

HOMESTYLE FRUIT, GRAIN AND VEGETABLE BLENDS

(FOR INGREDIENT DESCRIPTION PURPOSES ONLY)

- **Pacific Berry Blend**
Blueberries, Blackberries, Raspberries.
- **Oven Roasted Potato Medley**
Sweet Potatoes, Potatoes, Redskin Potatoes, Olive Oil, Contains Less Than 2% Of Dextrose, Natural Flavor, Onion And Garlic Powder, Salt, Spice.
- **Scandinavian Mix**
Green Peas, Zucchini, Carrots, Green Beans, Onions.
- **Country Mix**
Carrots, Corn, Green Beans.
- **5 Way Blend**
Carrots, Corn, Green Beans, Peas, Lima Beans.
- **Ancient Grain And Kale**
Cooked Brown And Red Rice, Kale, Cooked Red Quinoa, Cooked Black Barley, Garlic, Vegetable Oil (Canola Oil And/Or Soybean Oil), Contains Less Than 2% Of Black Pepper, Potassium Chloride Salt, Sea Salt.
- **Edamame Succotash**
Soybeans, Corn, Red Bell Pepper.
- **Flame-Roasted Corn And Black Bean Fiesta Blend**
Sweet Corn, Cooked Black Beans, Tomato, Onion, Green Bell Pepper, Red Bell Pepper, Contains Less Than 2% Of Brown Sugar, Citric Acid, Dehydrated Vegetables (Onion, Bell Pepper, Garlic), Lime Juice Powder (Lime Juice Concentrate, Modified Food Starch, Maltodextrin, Citric Acid), Natural Flavor (Including Grill And Smoke), Olive Oil, Salt, Spices, Sugar, Yeast Extract.

TO SEE EACH MEALS SPECIFIC SIDE DISHES, REFER TO MENU.



Homestyle Direct

Your Health. Your Meals. Your Choice.

NUTRITIONAL ANALYSIS SPRING MENU 2024

March 1st - June 30th



homstyledirect.com



1-866-735-0921



support@homstyledirect.com

				gm	gm	gm	mg	gm	gm	gm	gm	mg	iu	mg	mg	mg	mg		
HH	DF	RF	GR	Spring 2024	Cal	Fat	Sat Fat	Trans	Chol	Carbs	Fib	Sug	Pro	Sod	Vit A	Vit C	Iron	Calc	Pot
	*		*	1. Breakfast Scramble	447	16.7	7	0.35	235	52	4	14	23	962	13959	13	3	235	1023
	*			2. Homestyle Big Breakfast	472	22	6.3	0.26	336	41	2	14	25	1102	516	0	4	224	243
	*	*		3. Mixed Berry Scone	422	19	8	0.2	245	49	5	18	16	675	389	41	3	168	369
	*			4. Jimmy Dean Biscuit Roll Up	462	26	4.4	7.2	300	35	0.9	8.2	21.4	1163	387	0	3	263	112
	*			5. Biscuit and Sausage Gravy	570	29	15	0.3	245	54	1.5	14	20.5	1563	860	32	4	188	271
				6. Chicken and Waffle	536	22	4	0	45	64	7.5	9.6	21	1032	424	36	3	108	594
*		*		7. Cinnamon French Toast Sticks with Berries	446	14	1.6	0.03	35	65	7	16	14	469	11	6	2	59	374
*	*	*		8. Chicken Alfredo	463	15.8	5	0.09	91	49	2	13	31	420	1104	8	3	186	556
	*			9. Popcorn Chicken Bowl	471	21	5	0.2	35.4	48	7	9	23	544	242	41	4	183	1076
*	*	*	*	10. Garlic Parmesan Chicken and Rice	426	14.5	5	0.13	70	52	4	16	27	705	3094	17	2	282	292
	*			11. Boneless Fried Chicken Dinner	598	27.5	5.3	0.01	70.3	55	3	9	29	1211	3161	7	2	85	349
	*			12. Chicken Cordon Bleu	491	21	7	0.16	70.6	49	3	11	25	855	149	11	2	233	273
	*	*		13. Chicken Cottage Pie	484	19	9	0.22	98	47	4	19.5	34	337	4969	14	3	163	270
	*			14. Idaho Nachos	575	28	12	0.41	66	55	2.7	9	19	1211	427	37	2	240	747
	*			15. Turkey Dinner Bowl	413	13	4	0.16	52	52	2	7	22	1344	217	6	2	256	461
	*			16. Mexican Turkey Casserole	499	25	15	0.28	65	45	1	4	16	1177	500	6	3	286	559
*	*	*		17. Chopped Steak Patty and Beef Gravy	441	14	5	0.33	54	34	3	7	20	749	272	35	3	218	266
	*			18. Classic Meatloaf Dinner	463	16	6.7	0.22	59	49	2.8	7.4	26	895	263	9	3	179	687
	*	*		19. Salisbury Steak Dinner	442	19.9	8.4	0.16	46	46	6.7	16	21.7	725	3012	15	3	170	452
	*			20. Country Fried Steak	482	16.9	7	0.16	46	55	2	11.8	20.6	1000	217	5	4	141	196
*	*	*		21. Pasta Meatball Bake	464	16	5	0.12	46	54	4.8	17	25	526	1240	12	5	188	511
*	*	*		22. Idaho Steak Fingers	449	16	5	0	25	55	3.9	10	17	397	50	39	2	30	581
*	*	*		23. Ancient Grain Salmon Bowl	589	16	5	0	0	51	5.2	21.4	29	596	2862	16	3	52	270
*	*	*	*	24. Creamy Garlic Shrimp	347	11	1	0	46	53	5	9	15	474	1062	9.7	1	109	515
	*			25. Fish and Chips	381	10	1	0	23	55	2.4	9.3	15	600	1596	107	2	23	494
*	*	*		26. Sunday Ham Dinner	362	6	2.6	0.06	54	51	6	22	21.4	355	3870	37	2	64	700
	*			27. Grandpa's Pork Rib Patty	500	20	5	0.16	35	55	2	19	18	1072	217	2	2	59	642
*	*	*		28. Pepperoni and Cheese Calzone	363	9	4	0	27	54	7.4	14	18	530	3693	141	4	233	223
	*		*	29. Pork Tamale	461	14.6	6	0.21	38	55	6.7	10	17.4	898	1575	10	3	179	305
*	*	*		30. Pizza Bagel with Mini Yogurt Parfait	351	6.5	3	0	26.5	52	4	25	17.4	482	2	591	2	163	126
*	*	*		31. Homestyle Macaroni and Cheese	426	15	5	0.47	50	54	2	16	20	750	3545	5	2	343	246
	*			32. Gnocchi Pasta Meal	406	15.6	7.5	0	57	52	1.4	19.5	15	899	1203	10	2	322	583
*	*	*		33. Kimchee Fried Rice	331	14	3	0	21	43	0	13	12	390	96	10	1	37	314
	*			34. Jimmy Dean Sausage, Egg and Cheese Sandwich	441	13.2	5.9	0	175	55	2	11	17	876	12065	6	4	244	4742
	*			35. Homestyle Cheeseburger	552	17.6	7	0.05	66	52	0.8	17	25.3	775	1331	8	4	244	483
				Enhancement-Power Drink (1 serving)	103	0	0	0	12.5	21.8	0	15	4	100	350	30	0	12	188

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.

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

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

Homestyle Direct may make menu substitutions or changes without prior approval.

Reviewed by:

1/5/24