cranberry pears. FRZ000855	470	68g	15g	580mg	17g	8g	775mg	31mg	S, M, E
Western-Style Omelet with diced breakfast potatoes and strawberry apple crisp. FRZ000876	380	48g	14g	580g	18g	9g	569mg	17mg	S, M, E

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Pork Entrees

	 CALORIES	 CARBS	 PROTEIN	 SODIUM	 FAT	 FIBER	 POTASSIUM	 PHOSPHORUS	 ALLERGENS
Pork Chop Patty in Sofrito Sauce with cilantro stewed tomatoes, and sweet potatoes. FRZ000896	320	39g	20g	380mg	14g	4g	990mg	12mg	S, SULF
Grilled Pork Chop in Homestyle Gravy Brussel sprouts and sweet potatoes. FRZ000654	320	36g	22g	560mg	15g	5g	926mg	54mg	S, W
Pork Riblet in BBQ Sauce with sweet potatoes and mixed vegetables. FRZ000863	310	37g	18g	390mg	12g	3g	797mg	43mg	S
Pork Rib Patty in Korean BBQ Sauce with broccoli, and pineapple-Mandarin fruit. FRZ000892	310	37g	18g	380mg	12g	3g	797mg	43mg	S, TN
Pork Chop in Sweet and Sour Sauce with fried rice and corn. FRZ000768	420	63g	20g	590mg	15g	6g	729mg	142mg	S

Meatless Entrees

	 CALORIES	 CARBS	 PROTEIN	 SODIUM	 FAT	 FIBER	 POTASSIUM	 PHOSPHORUS	 ALLERGENS
Plant-Based Chick'n Nuggets with warm rice salad, mixed vegetables & squash medley. FRZ000804	300	42g	17g	400mg	8g	5g	754mg	37mg	S, W, E, M
Manicotti Alfredo with corn and carrots. FRZ000877	300	45g	18g	550mg	12g	6g	520mg	66mg	S, W, M, E
Meatless Ground Beef and Pasta Casserole with steamed carrots. FRZ000803	370	50g	19g	790mg	14g	11g	986mg	3mg	S, M, E, W
Mexican Bean Burrito With Queso with carrots and parsleyed whole kernel corn. FRZ000109	620	100g	19g	530mg	25g	17g	710mg	103mg	S, W, M
Three Cheese Macaroni and Cheese with carrots and green beans. FRZ000853	360	52g	17g	380mg	10g	6g	614mg	144mg	S, W, M, Y5
Stuffed Pasta in Broccoli Cheese Sauce with cranberry apples FRZ000898	530	79g	21g	770mg	18g	11g	529mg	99mg	S, W, M, E
Lasagna Florentine in spinach alfredo sauce and mixed vegetables. FRZ000864	280	35g	14g	580mg	10g	4g	201mg	5mg	W, M, E
Twisted Mac and Cheese With Vegan Chorizo with mixed vegetables. FRZ000107	340	56g	16g	370mg	6g	6g	674mg	128mg	S, W, M, Y5

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Poultry Entrees

								
CALORIES	CARBS	PROTEIN	SODIUM	FAT	FIBER	POTASSIUM	PHOSPHORUS	ALLERGENS

Breaded Chicken With Country Pepper Gravy with mixed vegetables & squash medley and Brussels sprouts. FRZ000766	350	29g	17g	360mg	16g	6g	698mg	57mg	S, W, M, Y5
Chicken and Rice with green bean and red pepper mix. FRZ000848	300	39g	30g	55mg	3.5g	3g	442mg	78mg	S
Chicken Marsala with diced butternut squash and green beans FRZ000711	240	13g	20g	580mg	8g	4g	547mg	33mg	S
Chicken in Italian Sauce , with diced potatoes and green beans. FRZ000880	380	46g	14g	370mg	17g	6g	749mg	26mg	S, M, W, SULF
Chicken in Thai Ginger Red Curry Sauce with green beans and carrots. FRZ000564	220	18g	16g	420mg	10g	5g	566mg	26mg	S, M, TN
Homemade Chicken Stew with peas & carrots and strawberry apple crisp. FRZ000881	420	70g	39g	220mg	6g	12g	1200mg	182mg	S, M
Honey Mustard Chicken with diced potatoes and carrots. FRZ000878	300	37g	19g	620mg	12g	5g	671mg	7mg	S, M, SULF
General Tso's Chicken with gingered rice and peas and carrots. FRZ000893	340	48g	31g	320mg	4g	4g	482mg	70mg	S, W, SS, SULF
Chicken Fajita butternut squash and black beans. FRZ000890	300	24g	36g	210mg	3g	9g	732mg	133mg	S
Dinner Loaf in Stewed Tomatoes with diced potatoes with onion. FRZ000044	310	28g	16g	370mg	15g	5g	800mg	18mg	S, W
Chicken Salisbury Steak in Mushroom Gravy with diced potatoes with onion, and mixed vegetables. FRZ000847	340	33g	17g	520mg	16g	7g	753mg	29mg	S, M, SULF
Chicken and Stuffed Pasta Pot Pie with mixed vegetables and strawberry apple crisp. FRZ000899	300	56g	18g	490mg	4g	8g	432mg	10mg	S, W, M, E
Chicken Patty in Picadillo Sauce with green peas and sweet potatoes. FRZ000563	400	59g	24g	360mg	16g	8g	1041mg	8mg	S

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