

Menu Item	Calories	Protein (g)	Sodium (mg)
Apple	65	0	0
Apple Juice	87	0	0
Applesauce	80	0	10
Baked Beans, Seasoned	131	7	113
Baked Ziti with Beef	277	23	53
Banana, Whole	90	1	1
BBQ Chicken	194	27	160
Beef BBQ	215	13	574
Beef Chili with Beans	213	14	186
Beef Sloppy Joes	215	18	150
Beef Stroganoff	162	25	227
Beet, Sliced	32	1	267
Black Bean	87	5	122
Black Bean and Corn Salad	189	8	113
Bread, Whole Grain	126	6	142
Broccoli Florets	40	1	27
Brocoli, Marinated	75	3	143
Broiled Flounder	152	16	436
Butter, Regular	36	0	29
Cabbage, Raw, Shredded	28	1	20
Carrot, Sliced	41	1	77
Carrot-Raisin Salad	210	1	220
Caesar Salad - 1 cup	39	2	62
Caesar Dressing	37	4	133
Cheddar Cheese	81	5	142
Chicken Cacciatore	163	32	72
Chicken Fajitas with Pepper	144	27	310
Chicken Marsala	133	27	40
Chicken Parmesan	162	19	204
Chicken Salad	191	22	311

Chicken Teriyaki	131	7	189
Cole Slaw	155	1	261
Collards, Chopped	37	3	55
Corn Bread	188	4	340
Corn, Yellow	100	3	3
Corn and Pepper Salad	116	3	101
Couscous, Original	115	4	3
Cucumber Salad	13	1	2
Dinner Roll, Parker House	80	3	94
Drumsticks, Chicken, Oven Fried	176	27	145
Egg Salad	300	10	410
Egg, Hard-Boiled	78	6	62
Fettuccini Pasta, Whole Wheat	100	4	0
Flour Tortilla	110	3	210
French Fries, Steak Cut	156	3	34
Fruit Cocktail, Juice Pack	52	1	5
Fruit Cup, Diced Peaches	60	0	10
Fruit Cup, Diced Pears	57	0	4
Garlic Bread	198	5	308
Grape Juice	130	0	10
Gravy, Low Sodium	15	1	104
Green Beans	40	1	0
Grilled Chicken, Marinated	170	24	163
Haddock, Cooked	77	17	222
Ham, Lower Sodium	60	9	310
Herb Roasted Chicken	140	26	63
Italian Blend Vegetables	41	3	55
Kale	32	3	17
Kale Salad with Cranberries	67	1	131
Key Largo Blend Vegetables	42	1	35
Krab and Whole Grain Pasta Salad	207	10	543

Lasagna with Meat	310	17	650
Lettuce and Tomato	4	0	3
Macaroni and Cheese, Whole Grain	207	16	345
Marinara Sauce	62	2	204
Mashed Potato	128	3	20
Mayonnaise	90	0	0
Meatloaf	180	15	150
Milk 1%	110	8	135
Mixed Vegetables, 4 Way	80	3	33
Mushroom Saute	77	2	144
Orange Juice	90	0	8
Orange, Whole	62	1	0
Orzo Pasta	164	5	0
Pasta Salad, Whole Grain	131	4	93
Peas, Green	87	6	122
Peas & Penne with Grilled Pork	184	15	165
Penne, Whole Grain	90	4	0
Pepper Jack Cheese	110	6	170
Pita Bread	139	6	308
Pork Tenderloin	85	12	139
Potato, Russet, Baked	110	3	16
Potato Bread	156	6	269
Potato Salad	118	2	162
Provolone Cheese	104	7	187
Rice, Brown	127	3	1
Rice Pilaf	128	3	10
Roast Beef	70	12	190
Roll, Whole Grain	122	4	167
Salmon, Cooked	155	22	48
Salmon Salad	192	22	171
Saltine Cracker	63	1	153

Sandwich Bun, Whole Wheat	144	7	211
Seafood Pasta Salad	308	10	180
Sesame Noodles	211	8	272
Spanish Brown Rice	188	5	300
Spinach Salad with Grapes	90	4	84
Spinach Salad with Grapes	60	2	32
Stir Fry Vegetables	41	1	27
Succotash	105	5	51
Sweet Potato	113	2	9
Swiss Cheese	202	8	61
Three Bean Salad	100	4	140
Tilapia, Fresh	110	21	60
Tomato, Sliced	24	1	10
Tossed Salad w/o Dressing	35	2	74
Tuna Salad	125	15	416
Turkey Roast, Boneless Breast	68	10	245
Whole Grain Penne Alfredo	164	7	87
Yogurt, Light	90	5	80
Zucchini	19	1	2