	FAMFARE KITCHEN INGREDIENT LIST:	
Entree:	Main Ingredients:	Nutrition Facts:
APPLE CIDER VINAIGRETTE	Apple cider vinegar, canola oil, celery salt, granulated onion, sugar	Per Serving: Kcals: 56, Fat: 5g, CHO: 4g, Pro: 0g
PPLE SPINACH SALAD: SIA ROWI ·	Spinach (may contain other leafy greens), apple and other accompaniments as available. May contain feta cheese and/or sunflower seeds as available. GSF	Per Serving: Kcals: 60, Fat: 3.5g, CHO: 4g, Pro: 2g **without dressing**
SIAN COLESLAW:	Ground turkey, garlic, green onions, ginger, hosin sauce, soy sauce. (Fresh vegetables/fruits as sessonally available as well as white rice to build bowl) GSF. Hosin contains sesame seeds. Apple cider rivinegs, vegetable (a), soy sauce, brown sugue; ginger not, garlic; sail, green cabbasge, red adabage, mandarin oranges, crasinss, carons, green onions, GSF.	Per Serving: Kcals: 200, Fat: 7g, CHO: 17g, Pro: 17g **Meat + 1/2 cup Rice ** Per Serving: Kcals: 136, Fat: 5g, CHO: 22g, Pro: 3g
SIAN PEANUT PASTA SALAD:	Apple cuer vinegar, vegerative on, soy sauce, trown sugar, ginger roor, gaint, sait, green caboage, red catoage, markarian in oranges, cations, green cinors, osar.  Apple cider vinegar, vegetable oil, peanut butter, soy sauce, brown sugar, ginger root, gaint, sait, green cabbage, red cabbage, mandarin oranges, craisins, carrots, green onions, penne pasta, chicken breast	Per Serving: Kcals: 136, Fat: 39, CHO: 229, Fro: 39  Per Serving: Kcals: 568, Fat: 46, CHO: 299, Pro: 169
ABY RED POTATOES	Apple cuter vinegal, regretative or, peans totter, say sauce, nown sogar, ginger root, gaine, sait, green caudage, real caudage, narioann oranges, calasins, carros, green orions, penne passe, circum presses, penne passe, penne passe	Per Serving: Kcals: 202. Fat: 12g. CHO: 22g. Pro: 3g
ECKY'S BAKED BEANS:	Great northern beans, bacon, onion, ketchup, mustard, soy sauce, brown sugar, salt & pepper. GSF	Per Serving: Kcals: 120, Fat: 1.5q, CHO: 26q, Pro: 4q
EEF STROGANOFF:	Ball tip beef, worcestershire sauce, soy sauce, cornstarch, salt, pepper, dry mustard, beef broth, sour cream, parsley. Conains Dairy.	Per Serving: Kcals: 190, Fat: 8g, CHO: 5g, Pro: 22g. **without noodles or sour cream**
EEF VEGETABLE SOUP:	Shredded beef, vegetables, beef broth, salt and pepper GSF.	Per Serving: Kcals: 344, Fat: 11q, CHO: 30q, Pro: 24q
REAKFAST BISCUITS & GRAVY	Pork sausage, flour, salt, pepper, milk, biscuits	Per Serving: Kcals: 410, Fat: 23g, CHO: 50g, Pro: 9g
JFFALO CHICKEN BAKE:	Chicken, garlic, butter, salt and pepper, hot sauce, celery, pasta, cream cheese, chicken broth. Contains Dainy.	Per Serving: Kcals: 416, Fat: 29g, CHO: 29g, Pro: 17g
AESAR DRESSING:	Red wine vinegar, oil, minced garlic, worcestershire sauce, dry mustard, salt. GSF	Per Serving: Kcals: 60, Fat: 3g, CHO: 7g, Pro: 2g
AESAR SALAD:	Romaine lettuce, croutons, shaved parmesan. Contains Dairy.	Per Serving: Kcals: 40, Fat: 4g, CHO: 0g, Pro: 0g
HEESY HAM & HASHBROWN BAKE:	Hashbrown potatoes, cream of chicken soup, cheddar cheese, salt and pepper. Contains Dairy.	Per Serving: Kcals: 290, Fat: 12g, CHO: 33g, Pro: 13g
HICKEN ALFREDO BAKE:	Chicken breast, salt, pepper, paprika, garlic powder, onion powder, cream cheese, butter, garlic, milk, parmesan cheese. Contains Dairy.	Per Serving: Kcals: 530, Fat: 23g, CHO: 41g, Pro: 20g
IICKEN AND DUMPLINGS:	Canola oil, onion, carrots, celery, chicken broth, chicken breast, potatoes, butter flour, milk peas, salt, pepper. Dumplings: baking mix, water. Contains Dairy.	Per Serving: Kcals: 300, Fat: 18g, CHO: 23g, Pro: 9g
ICKEN BACON RANCH BAKE:	Chicken breast, cream cheese, chicken broth, hidden valley ranch spice mixture, bacon, pasta, cheddar cheese. Contains Dairy.	Per Serving: Kcals: 470, Fat: 29g, CHO: 28g, Pro: 25g
IICKEN ENCHILADAS: IICKEN ENCHILADAS QUESO VERDE	Chicken breast, enchilada sauce, cheddar cheese, tortillas. Contains Dairy.	Per Serving: Kcals: 480, Fat: 15g, CHO: 43g, Pro: 43g Per Serving: Kcals: 550, Fat: 29g, CHO: 43g, Pro: 43g
IICKEN ENCHILADAS QUESO VERDE	Chicken breast, cream cheese, chicken broth, garlic, butter, salt, pepper, salsa verde, mozzarella & cheddar cheeses, flour tortillas. Contains Dairy.	
IICKEN FRICASSEE: IICKEN FRIED RICE:	Chicken breast, butter, flour, olive oil, lemon juice, heavy whipping cream, minced garlic, brown sugar, salt, pepper. Served smashed baby reds. Contains Dairy.  Chicken breast, peas, carrots, onions, garlic, eggs, rice, soy sauce, teriyaki sauce, sweet chili sauce, canola oil, sesame oil. Soy sauce does contain gluten. Contains sesame.	Per Serving: Kcals: 538, Fat: 39g, CHO: 9g, Pro: 30g Per Serving: Kcals: 442, Fat: 15g, CHO: 38g, Pro: 33g
IICKEN FRIED RICE: IICKEN GRAVY AND BISCUITS:	Chicken breast, pleas, carrots, onions, gartic, eggs, rice, soy sauce, terryaki sauce, sweet chili sauce, canola oil, sesame oil. Soy sauce does contain gluten. Contains sesame.  Chicken breast, chicken base threm: salt, ceoper, carlic owoder, butter flow Contains Dain;	Per Serving: Kcals: 442, Fat: 15g, CHO: 38g, Pro: 33g  Per Serving: Kcals: 304, Fat: 3q, CHO: 38g, Pro: 26g. **does not include biscuit **
HICKEN PESTO PARM BOWL:	Chicken breast, garlic, basil, oregano, salt, pepper, garnier, bower, touse, not unitaris Dany.  Chicken breast, garlic, basil, oregano, salt, pepper, garniers and bese, pesto (containing pine nuts, parmesan cheese and olive oil), pilaf (rice + orzo + garlic), cannellini beans, lemon, spinach, cherry tomatoes	Per Serving: Kcals: 504, Fat: 35g, CHO: 36g, Fro: 26g. **Goes not include biscuit **  Per Serving: Kcals: 522, Fat: 25g, CHO: 42g, Pro: 35g **based on construction of the bowl**
HICKEN PESTO STUFFING BAKE:	Chicken beest, garin, coasi, wegarin, san, pepper, parinesan creeze, pessi (contamining pine rius), parinesan creeze and one only, pinal rice + 0.22 + garind, camelinin Death, pentiled, cherical profits of the contamination of the contamina	Per Serving: Kcals: 280, Fat: 7g, CHO: 26g, Pro: 27g
HICKEN SALSA VERDE:	Chicken breast, quaric, onion, cream cheese, slasla verde, checklar jack cheese, rice, chicken broth. Contains Dairy.	Per Serving: Kcals: 430, Fat: 15q, CHO: 43q, Pro: 28q
HICKEN STUFFING BAKE:	Chicken breast, garlic, onion, cream cheese, chicken broth, bread crumbs, herb seasoning. Contains Dairy.	Per Serving: Kcals: 280, Fat: 7g, CHO: 26g, Pro: 27g
HICKEN TINGA BOWL	Chicken breast, garlic, onion, cumin, oregano, smoked paprika, salt, pepper, green chillis, tomato, adobo sauce. GSF.	Per Serving: Kcals: 500, Fat: 9g, CHO: 58g, Pro: 53g ** based on construction of bowl**
HICKEN TACOS:	Chicken breast, garlic, onion, salt, pepper, cumin, chili powder, oregano, com tortillas. GSF.	Per Serving: Kcals: 460, Fat: 27g, CHO: 26g, Pro: 26g **Based on 2 tacos**
NNAMON FRENCH TOAST BAKE:	Eggs, milk, sugar, french bread, flour, brown sugar, cinnamon, salt, butter, breakfast sausage. Contains Dairy & Eggs.	Per Serving: Kcals: 370, Fat: 21g, CHO: 30g, Pro: 13g
ASSIC BUTTER CHICKEN:	Chicken breast, vegetable oil, butter, garlic, ginger, cumin, garam masala, chili powder, paprika, turmeric, salt, tomato sauce, cream, parsley/mint/cilantro. Contains dairy, GSF.	Per Serving: Kcals: 491, Fat: 33g, CHO: 33g, Pro: 39g **Based on chicken and sauce alone, no rice.**
ASSIC CHICKEN RICE CASSEROLE	Chicken breast, rice, cream of chicken soup, onion powder, pepper, cheddar cheese. Contains dairy	Per Serving: Kcals: 441, Fat: 25g, CHO: 37g, Pro: 17g
DLESLAW:	Shredded cabbage, shredded onion, salad dressing, white vinegar, celery salt, onion powder, salt & pepper. Contains Egg., GSF.	Per Serving: Kcals: 210, Fat: 18g, CHO: 10g, Pro: 1g
DRNCAKE:	Com, milk, egg, commeal, sugar, cornbread mix .Contains Egg.	Per Serving: Kcals: 290, Fat: 11g, CHO: 43g, Pro: 6g
CUMBER SAUCE:	Sour cream, plain yogurt, whole milk, white vinegar, lemon juice, cucumber, green onions, feta cheese, oregano, lemon zest, salt & pepper. Contains Dairy, GSF.	Per Serving: Kcals: 50, Fat: 3.5g, CHO: 2g, Pro: 2g
RRIED CARROT GINGER SOUP:	Oli/butter, onion, carrots, salt, garlic, ginger, honey, curry powder, chick peas, vegetable stock, coconut milk. Vegetarian, GSF	Per Serving: Kcals: 280, Fat: 19g, CHO: 25g, Pro: 6g
ILY CHICKEN SALAD ICHILADA SAUCE	Chicken, celery, onion, dill pickles, mayonnaise, lemon juice, pickle juice, garlic powder, salt, pepper, fresh dill. GSF Flour, canola oil, oregano, salt, pepper, garlic, onion, cumin, paprika, chili powder, chicken broth, distilled white vinegar, brown sugar, tomato sauce	Per Serving: Kcals: 472, Fat: 34g, CHO: 20g, Pro: 18g  **nutrition varies based on the amount used**
IG ROLL IN A BOWL:	i-hour, candia oii, oregano, sait, pepper, ganic, onnor, cumin, paprika, cinii poweer, cinicken foron, distined vinite vintegat, proven sugar, tomato sauce, tomato sauce. Rice, ground pork, cabbase, carrott, garlice, sysauce, gilange; radica, sesame oii, green onions, worton strips GSF without the wontons. Contains Sesame, "*trace amounts of gluten in soy sauce	Per Serving: Kcals: 390, Fat 24g, CHO: 30g, Pro: 12g
RMERS MARKET SUMMER SUPPER	nce, ground poir, carbody, carrot, gaine, soly sauce, gringer, salactin, seamle oir, green orions, wouldn't supp day without are worknown. Contains sessine, "tace amounts or grinter in say sauce Potatoes, corn, carrots, orion, sausage, chicken breast, lemon, parsley, old bay, butter, garlic. GSF, Contains Dainy.	Per Serving: Kcals: 400, Fat: 14g, CHO: 37g, Pro: 12g
ELD GREEN SALAD:	Fresh field greens with a snaigertie. GSF.	Per Serving: Kcals: 15, Fat: 0g, CHO: 1g, Pro: 0g
REEK DRESSING:	Red wine vinegar, oil, mustard, lemon juice, honey, pepper, garlic powder, oregano, basil, salt	Per Serving: Kcals: 123, Fat: 13q, CHO: .6q, Pro: .1q
RILLED CHICKEN GREEK SALAD:	Fresh greens, pepperonnini, black olives, red onion, cucumber, feta cheeses, tomato, chickpeas, couscous, lemon, vinaigrette. GSF without the couscous	Per Serving: Kcals: 306. Fat: 20g. CHO: 15g. Pro: 22g
RILLED CHICKEN PITAS:	Grilled chicken breast, marinated in an oregano/garlic/lemon vinaigrette. GSF without the pita.	Per Serving: Kcals: 170, Fat: 1.5g, CHO: 17g, Pro: 22g ** Includes 1/2 of a Pita **
ARVEST SALAD (ENTREE SALAD)	Grilled chicken breast, sweet potatoes, beets, craisins, field greens, sunflower seeds, sharp cheddar, cauliflower, kale. GSF, Contains Dairy	Per Serving: Kcals: 420, Fat: 32g, CHO: 16g, Pro: 16g
A GARTEN PENNE ALLA VODKA:	Italian sausage, olive oil, onion, garlic, oregano, red pepper flakes, vodka, plum tomatoes, salt, pepper, penne, heavy cream, parmesan cheese. Contains Dairy.	Per Serving: Kcals: 612, Fat: 40g, CHO: 35g, Pro: 20g.
ALIAN SALAD:	Fresh greens, pepperoncini, black olives, red onion, croutons. GSF without the croutons.	Per Serving: Kcals: 50, Fat: 2g, CHO: 7g, Pro: 1g ** without dressing **
ALIAN VINAIGRETTE:	Italian seasoning, oil, mayonnaise, vinegar, water, sugar, salt, pepper, garlic powder, lemon juice. Contains eggs (mayo).	Per Serving: Kcals:90, Fat: 10g, CHO: 0g, Pro: 0g
SAGNA:	Ricotta cheese, mozzarella cheese, parmesan cheese, parriley, garlic, crushed tomato, basil, ground beef, Italian sausage, salt, pepper, pasta noodles. Contains Dairy.	Per Serving: Kcals: 710, Fat: 39g, CHO: 48g, Pro: 40g
MON CAVATAPPI:	Chicken, butter, garlic, lemon zest, lemon juice, cream cheese, milk, water, chicken base, salt, pepper, cavatappi, tomato/arugula/ basil. Contains Dairy.	Per Serving: Kcals: 530, Fat: 23g, CHO: 41g, Pro: 20g
MON CHICKEN:	Chicken breast, butter, olive oil, lemon juice, minced garlic, brown sugar, salt, pepper. Served smashed baby reds. Contains Dainy; GSF	Per Serving: Kcals: 237, Fat: 3g, CHO: 40g, Pro: 4g
W COUNTRY BOIL:	Potatoes, corn, carrots, onion, sausage, chicken breast, lemon, parsley, old bay, butter, garlic. GSF, Contains Dairy.	Per Serving: Kcals: 400, Fat: 14g, CHO: 37g, Pro: 33g
AC N CHEESE: ARTHA'S MEATLOAF:	Cavatappi macaroni, Velveeta cheese, milk, hot sauce, salt and pepper, butter. Contains Dairy.	Per Serving: Kcals: 460, Fat: 19g, CHO: 52g, Pro: 18g
EATBALLS & RED SAUCE:	Ground beef, ground pork, bread crumbs, carrots, eggs, onions, parsley, ketchup, mustard, worcestershire sauce, salt, peopper. Contains Eggs. Ground beef, ground pork, eggs, bread crumbs, gairlic, orion powder, peopper, greapen, salt, cushed to matter, saginic, oregano, salt, onion powder. Contains Eggs.	Per Serving: Kcals: 510, Fat: 32g, CHO: 24g, Pro: 28g Per Serving: Kcals: 510, Fat: 34g, CHO: 17g, Pro: 31g
EATBALL HOAGIES:		
DITERRANEAN BEEF BOWL:	Ground beef, ground pork, eggs, bread crumbs, garlic, onion powder, pepper, oregano, salt, crushed tomatoes, diced tomatoes, garlic, oregano, salt, onion powder. Contains Eggs. Ground beef, onions, garlic, passley, dill, oregano, path, peoper, 637.	Per Serving: Kcals: 510, Fat: 34g, CHO: 17g, Pro: 31g  Per Serving: Kcals: 472, Fat: 20g, CHO: 36g, Pro: 34g *fincludes all of the fixings in moderate portions**
EXICAN MAC N CHEESE:	Elbow macroni, granus, parasey, unii, oreganio, sani, pepper. Odi.  Elbow macroni, granud beef, cream cheese, processed cheese food, hot sauce, taco seasoning, paprika, pepper, milk, salt and pepper, butter. Contains Dairy.	Per Serving: Kcals: 492, Fat: 25g, CHO: 42g, Pro: 23g
XICAN I ASAGNA:	Shredded pork loin, flour tortillas, cheddar, cheese, black beans, rice, corn, vegetable oil, flour, trontoi sauce, chicken broth, oregano, cumin, paprika, garlic powder, onion powder, brown sugar, white vinegar, chili powder Contains Dairy.	Per Serving: Kcals: 381, Fat: 12g, CHO: 52g, Pro: 19g
W POTATOES:	New potatoes boiled and tossed with butter, salt and pepper Contains Bairy.	Per Serving: Kcals: 490, Fat, 25g, CHO: 42g, Pro: 23g
STA ROSA:	Penne (or other shaped pasta), cream cheese, chicken broth, milk, parmesan cheese, garlic, salt, pepper, parsley, marinara (or red sauce) Contains Dairy.	Per Serving: Kcals: 460, Fat: 19g, CHO: 52g, Pro: 18g
ROGI BAKE WITH KIELBASA:	Potato and cheddar filled pierogi, cream cheese, chicken broth, shredded cheddar cheese, garlic, green onions, diced tomato and salt & pepper. Contains Dairy.	Per Serving: Kcals: 480, Fat: 35g, CHO: 26g, Pro: 16g
PPYSEED DRESSING:	Mayonnaise, sugar, cider vinegar, poppy seeds, mustard powder, onion powder. Contains Eggs (mayo).	Per Serving: Kcals: 120g, Fat: 11g, CHO: 6g, Pro: 0g
RCUPINE MEATBALLS:	Minute rice, celery salt, ground beef, garlic, onion, tomato juice, green bell pepper, oregano, Worcestershire sauce. GSF.	Per Serving: Kcals: 340g, Fat: 15g, CHO: 32g, Pro: 16g Per 2 2oz balls.
RK CARNITAS RICE BAKE:	Rice, pork, black beans, sweet com, cheddar cheese, taco seasoning. GSF:	Per Serving: Kcals: 400, Fat: 9g, CHO: 48g, Pro: 29g
RK ENCHILADAS:	Pork loin, cumin, garlic, onion, salt, pepper, chili powder, lime juice, flour tortillas, cheddar cheese, red enchilada sauce.	Per Serving: Kcals: 480, Fat: 15g, CHO: 43g, Pro: 43g
LLED PORK CARNITAS TACO BOWLS:	Shredded pork seasoned with cumin, garlic powder, onion powder, chili powder,salt, pepper. Accompanied by rice, black beans, sour cream, salsa (tomatoes, green chilis, garlic, salt and pepper), shredded cheddar cheese. Tortilla chips.	Per Serving: Kcals: 650, Fat: 22 g, CHO: 72g, Pro: 42g. ** Includes all ingredients in bowl **
LLED PORK SANDWICHES:	Mildly seasoned pork loin.GSF:	Per Serving: Kcals: 190, Fat: 3.5g, CHO: 19g, Pro: 21g
MEN CRUNCH CHICKEN SALAD: NCH DRESSING:	Chicken breast, slivered almonds, mandarin oranges, napa cabbage, shredded carrots. GSF, tree nuts.	Per Serving: Kcals: 300, Fat: 9g, CHO: 40g, Pro: 17g **excludes dressing**
NCH DRESSING: VIOLI BOLOGNESE BAKE:	Classic ranch seasoning, mayonnaise, milk, dill weed Contains Dairy.	Per Serving: Kcals: 140, Fat: 14g, CHO: 2g, Pro:1g
VIOLI BOLOGNESE BAKE: D WINE VINAIGRETTE:	Cheese ravioli, Bolognese sauce (ground beef, tomato sauce, carrot, celery, onions, paraley, garlic, salt & pepper), mozzarella cheese. Contains Dairy.	Per Serving: Kcals: 570, Fat: 27g, CHO: 41g, Pro: 38g Per Serving: Kcals: 90. Fat. 9g. CHO: 2g. Pro: 0g
D WINE VINAIGRETTE: CE PILAF:	Vinaigrette: white vinegar, red wine vinegar, sugar, granulated onion, salt, canola oil, celery salt, Dijon mustard. GSF: Orzo, rice, butter, diced onion, garlic, chicken broth. Contains Daily.	
E PILAF:	O'zo, nee, butter, dieed onion, gainc, chicken broth. Contains Dairy.  ** Rolls are brought in from a baker v*	Per Serving: Kcals: 170, Fat: 5g, CHO: 28g, Pro: 4g Per Serving: Kcals 130, Fat: 1g, CHO: 24g, Pro: 5g
LSA:	** Kolis are brought in from a bakery ** Tomatoes, glappen opeper, salt, garlic, black pepper, lime juice, granulated onion, green bell peppers, chilis. GSF.	Per Serving: Kcals 130, Fat: 1g, CHO: 24g, Pro: 5g Per Serving: Kcals: 40, Fat: 0g, CHO: 9g, Pro:1g
LSAGE TORTELLINI SOUP:	Iomatoes, jaispeno pepper, sait, gainc, biack pepper, ime juice, granuiated onion, green beei peppers, chiiis. USP: Italian mild sausage, cheses tortellini, caros, onion, celey, heavy cream, tomato. Contairs Dailyr,	Per Serving: Kcals: 40, Fat: 0g, CHO: 9g, Pro: 1g  Per Serving: Kcals: 300, Fat: 17, CHO: 25g, Pro: 12g
VORY TURKEY MEATRALLS:	italian milo sausage, cheese torteilini, carrots, onion, cieerly, neavy cream, tomato. Contains Lainy.  Ground trukey, bread crumbs, egg, garlic, lemon zest, parsley, yellow onion, black pepper, salt, cayenne, coriander and cumin. Contains Eggs.	Per Serving: Kcals: 300, Fat: 17, CHO: 25g, Pro: 12g  Per Serving: Kcals: 140; Fat: 6g, CHO: 10g, Pro: 13g
ALLOPED POTATOES WITH HAM:	Ground turkey, oread crumos, egg., gainc, iemon zest, parsiev, yellow onion, biack pepeper, sait, cayenne, conander and cumin. Lontains eggs.  Butter, onion, garlic, cream cheese, chicken broth, milk, cheddar cheese, thyme, salt, pepper, potatoes, ham GST.	Per Serving: Kcais: 140; Fat: 6g, CHO: 10g, Pro: 13g  Per Serving: Kcais: 600, Fat: 41, CHO: 11g, Pro: 42g
SAME GREEN BEANS:	Drutte, vinor, gain, vieni vinese, vinor, inceri vino, inceri vino, sai, pepper, postore, init Out. Freid green bears, sesame oil, sesame seeds, garlic, soy saice, sait. Contains sesame, soy saice does contain gluten.	Per Serving: Kcals: 900, 1 at: 41, CHO: 11g, 110: 42g
SAME PEANUT CHICKEN	riesi green toetis, sesamie oli, sesamie seeto, gariik, suy sautor, sait. Corianis sesamie, soy sautor does corianii giuteri. (Chicken breasts, pasta, peanut butter, sesamie oli, soy sautor, brown sugar, applie diede vinegar, salt, pepper, onioni, garlic, lime juice. Contains peanuts & sesame	Per Serving: Kcals: 547, Pat: 79, CHO: 79, Pro: 39
INNY ORANGE CHICKEN:	Chicken Dreass, pasir, pearint Druter, sesame on, soy saute, brown sugar, appre cuter vinegar, sait, pepper, orient, gaine, immediate, pearint patient of sesame on sesame of the pearint of sesame of the pearint of th	Per Serving: Kcals: 288, Fat: 9g, CHO: 18g, Pro: 34g  Per Serving: Kcals: 288, Fat: 9g, CHO: 18g, Pro: 33g **Does not include rice**
OPPY JOE'S:	Ground bees, cannot un, garne, or grange price, interings, so searce, ince white viriages, continuently granges, continuently granges and granges are granted to the continuent granted grante	Per Serving: Kcals: 430, Fat: 15g, CHO: 45g, Pro: 28g ** Includes roll **
INACH APPLE SALAD (ENTREE SALAD)	Spinach, Apple, Feta, Craisins, Cardiant Malurus, Quinos & Grilled Chicken. GSF; contains dairy (cheese), tree nuts	Per Serving: Kcals: 453, Fat: 18g, CHO: 49g, Pro: 29g
INACH & BERRY SALAD:	Spirach, beries, GSF.	Per Serving: Kcals: 50, Fat: 0g, CHO: 12g, Pro: 1g
PRING ARUGULA SALAD:	Chicken breast, lentils, angula, feta, cherry tomatoes, sunflower seeds. Vinaigrette: white wine vinegar, dijon mustard, onion powder, salt, olive oil, pepper. GSF.	Per Serving: Kcals: 355, Fat: 12g, CHO: 48g, Pro: 17g **Includes all ingredients and dressing per serving**
		Per Serving: Kcals: 366, Fat: 12q, CHO: 55q, Pro: 16q

SPRING PROSCIUTTO PEA SALAD:	Chicken breast, field greens, peas, prosciutto, snap peas, parmesan cheese, lemon juice, dijon mustard, olive oil, salt, pepper. GSF.	Per Serving: Kcals: 200, Fat: 7g, CHO: 10g, Pro: 12g
STRAWBERRY FLUFF:	Strawberry jello, vanilla pudding, cool whip, strawberries, marshmallows. GSF.	Per Serving: Kcals: 160, Fat: 2g, CHO: 34g, Pro: 2g.
SWEET CORN CHOWDER:	Com, unsalted butter, onion, diced ham, fresh thyme, salt and pepper, flour, water, red potatoes, ½ n ½, sugar, basil. Contains Dairy.	Per Serving: Kcals: 330, Fat: 13g, CHO: 50g, Pro: 11g
TACO SALAD W DRUMMIES:	Ground beef, lettuce, tomato, taco sauce, cheddar cheese, green onion, black olives, Doritos, French dressing, chicken drumsticks. GSF. Contains Dairy.	Per Serving: Kcals: 570, Fat: 41g, CHO: 28g, Pro: 24g
TATER TOT HOTDISH (AMANDA'S GRANDMA'S):	Seasoned ground beef, cream of mushroom soup, corn, carrots, peas, onions, tater tots. GSF.	Per Serving: Kcals: 360, Fat: 20g, CHO: 21g, Pro:25g
TEX MEX BAKE:	Ground beef, spanish rice, corn, black beans, bell peppers, onion, cheddar cheese, tortilla chips. GSF.	Per Serving: Kcals: 449, Fat: 17g, CHO: 40g, Pro: 33g
TRADITIONAL EGG BAKE BY SUZY SNOWFLAKE	Pork sausage, dry mustard, eggs, cheddar cheese, milk, bread, salt. Contains Dairy, Eggs.	Per Serving: Kcals: 500, Fat: 36g, CHO: 10g, Pro: 31g
TRADITIONAL QUICHE:	Pie shell, eggs, ham, cheddar cheese, green onion, milk, salt, pepper, onion powder. Conains Eggs, Dairy.	Per Serving: Kcals: 320, Fat: 19g, CHO: 16g, Pro: 19g
WEDGE SALAD:	Iceberg lettuce, croutons, tomato and cucumber. GSF minus the croutons.	Per Serving: Kcals: 50, Fat: 1.5g, CHO: 9g, Pro: 2g
WHITE CHICKEN CHILI:	Chicken breast, poblano pepper, great northern beans, cumin, coriander, chili powder. GSF.	Per Serving: Kcals: 280, Fat: 4g, CHO: 42g, Pro: 22g
WINTER HARVEST SALAD:	Kale, mixed greens, roasted white meat chicken, beets, sweet potatoes, (candied pecans seasonally ), craisins, sunflower seeds, cheddar cheese. The dressing is the Apple Cider Vinaigrette. GSF.	*** Calories/Fat/CHO/Pro vary dependent on individual choice ***
ZUPPA TOSCANA:	Italian sausage, onion, garlic, salt, pepper, chicken broth, potatoes, cream, bacon, grated parmesan cheese. GSF.	Per Serving: Kcals: 220, Fat: 15g, CHO: 15g, Pro: 7g
SWEDISH MEATBALLS		
**ALL NUTRITION FACTS ARE ESTIMATES BASED	ON THE INGREDIENTS AND APPROPRIATE SERVING SIZES **	