



MENU

DIABETIC FRIENDLY

- 6001 **Pot Roast w/ Gravy**, Mashed Potatoes, California Blend Vegetables, Mixed Fruit, Sunflower Seeds, Milk
- 6002 **Chicken Cacciatore**, Mashed Potatoes, Broccoli, Wheat Bread, Diced Peaches, Milk
- 6003 **Hamburger w/ Wheat Bun**, Peas, Pineapple Bits, Milk
- 6004 **Cubed Steak w/ Mushroom Gravy**, Mixed Vegetables, Collard Greens, Applesauce, Wheat Roll, Milk
- 6005 **Pollock Almondine**, Diced Carrots, Green Beans, Pineapple Bits, Sunflower Seeds, Milk
- 6006 **Turkey Breast w/ Gravy**, Roasted Sweet Potatoes, Green Beans, Sliced Apples, Orange Juice, Milk
- 6007 **Beef & Cabbage Stew**, Diced Carrots, Sliced Apples, Whole Wheat Crackers, Peanut Butter Packet, Milk
- 6008 **Italian Bowtie Pasta w/ Beef Broccoli**, Red Peppers, Green Beans, Applesauce, Milk
- 6009 **Herb Marinated Chicken**, Mashed Potatoes, Wheat Bread, Diced Peaches, Asparagus, Sunflower Seeds, Milk
- 6010 **Smothered Chicken w/ Gravy**, Rice Pilaf, Collard Greens, Mandarin Oranges, Milk

- 6011 **Lemon Pepper Chicken**, Broccoli, Mashed Potatoes, Pineapple Bits, Sunflower Seeds, Milk
- 3012 **Vegetable Lasagna**, Spinach, Capri Vegetables, Diced Peaches, Milk
- 6013 **Scrambled Eggs w/ Sausage**, Roasted Potatoes, Shredded Wheat, Spiced Peaches, Milk
- 6014 **Indiana Style Chili Mac**, Green Beans, Applesauce, Diced Carrots, Cheese Stick, Milk
- 6015 **Braised Beef**, Egg Noodles, Collard Greens, Diced Carrots, Applesauce, Sunflower Seeds, Milk
- 6016 **Swedish Meatballs**, Broccoli, Diced Carrots, Brown Rice, Orange Juice, Milk
- 6017 **Chicken Parmesan**, California Blend Vegetables, Roasted Potatoes, Diced Peaches, Peanut Butter Packet, Milk
- 6018 **Potato Pollock**, Broccoli, Diced Carrots, Mashed Potatoes, Pineapple Bits, Milk
- 6019 **Meatloaf w/ Gravy**, Mashed Potatoes, Brussels Sprouts, Mandarin Oranges, Milk
- 6020 **Chicken & Noodles**, Broccoli, Wheat Roll, Cheese Stick, Applesauce, Milk



NUTRITION INFORMATION

DIABETIC FRIENDLY MENU

*The Below information is for the complete meal; the on tray, sides, and skim milk.

*Skim milk is recommended when on a Low Sodium or Diabetic Menu.

Pot Roast 640 Calories 29 g Fat 7 g Fiber 381 mg Calcium 487 mg Sodium 63 g Carbohydrate	Chicken Cacciatore 507 Calories 8 g Fat 9 g Fiber 459 mg Calcium 795 mg Sodium 67 g Carbohydrate	Hamburger 526 Calories 18 g Fat 7 g Fiber 460 mg Calcium 684 mg Sodium 61 g Carbohydrate	Cubed Steak 526 Calories 23 g Fat 7 g Fiber 602 mg Calcium 602 mg Sodium 54 g Carbohydrate	Pollock Almondine 630 Calories 35 g Fat 6 g Fiber 390 mg Calcium 443 mg Sodium 48 g Carbohydrate
Turkey w/ Gravy 499 Calories 8 g Fat 6 g Fiber 382 mg Calcium 467 mg Sodium 67 g Carbohydrate	Beef & Cabbage 537 Calories 17 g Fat 13 g Fiber 423 mg Calcium 763 mg Sodium 61 g Carbohydrate	Bowtie Pasta 539 Calories 19 g Fat 9 g Fiber 427 mg Calcium 578 mg Sodium 62 g Carbohydrate	Herb Chicken 621 Calories 23 g Fat 7 g Fiber 396 mg Calcium 645 mg Sodium 61 g Carbohydrate	Smothered Chicken 486 Calories 6 g Fat 3 g Fiber 588 mg Calcium 695 mg Sodium 68 g Carbohydrate
Lemon Pepper Chicken 562 Calories 21 g Fat 7 g Fiber 401 mg Calcium 692 mg Sodium 57 g Carbohydrate	Vegetable Lasagna 541 Calories 13 g Fat 7 g Fiber 687 mg Calcium 554 mg Sodium 67 g Carbohydrate	Sausage & Eggs 540 Calories 19 g Fat 6 g Fiber 359 mg Calcium 513 mg Sodium 68 g Carbohydrate	Indiana Chili Mac 593 Calories 23 g Fat 9 g Fiber 615 mg Calcium 729 mg Sodium 64 g Carbohydrate	Braised Beef 634 Calories 31 g Fat 7 g Fiber 584 mg Calcium 543 mg Sodium 56 g Carbohydrate
Swedish Meatballs 530 Calories 20 g Fat 8 g Fiber 431 mg Calcium 657 mg Sodium 68 g Carbohydrate	Chicken Parmesan 600 Calories 24 g Fat 9 g Fiber 405 mg Calcium 629 mg Sodium 66 g Carbohydrate	Potato Pollock 476 Calories 14 g Fat 8 g Fiber 388 mg Calcium 608 mg Sodium 66 g Carbohydrate	Meatloaf 576 Calories 16 g Fat 7 g Fiber 407 mg Calcium 716 mg Sodium 64 g Carbohydrate	Chicken & Noodles 522 Calories 13 g Fat 7 g Fiber 589 mg Calcium 572 mg Sodium 64 g Carbohydrate



DIABETIC FRIENDLY

The DIABETICFriendly Menu has 20 different meals. We have 4 cycle rotations to ensure our clients receive a different set of 10 combinations each time. To know which Cycle we are currently on check the main menu page on the website.

CYCLE 1

Pot Roast w/ Gravy, Mashed Potatoes, California Blend Vegetables, Mixed Fruit, Sunflower Seeds, Milk

Chicken Cacciatore, Mashed Potatoes, Broccoli, Wheat Bread, Diced Peaches, Milk

Hamburger w/ Wheat Bun, Peas, Pineapple Bits, Milk

Cubed Steak w/ Mushroom Gravy, Mixed Vegetables, Collard Greens, Applesauce, Wheat Roll, Milk

Pollock Almondine, Diced Carrots, Green Beans, Pineapple Bits, Sunflower Seeds, Milk

Turkey Breast w/ Gravy, Roasted Sweet Potatoes, Green Beans, Sliced Apples, Orange Juice, Milk

Beef & Cabbage Stew, Diced Carrots, Sliced Apples, Whole Wheat Crackers, Peanut Butter Packet, Milk

Italian Bowtie Pasta w/ Beef, Broccoli & Red Peppers, Green Beans, Applesauce, Milk

Herb Marinated Chicken, Mashed Potatoes, Wheat Bread, Diced Peaches, Asparagus, Sunflower Seeds, Milk

Smothered Chicken w/ Gravy, Rice Pilaf, Collard Greens, Mandarin Oranges, Milk

CYCLE 2

Turkey Breast w/ Gravy, Roasted Sweet Potatoes, Green Beans, Sliced Apples, Orange Juice, Milk

Beef & Cabbage Stew, Diced Carrots, Sliced Apples, Whole Wheat Crackers, Peanut Butter Packet, Milk

Italian Bowtie Pasta w/ Beef, Broccoli & Red Peppers, Green Beans, Applesauce, Milk

Herb Marinated Chicken, Mashed Potatoes, Wheat Bread, Diced Peaches, Asparagus, Sunflower Seeds, Milk

Smothered Chicken w/ Gravy, Rice Pilaf, Collard Greens, Mandarin Oranges, Milk

Lemon Pepper Chicken, Broccoli, Mashed Potatoes, Pineapple Bits, Sunflower Seeds, Milk

Vegetable Lasagna, Spinach, Capri Vegetables, Diced Peaches, Milk

Scrambled Eggs w/ Sausage, Roasted Potatoes, Shredded Wheat, Spiced Peaches, Milk

Indiana Style Chili Mac, Green Beans, Applesauce, Diced Carrots, Cheese Stick, Milk

Braised Beef, Egg Noodles, Collard Greens, Diced Carrots, Applesauce, Sunflower Seeds, Milk

** All Menus and Cycles are subject to change based on product availability.*



CYCLE 3

Lemon Pepper Chicken, Broccoli, Mashed Potatoes, Pineapple Bits, Sunflower Seeds, Milk

Vegetable Lasagna, Spinach, Capri Vegetables, Diced Peaches, Milk

Scrambled Eggs w/ Sausage, Roasted Potatoes, Shredded Wheat, Spiced Peaches, Milk

Indiana Style Chili Mac, Green Beans, Applesauce, Diced Carrots, Cheese Stick, Milk

Braised Beef, Egg Noodles, Collard Greens, Diced Carrots, Applesauce, Sunflower Seeds, Milk

Swedish Meatballs, Broccoli, Diced Carrots, Brown Rice, Orange Juice, Milk

Chicken Parmesan, California Blend Vegetables, Roasted Potatoes, Diced Peaches, Peanut Butter Packet, Milk

Potato Pollock, Broccoli, Diced Carrots, Mashed Potatoes, Pineapple Bits, Milk

Meatloaf w/ Gravy, Mashed Potatoes, Brussels Sprouts, Mandarin Oranges, Milk

Chicken & Noodles, Broccoli, Wheat Roll, Cheese Stick, Applesauce, Milk

CYCLE 4

Swedish Meatballs, Broccoli, Diced Carrots, Brown Rice, Orange Juice, Milk

Chicken Parmesan, California Blend Vegetables, Roasted Potatoes, Diced Peaches, Peanut Butter Packet, Milk

Potato Pollock, Broccoli, Diced Carrots, Mashed Potatoes, Pineapple Bits, Milk

Meatloaf w/ Gravy, Mashed Potatoes, Brussels Sprouts, Mandarin Oranges, Milk

Chicken & Noodles, Broccoli, Wheat Roll, Cheese Stick, Applesauce, Milk

Pot Roast w/ Gravy, Mashed Potatoes, California Blend Vegetables, Mixed Fruit, Sunflower Seeds, Milk

Chicken Cacciatore, Mashed Potatoes, Broccoli, Wheat Bread, Diced Peaches, Milk

Hamburger w/ Wheat Bun, Peas, Pineapple Bits, Milk

Cubed Steak w/ Mushroom Gravy, Mixed Vegetables, Collard Greens, Applesauce, Wheat Roll, Milk

Pollock Almondine, Diced Carrots, Green Beans, Pineapple Bits, Sunflower Seeds, Milk

** All Menus and Cycles are subject to change based on product availability.*