

The numbers used for these classifications do not include the enhancements.

Homestyle Direct Spring / Summer 2023

Reviewed by: *Kelle Spingen, MBA, RDN, LD, CD*

HH	DF	RF	GR	#	Spring / Summer 2023	Cal	Fat	Sat	Fat	Trans	Chol	Carbs	Fib	Sug	Pro	Sod	Vit A	Vit C	Iron	Calc	Pot
*	*			1	Chicken Alfredo	400	13	4.5	0	80	42	4	7	29	430	1454	10	3	176	569	
*	*			2	Creamy Chicken Pasta	390	11	5	0	90	42	6	8	31	380	4092	13	3	148	358	
*				3	Teriyaki Chicken Stir Fry	400	6	1	0	75	60	4	9	29	620	91	6	2	116	636	
*		*	*	4	Sun Dried Pesto Chicken Bowl	390	9	1.5	0	45	60	4	12	17	230	16156	12	1	120	677	
	*			5	Popcorn Chicken Bowl	420	20	6	0	35	42	7	7	21	620	172	2	2	141	1094	
	*		*	6	Garlic Parmesan Chicken	410	16	7	0	95	39	4	2	35	610	13452	6	3	442	623	
	*			7	Turkey Dinner Bowl	390	12	3	0	40	54	4	14	15	1180	16088	9	3	135	653	
	*			8	Turkey Tetrazzini	420	18	7	0	50	45	6	9	21	960	2378	23	3	218	508	
	*			9	Breaded Whitefish	390	16	4.5	0	50	41	4	6	19	840	1603	10	3	193	481	
				10	Tuna Casserole	400	10	6	0	35	56	8	9	20	580	2525	21	4	140	532	
*	*			11	Fish and Scalloped Potatoes	390	14	3.5	0	45	46	5	6	18	690	1832	12	3	160	662	
*		*	*	12	Creamy Garlic Shrimp	390	6	0.5	0	75	68	6	6	17	400	3775	13	2	124	418	
	*			13	Homestyle Mac and Cheese	390	16	9	0.5	40	45	4	8	18	760	1838	10	2	359	396	
	*			14	Pepperoni and Cheese Calzone	390	17	7	0	25	44	7	10	22	780	3775	13	3	238	354	
	*			15	Mexican Style Pollock	400	16	2.5	0	35	49	6	6	17	800	358	3	2	99	538	
	*			16	Grandpa's Pork Rib Patty	420	18	4.5	0	50	46	4	26	18	670	113	8	3	133	749	
	*			17	Pork Egg Roll and Ham Fried Rice	400	15	3.5	0	70	45	6	7	24	1030	696	13	4	96	894	
	*			18	Homestyle Cheeseburger	470	21	9	0	65	46	5	10	25	890	1938	5	4	254	639	
*	*	*	*	19	Pork Tamale	380	13	4.5	0	10	54	7	7	11	730	224	4	2	115	577	
	*			20	Smoked Pulled Pork	390	14	7	0	70	38	4	5	27	960	250	3	3	204	447	
	*	*	*	21	Chopped Steak Patty and Beef Gravy	420	15	6	0	50	51	6	6	18	550	3775	13	3	75	399	
*	*			22	Philly Cheesesteak	400	11	3.5	0	30	54	4	8	17	720	169	6	3	179	643	
	*			23	Chopped Steak Patty Dinner	380	22	10	0	70	25	4	5	21	700	1603	10	3	185	486	
*	*	*	*	24	Breakfast Scramble	400	13	5	0	170	53	5	9	18	710	13418	7	3	189	826	
*	*	*		25	French Toast Sticks	430	16	4	0	210	55	5	24	14	570	377	0	2	94	239	
				26	Cheese Omelet	490	20	7	0	280	59	4	28	18	720	16088	9	2	76	532	
*	*	*	*	27	Fiesta Breakfast Bowl	420	15	5	0	265	50	7	6	21	700	8246	8	4	206	793	
	*			28	Mixed Berry Scone	420	16	6	0	215	55	6	25	12	570	312	0	2	92	303	
				29	Sausage, Egg and Cheese Sandwich	680	39	11	0	320	56	4	13	26	990	16330	9	3	329	789	
*			*	30	Vanilla Yogurt Parfait	460	6	1	0	5	86	5	42	11	430	118	443	2	229	535	
*	*			31	Classic Meatloaf Dinner	420	13	4.5	0	45	51	7	8	24	740	1670	11	4	78	1037	
*	*	*		32	Shepherd's Pie	390	15	4	0	45	49	4	18	14	360	444	2	3	106	688	
*	*	*		33	Sloppy Joe	380	13	4	0	30	51	6	18	18	640	106	3	3	120	685	
*		*		34	Salisbury Steak	410	8	3	0	40	57	7	8	26	670	3775	15	5	88	475	
	*			35	Alfredo Lasagna Roll Up	440	21	10	0	55	43	5	6	18	660	1034	26	2	369	637	
*				36	Vegan Lentil Orzo Stew	390	10	1	0	0	62	12	12	12	340	12890	12	4	142	1055	
	*			37	Down Home Pork Chop Dinner	490	29	8	0	40	43	6	4	24	1090	13297	7	3	170	891	
					0001 Enhancement- per serving, Raisins	45	-	-	-	-	11	-	10	0	0	-	-	0	7	-	
					0002 Enhancement- per serving, Power Oats	230	2.5	0	-	5	39	7	14	16	110	1130	99	2	325	705	

HH **Low Fat - At or less than 16 grams total fat and at or less than 5 gm saturated fat and Sodium Control - At or less than 750 mg sodium**

DF **Diabetic Friendly - At or less than 55 gm carbohydrates**

RF **Renal - At or less than 750 mg of sodium, 700 mg of potassium and 230 mg of phosphorus**

GR **Gluten Restricted - Contains no wheat but may be produced in a commercial kitchen with risk of gluten exposure.**

All entree nutritional values include sides but not 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.