



Meal Choice Menu

To place or change an order:

Ph: (616)-459-3111 ext 0

8:00 am-3:30 pm M-F

8 oz of Milk is available for each meal ordered if desired.

2%, Skim, low-fat Chocolate and Buttermilk (NEW) are available.

♥ Meals contain 800 mg of sodium or less for the entire meal (including bread and milk; buttermilk contains more sodium). All Gravies are low-fat.

Item #	POULTRY OPTIONS	
02	BBQ Boneless Chicken Thigh, Mixed Vegetables, Baked Potato, Dinner Roll, Fruit Cup	♥
05	Roast Turkey Breast, Stuffing, Gravy, Sweet Potatoes, Peas, Applesauce Cup	♥
06	Chicken Tenders, Red Potatoes, Green Beans, Animal Crackers, Fresh Orange	♥
10	Chicken Taco (spicy), Pinto Beans, Broccoli, Applesauce Cup	
12	Turkey Meatloaf/Gravy, Mashed Potatoes, Mixed Vegetables, Fresh Orange, Dinner Roll	♥
14	Grilled Chicken Breast, Baked Potato, Brussel Sprouts, Fruit and Grain Bar, Fresh Apple	♥
15	Chicken Enchiladas (spicy), Pinto Beans, Malibu Blend, Fruit Cup	
17	Dark Meat Turkey/Gravy, Southern Style Greens, Corn, Fresh Apple, Cornbread (NEW)	
18	Homestyle Chicken and Noodles, Sweet Potatoes, Green Beans, Fruit Cup (NEW)	
19	Oven Fried Chicken Thigh(contains bones), Corn, Southern Style Greens, Fresh Apple, Cornbread (NEW)	
Item #	BEEF OPTIONS	
21	Roast Beef/Gravy, Mashed Potatoes, Broccoli, Dinner Roll, Fresh Orange	♥
23	Salisbury Steak/Gravy, Green Beans, Baked Potato, Fruit Cup, Dinner Roll	♥
26	Hamburger/Bun, Baked Beans, Broccoli, Fresh Apple	♥
28	Spaghetti/Meatballs with Wholegrain Pasta, Broccoli, Carrots, Fruit Punch Juice	♥
29	Country Fried Steak/Gravy, Mashed Potatoes, Malibu Blend, Dinner Roll, Fresh Apple	
31	Beef and Cheese Burrito (spicy), Fiesta Corn, Applesauce	
34	Sweet and Sour Meatballs, Brown Rice, Cauliflower, Mixed Vegetables, Fresh Orange	♥
35	Swiss Steak/Gravy, Mashed Potatoes, Southern Style Greens, Cornbread, Fruit Cup (NEW)	

Item #	BEEF OPTIONS Continued	
36	Cabbage Rolls, Mashed Potatoes, Applesauce, Dinner Roll (NEW)	
37	Meatloaf/Gravy, Mashed Potatoes, Carrots, Dinner Roll, Fresh Orange	♥
38	Goulash, Broccoli, Corn, Fruit Cup (NEW)	♥
Item #	PORK OPTIONS	
41	Sliced Ham, Sweet Potatoes, Corn, Fruit and Grain Bar, Fruit Punch Juice	
42	Pork Cutlet/Gravy, Sweet Potatoes, Broccoli, Fresh Apple, Dinner Roll	♥
44	Roast Pork/Gravy, Baked Potato, Malibu Blend Vegetables, Dinner Roll, Fresh Orange	♥
46	Red Beans/Rice with Sausage, Spinach, Peach Crisp, Cornbread (NEW)	
Item #	FISH OPTIONS	
51	Potato Crunch Pollock, Red Potatoes, Mixed Vegetables, Animal Crackers, Fresh Orange	♥
52	Alaskan Stuffed Salmon/Dill Sauce, Baked Potato, Broccoli, Fruit Punch Juice, Dinner Roll	♥
53	Baked Tilapia, Brown/Wild Rice, Malibu Blend, Baby Lima Beans, Fresh Apple	♥
55	Citrus Glazed Salmon (spicy), Baked Potato, Green Beans, Fresh Orange, Dinner Roll	♥
56	Tuna Noodle Casserole, Sweet Potatoes, Corn, Fruit Cup	
Item #	BREAKFAST OPTIONS	
71	Mini Pancakes (whole grain), Turkey Sausage, Red Potatoes, Applesauce, Orange Juice, Sugar Free Syrup	
72	Cheese Omelet, Red Potatoes, Applesauce, Breakfast Bar, Orange Juice	♥
73	French Toast Sticks, Turkey Sausage, Red Potatoes, Applesauce, Orange Juice, Sugar Free Syrup	
74	Scrambled Eggs, Turkey Sausage, Cheesy Hashbrowns, Applesauce, Fruit and Grain Bar, Orange Juice (NEW)	
Item #	VEGETARIAN OPTIONS	
72	Cheese Omelet, Red Potatoes, Applesauce, Breakfast Bar, Orange Juice	♥
61	Macaroni and Cheese, Peas, Cauliflower, Fresh Orange	
63	Cheese Stuffed Manicotti, Green Beans, Applesauce	♥
65	Vegetarian Lasagna, Sweet Potatoes, Baby Lima Beans, Applesauce Cup	♥

If you need even lower sodium, the following are less than 660 mg:
5, 6, 14, 21, 26, 28, 44, 51, 53