

# Homestyle Fall Winter 2023

Analysis accurate on 8/2/23 based on current product availability

Reviewed by:

*[Handwritten Signature]*

HH	DF	RF	GR	Meal # and Name	Cal	Fat (g)	Sat Fat (g)	Chol	Carbs	Fiber	Pro	Sodium	Vit A	Vit C	Iron	Calcium	Pot
*	*	*	*	1 Breakfast Scramble	435	17.6	5.6	170	51	5.9	17.6	930	1353	7.3	3	174	791
*	*	*	*	2 Fiesta Breakfast Bowl	452	14	5.3	265	51.4	8.6	20.7	721	8597	22.4	3.4	194	858
*	*	*	*	3 Breakfast Pizza Bagel and Yogurt Parfait	335	6.5	3.2	26.5	49.7	3.5	17.3	469	2	442	2	160	94
*	*	*	*	4 Lemon Poppyseed Scone	439	23.4	10.2	206	44.2	2.5	12.6	552	313	35.4	2.7	143	262
*	*	*	*	5 Jimmy Dean Biscuit Roll Up	375	20	2	100	32.3	1	17	1000	36	1	2.8	150	82.8
*	*	*	*	6 Egg, Turkey Sausage, Cheese Burrito	378	12.2	4.7	13.6	51.6	3.5	14.5	677	508	3	2	111.2	346
*	*	*	*	7 Chicken and Waffles	370	16	2.8	32	43.6	6.8	15.8	728	339	36	1.9	96.6	348
*	*	*	*	8 Berry French Toast	462	14.4	3.6	39.8	69	7.1	15.4	534	29	6.2	2.6	69	509
*	*	*	*	9 Chicken Alfredo	398	13.1	4.5	81	42.2	2	27.8	370	1100	7.5	2.8	166	488
*	*	*	*	10 Popcorn Chicken Bowl	411	18.9	5.2	33.4	39.8	4.7	20.3	478	256	28.3	2.9	177	924
*	*	*	*	11 Garlic Parmesan Chicken and Rice	356	13.6	7.4	78	37	3	27	650	2849	8.2	1.3	350	403
*	*	*	*	12 Green Chile Chicken Enchilada	418	22	11.6	49.3	62.5	3.2	17.7	1059	342	5.8	2.77	292.8	181
*	*	*	*	13 Chicken Cordon Bleu Meal	407	16.8	4.5	60	37.3	4.1	22.5	885	322.6	16.5	2.3	149	360
*	*	*	*	14 Loaded Potato/Chicken Casserole	369	12.8	4.8	62.3	41.1	4.2	19.3	433	117	29	2	79.8	469
*	*	*	*	15 Homestyle Turkey Dumplings	452	9.5	3.8	119	66.6	5.4	22.8	1035	3045	13.9	4.1	184	396
*	*	*	*	16 Turkey Dinner Bowl	371	8.7	1.2	31	55	3.1	17	1447	389	5.3	2.4	153	618
*	*	*	*	17 Chopped Steak Patty and Beef Gravy	338	10.1	3.8	43	22	3.1	16.4	595	132	35	2.8	127	235
*	*	*	*	18 Classic Meatloaf Dinner	363	11	4	45	40.9	2.9	22.3	659	84	8.5	2.2	70	628
*	*	*	*	19 Shepherd's Pie	477	22	10.2	35	51	4.3	16	544	883	2	2.4	147	415
*	*	*	*	20 Country Fried Steak	364	12	5	35	45	3.8	16.6	937	1764	26.9	4.35	65	208
*	*	*	*	21 Spaghetti and Meatballs	431	15	5	42	51.9	7.2	23.3	523	916	23	3.6	258	641
*	*	*	*	22 Idaho Steak Fingers	387	16	5	25	43	2	16	434	3	23.4	1.4	22.5	467
*	*	*	*	23 Beef Stroganoff	391	16.4	6.9	48	42	2.6	20.1	494	4283	9	3	60.5	559
*	*	*	*	24 Creamy Garlic Shrimp	359	13.8	1	76.7	45	3	15.3	394	771	14.5	1	351	616
*	*	*	*	25 Spicy Shrimp Bowl	296	15	2.1	126	24	4	16	716	801	31	1.1	84	522
*	*	*	*	26 Fish and Chips	368	14.4	1.4	15	40.5	19.7	15	700	1064	71	1	15.6	341.8
*	*	*	*	27 New England Clam Chowder	415	11.6	4.4	16.7	65.9	2	9	1696	370	16.7	2	50.1	322
*	*	*	*	28 Cajun Jambalaya	350	11	1	19	53	4.3	11	507	219	2	2	321	482
*	*	*	*	29 Grandpa's Pork Rib Patty	406	19	5	45	41.7	4.22	20	905	3556	21.3	2.3	86	749
*	*	*	*	30 Pepperoni and Cheese Calzone	303	12	5	18	38	4	15	513	3246	19	1.9	192	366
*	*	*	*	31 Pork Tamales	503	29	10.6	48.6	46.7	5	15.3	787	281	1.9	1	121	275
*	*	*	*	32 Pork Loin Apple Stuffing	503	23.7	9	35.2	53.6	4.6	18	1035	175	5	1.4	39.6	731
*	*	*	*	33 Pork Stew	382	16.6	4.9	13.6	41.7	4.1	20.8	1170	2732	45.3	2.1	162	499
*	*	*	*	34 Homestyle Macaroni and Cheese	342	13.6	7.5	35	40.9	4	14	673	2990	28	1.9	320	430
*	*	*	*	35 Vegetarian White Bean Chili Casserole	449	12	3.5	15.9	53	13.3	18.9	528	214	5.7	4	229	911
*	*	*	*	36 Smothered Bean and Cheese Burrito	751	14	5	29	94.9	10.6	23	1098	374	4.8	5.9	181	491
*	*	*	*	37 Jumbo Florentine Ravioli	457	13	4.7	45	52.6	2.9	18.9	692	2818	8.7	1	150	369
*	*	*	*	38 Jimmy Dean Sausage, Egg and Cheese Sandwich	441	14	5.8	174	55	3.5	16.6	1139	506	1.2	3.7	226	523
*	*	*	*	39 Smoked Pulled Pork Sandwich	400	12.7	3.6	45.4	50.8	2	21.3	740	1198	8	3	171	678
*	*	*	*	40 Homestyle Cheeseburger	551	17	5.2	48	52.5	4.2	24.5	1013	1331	7.4	4.2	243	657
				Raisins, per serving	45				11								
				Power Oats, per serving	230	2.5	0	5	39		16	110	1130	99	2	325	705

All entree nutritional values include sides but not enhancements. Nutritional value of enhancements are shown separately

Items in blue are considered acceptable for Low Sodium diet

HH Lowfat-Less than 16 gms Fat, 5 gms or less Sat Fat and 750 gm Sodium or less

DF At or less than 55 gms Carb

RF At or less than 750 mg Sodium, 700 mg Potassium and 230 mg Phosphorus

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

Nutritional analysis is based on packaging information provided by the food industry and may not contain all comprehensive nutrition information