



**NUTRITION FACTS FOR WINTER 2020 MENU:**

**Nutrition Facts**

**Porcupine  
Meatballs**

Serving Size 2 oz Ball  
Servings per Container 9

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Amount Per Serving 2 oz Meatball

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**Calories 288**

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**Total Fat 13g**  
Saturated Fat 5g  
*Trans Fat 0g*

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**Total Carbohydrate 19g**  
Fiber 1g  
Sugar 0g

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**Protein 21g**

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\* Recipe analysis by My Fitness Pal

*Ingredients: Minute Rice, Celery Salt, Ground Beef, Clove Garlic, Onion, Minced, Tomato Juice, Green Bell Pepper, Marjoram, Black Pepper, Oregano, Worcestershire Sauce, Salt*

# Nutrition Facts

## Med. Lemon Chicken

Serving Size 3 oz Breast  
Servings per Container 4-6

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Amount Per Serving 3-4 oz Chicken

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**Calories 210**

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**Total Fat 10g**  
Saturated Fat 5g  
*Trans Fat* 0g

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**Total Carbohydrate 6g**  
Fiber 0g  
Sugar 5g

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**Protein 25g**

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\* Recipe analysis by My Fitness Pal

*Ingredients: Chicken breast, butter, chicken broth, lemon, honey, garlic, italian seasoning, salt and pepper*

# **Nutrition Facts**

## **Pork Carnitas**

### **Taco Bowls**

Serving Size 1 Bowl

Servings per Container 6

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**Amount Per Serving** 2-3 oz pork, ½ cup beans, ½ cup rice, 1 T sour cream, 1 oz shredded cheese, 1 T salsa, 1 oz Tortilla Chips

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**Calories 345-400**

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**Total Fat 19.2-22g**

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**Total Carbohydrate 10.1-15g**

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**Protein 32.8-42g**

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\* Recipe analysis by My Fitness Pal

*Ingredients for Spice Rub: Kosher salt, cumin, garlic powder, onion powder, ground pepper, chili powder*

# Nutrition Facts

## Meatballs in Red Sauce

Serving Size 2 oz Ball  
Servings per Container 12

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Amount Per Serving 2 oz Meatball

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**Calories 246**

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**Total Fat 16g**  
Saturated Fat 6g  
Trans Fat 0g

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**Total Carbohydrate 8g**  
Fiber 1g  
Sugar 0g

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**Protein 16 g**

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\* Recipe analysis by My Fitness Pal

\*\* Nutrition facts do not include the Hoagie Roll.

*Ingredients: **Meatballs:** Ground beef, ground pork, eggs, Italian bread crumbs, garlic, onion powder, ground pepper, oregano, salt. **Sauce:** Crush tomatoes, italian diced tomatoes, salt, garlic, oregano, garlic salt, onion powder*

# Nutrition Facts

## Low Country Boil

Serving Size

Servings per Container

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Amount Per Serving

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**Calories 355**

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**Total Fat 18g**

Saturated Fat 4g

*Trans Fat* 0g

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**Total Carbohydrate 43g**

Fiber 4g

Sugar 7g

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**Protein 12 g**

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\* Recipe analysis by My Fitness Pal

*Ingredients: Potatoes, corn, olive oil, carrots, creole seasoning, lemon, garlic, butter, paprika, red pepper flakes, salt, pepper, kielbasa, chicken, lemon, parsley.*

# Nutrition Facts

## Bruschetta

### Chicken Bake

Serving Size 1.5 cup

Servings per Container 4-6

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Amount Per Serving

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**Calories 347**

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**Total Fat 7g**

Saturated Fat 2g

Trans Fat 0g

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**Total Carbohydrate 27g**

Fiber 3g

Sugar 6g

---

**Protein 34g**

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\* Recipe analysis by My Fitness Pal

*Ingredients: Chicken breast, tomato, stove top stuffing (chicken flavored), garlic, basil, salt, mozzarella cheese*

# Nutrition Facts

## Asia Bowl

Serving Size 1.0-1.5 cup + ~ 1 Cup  
Rice  
Servings per Container 4-6

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Amount Per Serving

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**Calories 404**

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**Total Fat 16g**

Saturated Fat 3g

*Trans Fat* 0g

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**Total Carbohydrate 43g**

Fiber 1g

Sugar 4g

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**Protein 20g**

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\* Recipe analysis by My Fitness Pal

*Ingredients: Meat & Sauce: Olive oil, ground turkey, red bell pepper, onion, garlic, soy sauce, hoisin sauce, sesame oil, white sugar, garlic, red pepper flakes (optional)*

# Nutrition Facts

## Beef Stroganoff with Egg Noodles

Serving Size 1 Cup

Servings per Container 6

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Amount Per Serving 1 Cup of Stroganoff  
over ½ cup noodles

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**Calories 525**

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**Total Fat 35g**

Saturated Fat 19g

*Trans Fat* 0g

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**Total Carbohydrate 23g**

Fiber 1g

Sugar 2g

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**Protein 34g**

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\* Recipe analysis by My Fitness Pal

*Ingredients: Sirloin tips, soy sauce, dry mustard, water, sugar, salt and pepper, vegetable oil, onion, all purpose flour, tomato paste, beef broth, sour cream, parsley. Egg Noodles.*



# Nutrition Facts

## Pork Loin & Root Veg

Serving Size 4oz Pork/ 1 Cup veg  
Servings per Container: 4-6

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Amount Per Serving 4oz Pork + 1 Cup  
Vegetables

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**Calories 350**

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**Total Fat 21g**  
Saturated Fat 7g  
*Trans Fat* 0g

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**Total Carbohydrate 17g**  
Fiber 3g  
Sugar 4g

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**Protein 26g**

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\* Recipe analysis by My Fitness Pal

*Ingredients: Pork loin, salt, pepper, seasonings. Root Veg: Potatoes, sweet potatoes, beets, onions, canola oil, salt and pepper.*

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# Nutrition Facts

6 servings per container

**Serving size** 1 cup

Amount Per Serving  
**Calories** 410

% Daily Value\*

**Total Fat** 9g 12%

Saturated Fat 5g 25%

*Trans* Fat 0g

**Sodium** 0mg 0%

**Total Carbohydrate** 48g 17%

Dietary Fiber 2g 7%

Total Sugars 4g

Includes 0g Added Sugars 0%

**Protein** 28g 56%

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

*Ingredients: Butter, garlic, milk, salt, cream cheese, parmesan cheese, parsley, pasta, chicken breast*