

Monday April 16th

Frito Pie

Crunchy Frito Corn Chips Smothered with Taco Meat, Melted Cheddar Cheese, and Sour Cream

\$Cal 510

Serv Size: 1 Pie (170g) • Fat cal 290 • Total fat 32g • Sat fat 9g • Trans fat 0g
Cholest 55mg • Sodium 760mg • Total carb 37g • Fiber 4g • Sugars 3g • Protein 19g

Contains milk, soy

Charro Beans

A Simple Side: Bacon-laced Pinto Beans Served Tender and Hot.

\$Cal 140

Serv Size: 1/2 Cup (85g) • Fat cal 80 • Total fat 9g • Sat fat 1g • Trans fat 0g
Cholest 0mg • Sodium 450mg • Total carb 11g • Fiber 3g • Sugars < 1g • Protein 4g

Fresh Green Beans

Fresh green beans

VG  **Cal 10**

Serv Size: 1 oz (28g) • Fat cal 0 • Total fat 0g • Sat fat 0g • Trans fat 0g
Cholest 0mg • Sodium 0mg • Total carb 2g • Fiber < 1g • Sugars < 1g • Protein 1g

Tuesday April 17th

Chicken Fried Steak with Gravy

Deep-Fried Flour and Cornmeal Breaded, Cube Steak with Country Cream Gravy

\$Cal 360

Serv Size: 1 Steak+2z LDL Gravy (177g) • Fat cal 220 • Total fat 24g • Sat fat 11g • Trans fat 1g
Cholest 75mg • Sodium 350mg • Total carb 18g • Fiber < 1g • Sugars 2g • Protein 16g

Contains milk, eggs, wheat, soy, gluten

Mashed Potatoes

Creamy Mashed Potatoes

\$Cal 90

Serv Size: #12 Scoop (85g) • Fat cal 25 • Total fat 2.5g • Sat fat 1.5g • Trans fat 0g
Cholest 0mg • Sodium 100mg • Total carb 14g • Fiber 1g • Sugars 1g • Protein 2g

Contains milk, soy

Corn

Corn Kernels, Canned

  **Cal 20**

Serv Size: 1 oz (drained) (41g) • Fat cal 0 • Total fat 0g • Sat fat 0g • Trans fat 0g
Cholest 0mg • Sodium 75mg • Total carb 6g • Fiber < 1g • Sugars 2g • Protein 1g

Wednesday April 18th

Sweet & Sour Chicken

Deep-Fried Tempura Chicken Stir-Fried with Green Onions, Peppers, Pineapple and Sweet and Sour Sauce

\$Cal 150

Serv Size: 4.00 - Ounce (113g) • Fat cal 70 • Total fat 8g • Sat fat .5g • Trans fat 0g
Cholest 15mg • Sodium 150mg • Total carb 16g • Fiber < 1g • Sugars 12g • Protein 5g

Contains eggs, wheat, gluten

Vegetable Fried Rice

Stir-Fried Egg, Broccoli, Mushrooms, Peas, Carrot, Corn and Onion, Tossed with Rice and Soy Sauce

V Cal 530

Serv Size: 11 oz (312g) • Fat cal 190 • Total fat 21g • Sat fat 6g • Trans fat 0g
Cholest 35mg • Sodium 670mg • Total carb 73g • Fiber 2g • Sugars 2g • Protein 9g

Contains milk, eggs, wheat, soy, gluten

Baby Carrots

Baby Carrots, Steamed Until Crisp-Tender.

VG Cal 30

Serv Size: 4 oz Spoodle (91g) • Fat cal 5 • Total fat .5g • Sat fat 0g • Trans fat 0g
Cholest 0mg • Sodium 50mg • Total carb 7g • Fiber 3g • Sugars 4g • Protein 1g

Thursday April 19th

Macaroni & Cheese

 **Cal 45**

Serv Size: Ounce (28g) • Fat cal 10 • Total fat 1g • Sat fat 0g • Trans fat 0g
Cholest < 5mg • Sodium 80mg • Total carb 6g • Fiber 0g • Sugars 1g • Protein 2g

Contains milk, wheat, gluten

Taco Beef Filling

\$Cal 50

Serv Size: 1 oz (28g) • Fat cal 35 • Total fat 4g • Sat fat 1.5g • Trans fat 0g
Cholest 15mg • Sodium 90mg • Total carb < 1g • Fiber 0g • Sugars 0g • Protein 3g

Contains milk

Roasted Salsa

Oven-Roasted Tomatoes, Roasted Red Peppers, Red Onions, Fresh Jalapeño Peppers,
Lime Juice & Fresh Cila

 **Cal 20**

Serv Size: 1 1/2 Oz (43g) • Fat cal 10 • Total fat 1g • Sat fat 0g • Trans fat 0g
Cholest 0mg • Sodium 70mg • Total carb 4g • Fiber < 1g • Sugars 1g • Protein 1g

Friday April 20th

Chicken Parmesan

Crispy chicken parmesan over pasta. Served with thyme parmesan baguette

\$Cal 880

Serv Size: 1 Portion (578g) • Fat cal 210 • Total fat 24g • Sat fat 6g • Trans fat 0g
Cholest 65mg • Sodium 1480mg • Total carb 127g • Fiber 12g • Sugars 16g • Protein 38g

Contains milk, eggs, wheat, gluten

Caesar Salad Side

Romaine Lettuce, Tomato, Red Onion and Croutons Tossed with
Lite Caesar Dressing

\$Cal 150

Serv Size: 1 Salad (4.5 oz) (127g) • Fat cal 80 • Total fat 9g • Sat fat 1.5g • Trans fat 0g
Cholest 5mg • Sodium 510mg • Total carb 15g • Fiber 2g • Sugars 4g • Protein 3g

Contains milk, eggs, fish, wheat, soy, gluten, musta