



HOMESTYLE 2032 Highland Ave. E., Twin Falls, ID 83301

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NUTRIENT ANALYSIS



HOMESTYLE

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NEW MENU STARTS
March 1, 2022 – August 31, 2022

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Nutrient Analysis March 1, 2022 - August 31, 2022

The numbers used in these classifications do not include enhancements. Nutritional value of enhancements are shown separately.
Nutritional analysis is based on packaging information provided by the food industry and may not contain all comprehensive nutrition information.

| LC | LF | CC | GR | SC | R | KSC | | gm | gm | gm | mg | gm | gm | gm | gm | mg | iu | mg | mg | mg | mg | |
|----|----|----|----|----|---|-----|--|-----|-----|---------|-------|------|-------|-----|-----|-----|------|-------|--------|------|------|------|
| | | | | | | | Spring/Summer 2022 | Cal | Fat | Sat Fat | Trans | Chol | Carbs | Fib | Sug | Pro | Sod | Vit A | Vita C | Iron | Calc | Pot |
| ⓪ | | ⓪ | | | | | #01 Southwest Chicken with Mexican Style Street Corn | 430 | 20 | 6 | 0 | 65 | 36 | 5 | 8 | 26 | 960 | 145 | 0 | 1 | 702 | 502 |
| ⓪ | ⓪ | ⓪ | ⓪ | ⓪ | ⓪ | ⓪ | #02 Garlic Parmesan Chicken Pasta with Broccoli | 380 | 14 | 3.5 | 0 | 120 | 37 | 4 | 2 | 32 | 730 | 789 | 57 | 5 | 168 | 511 |
| ⓪ | ⓪ | ⓪ | | ⓪ | ⓪ | ⓪ | #03 Loaded Potato & Chicken Casserole | 390 | 14 | 5 | 0 | 55 | 44 | 6 | 8 | 24 | 710 | 2251 | 11 | 3 | 125 | 332 |
| ⓪ | ⓪ | | | ⓪ | ⓪ | ⓪ | #04 Teriyaki Chicken Stir Fry | 460 | 10 | 1.5 | 0 | 70 | 65 | 6 | 13 | 33 | 710 | 593 | 23 | 3 | 76 | 451 |
| ⓪ | | ⓪ | | | | | #05 Homestyle Turkey Noodle | 410 | 19 | 9 | 0 | 90 | 42 | 6 | 8 | 20 | 870 | 2622 | 19 | 2 | 342 | 459 |
| ⓪ | ⓪ | ⓪ | ⓪ | ⓪ | | ⓪ | #06 Mexican Style Pollock with Rice & Beans | 390 | 12 | 1.5 | 0 | 60 | 45 | 10 | 7 | 26 | 530 | 5819 | 9 | 2 | 115 | 847 |
| ⓪ | ⓪ | | ⓪ | ⓪ | ⓪ | ⓪ | #07 Citrus Pepper Salmom | 400 | 13 | 1.5 | 0 | 40 | 48 | 6 | 6 | 25 | 580 | 395 | 9 | 2 | 112 | 425 |
| ⓪ | ⓪ | | | ⓪ | | ⓪ | #08 Vegan Lentil Orzo Stew | 390 | 11 | 1.5 | 0 | 0 | 59 | 11 | 9 | 14 | 390 | 5294 | 26 | 3 | 109 | 1051 |
| ⓪ | ⓪ | | | ⓪ | | ⓪ | #09 Vegan Chick'n Nuggets | 380 | 9 | 1.5 | 0 | 0 | 54 | 12 | 19 | 22 | 510 | 4098 | 32 | 5 | 69 | 731 |
| ⓪ | | ⓪ | | ⓪ | | ⓪ | #10 Lasagna Rollup with Vegetarian Alfredo Sauce | 380 | 15 | 8 | 0 | 45 | 33 | 5 | 6 | 13 | 720 | 1149 | 26 | 1 | 276 | 549 |
| ⓪ | ⓪ | | ⓪ | ⓪ | | ⓪ | #11 Black Bean Burger Bowl with Tropical Salsa | 420 | 12 | 0 | 0 | 0 | 64 | 13 | 14 | 17 | 750 | 1211 | 51 | 3 | 151 | 956 |
| | ⓪ | | | ⓪ | | | #12 Grandpa's BBQ Pork Patty | 540 | 16 | 5 | 0 | 50 | 74 | 13 | 38 | 26 | 490 | 3906 | 31 | 5 | 152 | 1079 |
| ⓪ | | ⓪ | | | | | #13 Ham & Scalloped Potato Casserole | 380 | 14 | 7 | 0 | 50 | 43 | 6 | 7 | 19 | 820 | 1306 | 53 | 2 | 267 | 1450 |
| ⓪ | ⓪ | | ⓪ | ⓪ | ⓪ | ⓪ | #14 Pork Tamales | 420 | 10 | 0 | 0 | 30 | 56 | 6 | 6 | 15 | 750 | 226 | 3 | 2 | 196 | 410 |
| ⓪ | | | | | | | #15 Homestyle Cheeseburger | 490 | 21 | 9 | 1 | 85 | 46 | 5 | 11 | 30 | 930 | 2048 | 5 | 5 | 270 | 435 |
| | | | | | | | #16 Beef Finger Steak Dinner | 510 | 20 | 8 | 0 | 45 | 56 | 9 | 7 | 26 | 1630 | 1886 | 15 | 1 | 135 | 811 |
| ⓪ | | ⓪ | | ⓪ | ⓪ | ⓪ | #17 Chopped Steak with Mac & Cheese | 420 | 22 | 9 | 1 | 95 | 26 | 5 | 2 | 27 | 660 | 546 | 50 | 3 | 222 | 563 |
| | | | | | | | #18 Classic Baked Bean and Franks Casserole | 620 | 27 | 7 | 0 | 105 | 68 | 10 | 29 | 17 | 930 | 5339 | 11 | 4 | 149 | 1026 |
| ⓪ | | | | ⓪ | | | #19 Old Fashioned Meatloaf | 490 | 21 | 7 | 1.5 | 50 | 57 | 9 | 9 | 22 | 410 | 1775 | 27 | 4 | 97 | 714 |
| ⓪ | ⓪ | | | ⓪ | | | #20 Tamale Pie | 460 | 14 | 4 | 0 | 55 | 64 | 10 | 24 | 21 | 570 | 493 | 7 | 3 | 229 | 631 |
| ⓪ | | ⓪ | ⓪ | | | | #21 Ham, Egg & Cheese Breakfast Scramble | 480 | 21 | 8 | 0 | 345 | 40 | 4 | 8 | 29 | 1350 | 694 | 47 | 2 | 269 | 1271 |
| ⓪ | | | | ⓪ | | ⓪ | #22 Pancake Breakfast | 500 | 22 | 8 | 0 | 320 | 50 | 4 | 11 | 22 | 670 | 559 | 42 | 2 | 280 | 245 |
| ⓪ | | | | ⓪ | | | #23 Breakfast Bagel Pizza | 420 | 16 | 8 | 0 | 95 | 52 | 7 | 16 | 20 | 800 | 1738 | 9 | 2 | 325 | 586 |
| ⓪ | | ⓪ | ⓪ | ⓪ | ⓪ | ⓪ | #24 Mixed Berry Gems | 430 | 20 | 12 | 0 | 20 | 50 | 2 | 27 | 13 | 560 | 0 | 111 | 1 | 64 | 376 |
| ⓪ | | | | ⓪ | ⓪ | ⓪ | #25 Old Fashioned Cake Donut | 440 | 22 | 9 | 0 | 45 | 54 | 1 | 32 | 10 | 610 | 18 | 42 | 2 | 556 | 196 |
| ⓪ | | | | | | ⓪ | #26 Breakfast Enchilada | 480 | 19 | 10 | 0 | 210 | 57 | 9 | 14 | 20 | 950 | 1948 | 15 | 3 | 555 | 827 |
| | | | | | | | #27 Sausage, Egg & Cheese Croissant Sandwich | 580 | 35 | 14 | 0 | 140 | 52 | 5 | 16 | 16 | 830 | 1483 | 25 | 3 | 247 | 792 |
| ⓪ | ⓪ | | ⓪ | ⓪ | | ⓪ | #28 Vanilla Yogurt Parfait with Mango & Strawberry | 440 | 6 | 1 | 0 | 5 | 87 | 6 | 44 | 10 | 80 | 1507 | 30 | 2 | 284 | 549 |
| ⓪ | ⓪ | | | ⓪ | | | #29 Banana Muffin Breakfast | 420 | 14 | 3 | 0 | 65 | 64 | 18 | 41 | 15 | 510 | 18 | 11 | 2 | 109 | 348 |
| ⓪ | | | | ⓪ | | | #30 Breakfast Pocket | 470 | 19 | 8 | 0 | 135 | 54 | 5 | 16 | 21 | 650 | 1738 | 9 | 3 | 366 | 673 |
| | | | | | | | 0001 Enhancement - per 1 ounce serving, Raisins | 45 | - | - | - | - | 11 | - | 10 | 0 | 0 | - | - | - | 7 | - |
| ⓪ | ⓪ | | ⓪ | ⓪ | | | 0002 Enhancement-per serving 1/2 cup dry, Power Oats | 230 | 2.5 | 0 | - | 5 | 39 | 7 | 14 | 16 | 110 | 1130 | 99 | 2 | 325 | 705 |

- ⓪ Low-calorie options are at or less than 500 calories.
- ⓪ Low-fat options are at or less than 16 grams total fat and are at or less than 5 grams saturated fat.
- ⓪ Carb-controlled options are at or less than 45 grams total carbohydrates.
- ⓪ Gluten-restricted options are wheat free but prepared in a commercial kitchen with a risk of gluten exposure.
- ⓪ Sodium-controlled options are at or less than 750 mg of sodium.
- ⓪ Renal options are moderate restriction of sodium, potassium and phosphorus.
- ⓪ Kosher Style Cultural options are no pork, shellfish or meat and dairy combinations.

Jalee Hansen, MBA, RDN, LD, CD