



Nutrition Facts Spring 2019 Menu

Week of September 9: CHICKEN ALFREDO BAKE WITH BROCCOLI:

Nutrition Facts

Chicken Alfredo Bake w/ Broccoli

Serving Size 1Cup

Servings per Container 6-8

Amount Per Serving ~ 1 Cup

Calories 629

Total Fat 25g

Saturated Fat 12g

Trans Fat 0g

Total Carbohydrate 66g

Fiber 4g

Sugar 13g

Protein 35g

* Recipe analysis by My Fitness Pal

Week of September 16: MARTHA'S MEATLOAF:

Nutrition Facts Martha's Meatloaf Serving Size 4oz Servings per Container 6
Amount Per Serving 3-4oz serving
Calories 501
Total Fat 19g Saturated Fat 6g <i>Trans Fat</i> 0g
Total Carbohydrate 15g Fiber 5g Sugar 7g
Protein 23g
* Recipe analysis by My Fitness Pal

Week of September 23: SLOW ROASTED PULLED PORK SANDWICHES, BAKED BEANS, COLESLAW:

Nutrition Facts Slow Roasted Pulled Pork Serving Size: 3-4oz Servings per Container 6
Amount Per Serving
Calories 213
Total Fat 6.4g Saturated Fat 1.6g <i>Trans Fat</i> 0g
Total Carbohydrate 6.7g Fiber 0.3g Sugar 3.9 g
Protein 37.1g
* Recipe analysis by My Fitness Pal

Nutrition Facts

Baked Beans

Serving Size ½ Cup

Servings per Container 6

Amount Per Serving

Calories 140

Total Fat 1g

Saturated Fat 0g

Trans Fat 0g

Total Carbohydrate 29g

Fiber 5g

Sugar 12g

Protein 6g

* Recipe analysis by My Fitness Pal

Nutrition Facts

Coleslaw

Serving Size ½ Cup

Servings per Container 6

Amount Per Serving

Calories 198

Total Fat 18g

Saturated Fat 3g

Trans Fat 0g

Total Carbohydrate 9g

Fiber 2g

Sugar 7g

Protein 1g

* Recipe analysis by My Fitness Pal

Nutrition Facts	
Strawberry Fluff	
Serving Size: 2 oz	
Servings per Container 6	
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Amount Per Serving	
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Calories 194	
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Total Fat 6.2g	
Saturated Fat 6g	
<i>Trans Fat</i> 0g	
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Total Carbohydrate 31.5g	
Fiber 0.8g	
Sugar 26.8 g	
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Protein 1.1g	
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* Recipe analysis by My Fitness Pal	

Week of September 30: CHICKEN AND DUMPLINGS:

Nutrition Facts	
6 servings per container	
Serving size	1 cup
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Amount Per Serving	
Calories	400
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	% Daily Value*
Total Fat 11g	14%
Saturated Fat 3g	15%
<i>Trans Fat</i> 0g	
Sodium 0mg	0%
Total Carbohydrate 48g	17%
Dietary Fiber 2g	7%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 28g	56%
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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.	

Week of October 7: RAVIOLI BOLOGNESE BAKE:

Nutrition Facts
Ravioli Bake
Serving Size 1Cup
Servings per Container 6-8

Amount Per Serving ~ 1 Cup

Calories 217

Total Fat 12g
Saturated Fat 6g
<i>Trans Fat</i> 0g

Total Carbohydrate 18g
Fiber 1g
Sugar 1g

Protein 14g

* Recipe analysis by My Fitness Pal

Week of October 14: SIMPLE CHICKEN CHOW MEIN & MANDARIN SLAW:

Nutrition Facts
Chicken Chow Mein
Serving Size 1Cup
Servings per Container ~ 6

Amount Per Serving ~ 1 Cup

Calories 275

Total Fat 10g
Saturated Fat 1g
<i>Trans Fat</i> 0

Total Carbohydrate 16g
Fiber 2g
Sugar 5g

Protein 30g

* Recipe analysis by My Fitness Pal

Nutrition Facts**Mandarin Slaw**

Serving Size ½ Cup

Servings per Container 4-6

Amount Per Serving ~ ½ Cup

Calories 162

Total Fat 13g

Saturated Fat 1g

Trans Fat 0g

Total Carbohydrate 12g

Fiber 1g

Sugar 10g

Protein 1g

* Recipe analysis by My Fitness Pal

Week of November 21: AMANDA'S GRANDMA'S TATER TOT HOTDISH:**Nutrition Facts****Tater Tot Hot Dish**

Serving Size 1Cup

Servings per Container ~ 6

Amount Per Serving ~ 1 Cup

Calories 457

Total Fat 24g

Saturated Fat 7g

Trans Fat 0g

Total Carbohydrate 38g

Fiber 5g

Sugar 4g

Protein 21g

* Recipe analysis by My Fitness Pal

Week of October 28: GHOULASH:

Nutrition Facts	
Ghoulash	
Serving Size 1Cup	
Servings per Container ~ 6	
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Amount Per Serving ~ 1 Cup	
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Calories 622	
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Total Fat 22g	
Saturated Fat 6g	
<i>Trans Fat</i> 0g	
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Total Carbohydrate 65g	
Fiber 7g	
Sugar 6g	
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Protein	
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* Recipe analysis by My Fitness Pal	

Week of November 4: CREAMY PIEROGI BAKE WITH KIELBASA:

Nutrition Facts	
6 servings per container	
Serving size	1 cups
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Amount Per Serving	
Calories	550
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	<small>% Daily Value*</small>
Total Fat 40g	51%
Saturated Fat 19.1g	96%
<i>Trans Fat</i> 0.3g	
Sodium 0mg	0%
Total Carbohydrate 27g	10%
Dietary Fiber 1g	4%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 19g	38%
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<small>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</small>	
<small>*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.</small>	

Week of November 11: PULLED PORK CARNITAS TACO BOWLS:

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

Week of November 18: MEATBALLS IN RED SAUCE OVER PENNE

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
<i>Trans Fat</i> 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

***Recommended serving size for pasta is ½ cup cooked. We realize that this is probably the amount you are eating. However, to simplify things, add 80 calories, 12g CHO and 3g of Pro per ½ cup cooked pasta consumed! Goodluck with that!**

Week of December 2: MEDITERRANEAN CHICKEN PITAS WITH RICE PILAF:

Nutrition Facts

Rice Pilaf

Serving Size ½ Cup

Servings per Container 6-8

**Amount Per Serving Rec'd amount
of rice pilaf per serving is ½ Cup**

Calories 125

Total Fat 4g

Saturated Fat 4g

Trans Fat 0g

Total Carbohydrate 18g

Fiber 1g

Sugar 1g

Protein 4g

* Recipe analysis by My Fitness Pal

Nutrition Facts

Chicken Pita

Serving Size 1 pita wrap

Servings per Container 4-6

**Amount Per Serving is 2oz chicken,
1 pita bread, 1 Tbsp cucumber
sauce, lettuce & tomato**

Calories 304

Total Fat 7.6g

Saturated Fat 2.6g

Trans Fat 0g

Total Carbohydrate 35.7g

Fiber 2g

Sugar 1.3g

Protein 20.8g

* Recipe analysis by My Fitness Pal

