



## Nutrition Facts Spring 2019 Menu

Week of April 8: RAVIOLI BOLOGNESE LASAGNE BAKE:

### Nutrition Facts Ravioli Bake

Serving Size 1Cup  
Servings per Container 6-8

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Amount Per Serving ~ 1 Cup

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**Calories 217**

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**Total Fat 12g**  
Saturated Fat 6g  
*Trans Fat 0g*

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**Total Carbohydrate 18g**  
Fiber 1g  
Sugar 1g

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**Protein 14g**

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\* Recipe analysis by My Fitness Pal

Week of April 15: PULLED PORK CARNITAS BOWLS:

# 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

Week of April 22: CHICKEN AND DUMPLINGS:

<b>Nutrition Facts</b>	
6 servings per container	
<b>Serving size</b>	<b>1 cup</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>400</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 11g	<b>14%</b>
Saturated Fat 3g	<b>15%</b>
<i>Trans</i> Fat 0g	
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 48g	<b>17%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 8g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 28g	<b>56%</b>
<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 April 29: MARTHA STEWART'S CLASSIC MEATLOAF:

# Nutrition Facts

## Martha's Meatloaf

Serving Size 4oz

Servings per Container 6

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Amount Per Serving 3-4oz serving

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**Calories 501**

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**Total Fat 19g**

Saturated Fat 6g

*Trans Fat* 0g

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**Total Carbohydrate 15g**

Fiber 5g

Sugar 7g

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**Protein 23g**

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\* Recipe analysis by My Fitness Pal

Week of May 6: CREAMY PIEROGI BAKE WITH KIELBASA:

<b>Nutrition Facts</b>	
6 servings per container	
<b>Serving size</b>	<b>1 cups</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>550</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 40g	<b>51%</b>
Saturated Fat 19.1g	<b>96%</b>
<i>Trans</i> Fat 0.3g	
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 27g	<b>10%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 19g	<b>38%</b>
<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 May 13: SLOW ROASTED PULLED PORK SANDWICHES, BAKED BEANS, COLESLAW:

# Nutrition Facts

## Slow Roasted Pulled Pork

Serving Size: 3-4oz

Servings per Container 6

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Amount Per Serving

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**Calories 213**

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**Total Fat 6.4g**

Saturated Fat 1.6g

*Trans Fat* 0g

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**Total Carbohydrate 6.7g**

Fiber 0.3g

Sugar 3.9 g

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**Protein 37.1g**

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\* Recipe analysis by My Fitness Pal

# Nutrition Facts

## Baked Beans

Serving Size ½ Cup  
Servings per Container 6

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Amount Per Serving

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**Calories 140**

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**Total Fat 1g**  
Saturated Fat 0g  
*Trans Fat* 0g

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**Total Carbohydrate 29g**  
Fiber 5g  
Sugar 12g

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**Protein 6g**

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\* Recipe analysis by My Fitness Pal

# Nutrition Facts

## Coleslaw

Serving Size ½ Cup  
Servings per Container 6

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Amount Per Serving

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**Calories 198**

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**Total Fat 18g**  
Saturated Fat 3g  
*Trans Fat* 0g

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**Total Carbohydrate 9g**  
Fiber 2g  
Sugar 7g

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**Protein 1g**

\* Recipe analysis by My Fitness Pal

# **Nutrition Facts**

## **Strawberry Fluff**

Serving Size: 2 oz

Servings per Container 6

Amount Per Serving

**Calories 194**

**Total Fat 6.2g**

Saturated Fat 6g

*Trans Fat* 0g

**Total Carbohydrate 31.5g**

Fiber 0.8g

Sugar 26.8 g

**Protein 1.1g**

\* Recipe analysis by My Fitness Pal



Week of May 20: HOMEMADE CHICKEN ALFREDO:

<b>Nutrition Facts</b>	
6 servings per container	
<b>Serving size</b>	<b>1 cup</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>410</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 5g	<b>25%</b>
<i>Trans</i> Fat 0g	
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 48g	<b>17%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 28g	<b>56%</b>
<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 May 27: PORCUPINE MEATBALLS:

# 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

**Week of June 3: MEDITERRANEAN CHICKEN PITAS WITH RICE PILAF:**

# **Nutrition Facts**

## **Rice Pilaf**

Serving Size ½ Cup

Servings per Container 6-8

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

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**Calories 125**

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**Total Fat 4g**

Saturated Fat 4g

*Trans Fat* 0g

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**Total Carbohydrate 18g**

Fiber 1g

Sugar 1g

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**Protein 4g**

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\* Recipe analysis by My Fitness Pal

# Nutrition Facts

## Chicken Pita

Serving Size 1 pita wrap  
Servings per Container 4-6

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

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**Calories 304**

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**Total Fat 7.6g**  
Saturated Fat 2.6g  
*Trans Fat* 0g

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**Total Carbohydrate 35.7g**  
Fiber 2g  
Sugar 1.3g

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**Protein 20.8g**

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\* Recipe analysis by My Fitness Pal

Week of June 10: CHEESY HAM & HASH BROWN BAKE:

# Nutrition Facts

## Cheesy Hashbrown & Ham Bake

Serving Size 1Cup

Servings per Container 6-8

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Amount Per Serving ~ 1 cup

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**Calories 631**

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**Total Fat 39g**

Saturated Fat 11g

*Trans Fat* 0g

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**Total Carbohydrate 50g**

Fiber 6g

Sugar 2g

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**Protein 19g**

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\* Recipe analysis by My Fitness Pal

Week of June 17: MEATBALLS IN RED SAUCE, HOAGIES & BROWNIES

# 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

**\*\* HOAGIE ROLLS ADD 220 KCALS, 1.5G FAT, 44G CHO, 9G PRO**

# Nutrition Facts

## Brownies

Serving Size 1 brownie  
Servings per Container 10

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Amount Per Serving approximately 1 brownie

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**Calories 130**

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**Total Fat 2.5g**

Saturated Fat 1.5g

*Trans Fat* 0g

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**Total Carbohydrate 25g**

Fiber 0g

Sugar 17g

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**Protein 1g**

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\* Recipe analysis by My Fitness Pal

Week of June 24: ASIAN BOWL, MANDARIN CABBAGE SLAW

## Nutrition Facts

### Asian Bowl

Serving Size 1 Bowl

Servings per Container 4-6

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Amount Per Serving approximately 2 oz  
pulled pork, 1 cup veg, ½ c rice, ½ c  
crispy chow mein noodles.

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**Calories 381**

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**Total Fat 8.0g**

Saturated Fat 2.0g

*Trans Fat* 0g

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**Total Carbohydrate 51g**

Fiber 5g

Sugar 6g

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**Protein 17g**

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\* Recipe analysis by My Fitness Pal



# Nutrition Facts

## Mandarin Slaw

Serving Size ½ Cup

Servings per Container 4-6

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Amount Per Serving approximately

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**Calories 162**

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**Total Fat 13g**

Saturated Fat 1g

*Trans Fat* 0g

---

**Total Carbohydrate 12g**

Fiber 1g

Sugar 10g

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**Protein 1g**

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\* Recipe analysis by My Fitness Pal