



Meal Choice Menu
To place or change an order:
 Ph: (616)-459-3111 ext. 1
 8:00 am-3:30 pm M-F

All meals come with a fruit serving (variety) and choice of milk (8 oz per meal)

Item #	POULTRY OPTIONS	Calories (KCAL)	Protein (Grams)	Carb (Grams)	Fat (Grams)	Sodium (mg)
02	BBQ Boneless Chicken Thigh, Broccoli, Mixed Vegetables, Dinner Roll	416	41.4	49.5	5	496
05	Roast Turkey Breast, Mashed Potatoes, Gravy, Peas, Dinner Roll	399	23	52	10	681
06	Chicken Tenders, Red Potatoes, Corn	459	23.1	41	22.4	386
07	Smothered Boneless Chicken Thigh, Sweet Potatoes, Southern Greens, Corn Muffin	515	40.6	57.7	11.8	618
12	Turkey Meatloaf/Gravy, Mashed Potatoes, Mixed Vegetables	445	25.9	44.6	17.4	368
14	Grilled Chicken Breast, Brown and Wild Rice, Roasted Red Potatoes, Italian Blend	432	27.5	42.2	16.5	377
16	Chicken Cordon Bleu (Contains Pork), Mashed Potatoes, Corn	419	25.8	50.9	12.4	665
Item #	BEEF OPTIONS	Calories (KCAL)	Protein (Grams)	Carb (Grams)	Fat (Grams)	Sodium (mg)
21	Roast Beef/Gravy, Mashed Potatoes, Broccoli, Dinner Roll	605	37.3	45.9	30	475
23	Salisbury Steak/Gravy, Peas, Baked Potato, Dinner Roll	432	20.6	48.1	18.7	584

26	Hamburger/Bun, Corn, Broccoli	424	23.3	47	16.6	349
29	Country Fried Steak/Gravy, Mashed Potatoes, Green Beans	497	24.1	43.7	25.6	632
31	Beef and Cheese Burrito (spicy), Fiesta Corn, Broccoli	482	19.1	64.3	15.9	770
35	Swiss Steak/Gravy, Corn, Southern Style Greens, Corn Muffin	601	37.9	46.9	29	616
37	Meatloaf/Gravy, Mashed Potatoes, Green Beans	484	24.3	36.5	26.4	208
38	Goulash, Peas, Corn	382	25.6	52.7	7.6	590
Item #	PORK OPTIONS	Calories (KCAL)	Protein (Grams)	Carb (Grams)	Fat (Grams)	Sodium (mg)
40	Breaded Pork Chop, Baby Lima Beans, Winter Squash	466	20.5	45.6	21.8	450
42	Pork Cutlet/Gravy, Baked Potato, Broccoli, Dinner Roll	512	28.7	42.7	23.7	485
44	Roast Pork/Gravy, Sweet Potatoes, Broccoli, Dinner Roll	474	24.1	51	16.9	412
Item #	FISH OPTIONS	Calories (KCAL)	Protein (Grams)	Carb (Grams)	Fat (Grams)	Sodium (mg)
51	Potato Crunch Pollock, Red Potatoes, Baby Lima Beans	402	19.9	47.2	14.6	521
52	Alaskan Stuffed Salmon/Dill Sauce, Sweet Potato, Peas	460	18.6	49.5	20.8	489
53	Baked Tilapia, Brown and Wild Rice, Roasted Red Potatoes, Green Beans	437	30	44.6	15.5	137
56	Tuna Noodle Casserole, Broccoli, Diced Carrots	468	22.5	46.9	20	522

57	Crumb Baked Salmon, Roasted Red Potatoes, Peas	453	22.5	40	22.6	362
Item #	BREAKFAST OPTIONS	Calories (KCAL)	Protein (Grams)	Carb (Grams)	Fat (Grams)	Sodium (mg)
71	Mini Pancakes (whole grain), Turkey Sausage, Scrambled Eggs, Sugar Free Syrup	437	23.7	49.9	15.4	716
72	Cheese Omelet, Turkey Sausage, Oatmeal, Red Potatoes	543	26.9	39.1	29.5	619
74	Scrambled Eggs, Turkey Sausage, Oatmeal, Red Potatoes	408	25.9	37.6	15.5	548
Item #	VEGETARIAN OPTIONS	Calories (KCAL)	Protein (Grams)	Carb (Grams)	Fat (Grams)	Sodium (mg)
61	Macaroni and Cheese, Lima Beans, Cauliflower	459	20.8	54.1	17	839
65	Vegetarian Lasagna, Cauliflower, Low Sodium Black Beans	379	19.8	51.1	9.5	679
	Milk per 8 ounce serving (1/2 Pint)	Calories (KCAL)	Protein (Grams)	Carb (Grams)	Fat (Grams)	Sodium (mg)
	2% Milk	120	8	11	5	120
	Fat Free (Skim) Milk	80	8	11	0	120
	Low-fat Chocolate Milk	150	8	23	2.5	240
	1% Buttermilk	120	9	14	25	440

	Fruit Nutrition Information (No Choice)	Calories (KCAL)	Protein (Grams)	Carb (Grams)	Fat (Grams)	Sodium (mg)
	Fruit Cup- Peaches	70	0	13	0	0
	Fruit Cup- Mixed Fruit	80	<1	13	0	0
	Fruit Cup- Mandarin Oranges	80	0	13	0	0
	Fruit Cup- Pineapple	70	0	13	0	0
	Fresh Orange	60	0	15	0	10
	Fresh Apple	77	<1	21	<1	1
	Banana	76	1	23	<1	1
	Strawberry Applesauce	60	0	15	0	10
	4 oz Juice: Orange Tangerine	50	0	12	0	25
	4 oz Juice: Fruit Punch	60	0	15	0	5
	4 oz Juice: Apple	60	0	14	0	5