

Monday	Tuesday	Wednesday	Thursday	Friday
1 Sloppy Joe 630 Calories 19 g Fat 12 g Fiber 439 mg Calcium 895 mg Sodium 92 g Carbohydrate	2 Chicken Parmesan 591 Calories 18 g Fat 8 g Fiber 400 mg Calcium 687 mg Sodium 86 g Carbohydrate	3 Teriyaki Stir-Fry 598 Calories 9 g Fat 7 g Fiber 400 mg Calcium 749 mg Sodium 95 g Carbohydrate	4 Chicken w/ Salsa 688 Calories 16 g Fat 9 g Fiber 583 mg Calcium 839 mg Sodium 91 g Carbohydrate	5 Turkey Ham & Beans 687 Calories 12 g Fat 17 g Fiber 481 mg Calcium 820 mg Sodium 112 g Carbohydrate
8 Oven Fried Chicken 569 Calories 22 g Fat 6 g Fiber 555 mg Calcium 747 mg Sodium 61 g Carbohydrate	9 Smoked Pork Sausage 567 Calories 22 g Fat 8 g Fiber 354 mg Calcium 887 mg Sodium 71 g Carbohydrate	10 Chicken Marsala 457 Calories 9 g Fat 7 g Fiber 345 mg Calcium 784 mg Sodium 65 g Carbohydrate	11 Vegetarian Chili 734 Calories 19 g Fat 15 g Fiber 528 mg Calcium 743 mg Sodium 114 g Carbohydrate	12 Holiday Meal 841 Calories 37 g Fat 8 g Fiber 443 mg Calcium 830 mg Sodium 92 g Carbohydrate
15 Grilled Hamburger 697 Calories 24 g Fat 6 g Fiber 586 mg Calcium 1026 mg Sodium 86 g Carbohydrate	16 Braised Beef 569 Calories 19 g Fat 6 g Fiber 586 mg Calcium 674 mg Sodium 64 g Carbohydrate	17 Beef Stew 522 Calories 10 g Fat 8 g Fiber 528 mg Calcium 710 mg Sodium 77 g Carbohydrate	18 Breakfast Bagel 696 Calories 30 g Fat 9 g Fiber 594 mg Calcium 749 mg Sodium 73 g Carbohydrate	19 Beef Barbacoa 558 Calories 11 g Fat 11 g Fiber 404 mg Calcium 856 mg Sodium 81 g Carbohydrate
22 Southwest Pasta 581 Calories 9 g Fat 7 g Fiber 425 mg Calcium 760 mg Sodium 43 g Carbohydrate	23 Country Fried Steak 736 Calories 28 g Fat 5 g Fiber 445 mg Calcium 1004 mg Sodium 93 g Carbohydrate	24 Spaghetti 670 Calories 22 g Fat 11 g Fiber 489 mg Calcium 434 mg Sodium 90 g Carbohydrate	25 Indiana Chili Mac 679 Calories 23 g Fat 9 g Fiber 435 mg Calcium 647 mg Sodium 91 g Carbohydrate	26 Meatloaf 661 Calories 19 g Fat 8 g Fiber 422 mg Calcium 866 mg Sodium 76 g Carbohydrate
29 Smothered Chicken 633 Calories 16 g Fat 2 g Fiber 377 mg Calcium 1133 mg Sodium 81 g Carbohydrate	30 Chicken & Noodles 628 Calories 3 g Fat 10 g Fiber 394 mg Calcium 644 mg Sodium 93 g Carbohydrate	31 Beef Stroganoff 605 Calories 12 g Fat 10 g Fiber 561 mg Calcium 922 mg Sodium 100 g Carbohydrate		

*The nutrition information listed above is for the entire meal on the calendar