



**NUTRITION FACTS FOR APRIL 2020 MENU:
PLEASE NOTE: THESE ARE ESTIMATES **

Nutrition Facts

Pork Carnitas Taco Bowls

Serving Size 1 Bowl

Servings per Container 6

**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**

Calories 345-400

Total Fat 19.2-22g

Total Carbohydrate 10.1-15g

Protein 32.8-42g

* Recipe analysis by My Fitness
Pal

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

Nutrition Facts

Beef Vegetable Soup

Serving Size 1 Cup

Servings per Container 6-8

Amount Per Serving 1 cup

Calories 264

Total Fat 11

Total Carbohydrate 24

Protein 18

* Recipe analysis by My Fitness
Pal

*Ingredients: Beef, carrots,
celery, corn, tomato*

Nutrition Facts**Porcupine Meatballs**

Serving Size 2 oz Ball

Servings per Container 9

Amount Per Serving 2 oz Meatball

Calories 288

Total Fat 13g

Saturated Fat 5g

Trans Fat 0g

Total Carbohydrate 19g

Fiber 1g

Sugar 0g

Protein 21g

* 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**Chicken Alfredo Bake**

Serving Size 1 Cup

Servings per Container 4-6

Amount Per Serving 1cup

Calories 410

Total Fat 9g

Saturated Fat 5g

Trans Fat 0g

Total Carbohydrate 48g

Fiber 2g

Sugar 4g

Protein 28

* Recipe analysis by My Fitness Pal

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

Nutrition Facts**Sesame Chicken**

Serving Size 1 ½ cups (meat and noodles)

Servings per Container 4-6

Amount Per Serving 1 ½ Cups

Calories 494

Total Fat 18g

Saturated Fat 3g

Trans Fat 0g

Total Carbohydrate 50g

Fiber 3g

Sugar 5g

Protein 34g

* Recipe analysis by My Fitness Pal

Ingredients: Chicken breast, canola oil, linguine, peanut butter, rice vinegar, oyster sauce, chili garlic sauce, ginger, sesame oil.

**Ingredients for sauce*

Nutrition Facts**Sausage Tortellini Soup**

Serving Size 1 cups

Servings per Container 4-6

Amount Per Serving 1 Cup

Calories 443

Total Fat 28g

Saturated Fat 9g

Trans Fat 0g

Total Carbohydrate 27g

Fiber 3g

Sugar 5g

Protein 28g

* Recipe analysis by My Fitness Pal

Ingredients: Mild Italian Sausage, carrot, celery, onion, chicken broth, cheese tortellini, half and half

Nutrition Facts

Beef Stroganoff with Egg Noodles

Serving Size 1 Cup

Servings per Container 6

Amount Per Serving 1 Cup of Stroganoff over ½ cup noodles

Calories 525

Total Fat 35g

Saturated Fat 19g

Trans Fat 0g

Total Carbohydrate 23g

Fiber 1g

Sugar 2g

Protein 34g

* 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 Carnitas Taco Bake

Serving Size 1 Cup

Servings per Container 6

Amount Per Serving 1 Cup (Rice/bean/corn/pork)

Calories 345-400

Total Fat 19.2-22g

Total Carbohydrate 10.1-15g

Protein 32.8-42g

* Recipe analysis by My Fitness Pal

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

