

Chef For Hire Nutritional Information 2026

MAIN DISHES

3002

Serving Size	kcal	Fat(gm)	SF(gm)	Chol(mg)	Sodium(mg)	CHO(gm)	TDFB (gm)	Sugr(gm)	Pro(gm)	Calcium	
scrambled eggs	1/2 cup	170.00	11.00	3.50	440.00	310.00	2.00	0.00	0.00	14.00	80.00
Roasted Red Skinned Potatoes	4 oz spoodle (91g)	79	0	0	0	0	17.8	2	1	3	10.00
Turkey bacon	2 each	50.00	2.50	0.50	20.00	100.00	1.00	0.00	0.34	6.00	6.77
Applesauce	1 each	50.00	0.00	0.00	0.00	10.00	14.00	1.00	10.99	0.00	5.00
		349.00	13.50	4.00	460.00	420.00	34.80	3.00	12.33	23.00	101.77

3003

Serving Size	kcal	Fat(gm)	SF(gm)	Chol(mg)	Sodium(mg)	CHO(gm)	TDFB (gm)	Sugr(gm)	Pro(gm)	Calcium	
wg pancakes	2 Each	240.00	1.50	0.00	10.00	180.00	45.00	3.00	10.00	4.00	72.00
scrambled eggs	1/2 cup	170.00	11.00	3.50	440.00	310.00	2.00	0.00	0.00	14.00	80.00
Roasted Red Skinned Potatoes	4 oz spoodle (91g)	79	0	0	0	0	17.8	2	1	3	10.00
		489.00	12.50	3.50	450.00	490.00	64.80	5.00	11.00	21.00	162.00

3004

Serving Size	kcal	Fat(gm)	SF(gm)	Chol(mg)	Sodium(mg)	CHO(gm)	TDFB (gm)	Sugar(gm)	Pro(gm)	Calcium	
Cheddar egg omelet	1 each 3.5 oz/99g	190.00	14.00	6.00	260.00	460.00	4.00	0.00	2.00	12.00	141.00
Salsa and cheese	1/4 cup	67.00	2.50	0.00	15.00	80.00	2.50	0.70	1.00	4.00	111.16
Hash Browns CFH	1/2 cup	118.00	3.00	0.50	0.00	306.00	20.00	2.40	2.36	2.81	12.00
		375.00	19.50	6.50	275.00	846.00	26.50	3.10	5.36	18.81	264.16

3005

Serving Size	kcal	Fat(gm)	SF(gm)	Chol(mg)	Sodium(mg)	CHO(gm)	TDFB (gm)	Sugr(gm)	Pro(gm)	Calcium	
Whole wheat bagel - individual wrapped	1 each	140	1	0	0	160	28	4	5	6	40
3.5 inch round egg patty	1 each, 1.25 oz	60	4	1	95	110	1	0	0	3	18
Reduced sodium cooked sausage patty	1 each (42 g)	150	14	4.5	30	150	1	0	1	5	0
Great Lakes Swiss Cheese	1 each .75 ounce	80	6	3.5	20	45	0	0	0	6	200

3006

Serving Size	kcal	Fat(gm)	SF(gm)	Chol(mg)	Sodium(mg)	CHO(gm)	TDFB (gm)	Sugar(gm)	Pro(gm)	Calcium	
Sausage gravy	1/2 cup	100.00	7.00	3.00	10.00	480.00	8.00	0.00	0.00	2.00	0.00
wg Biscuits	2 each	370.00	4.50	3.00	0.00	300.00	48.00	4.00	4.00	8.00	320.00
Oatmeal	2 packets	130.00	2.50	0.50	0.00	170.00	32.00	3.00	10.00	8.00	0.00
Applesauce	1 each	50.00	0.00	0.00	0.00	10.00	14.00	1.00	10.99	0.00	5.00
		650.00	14.00	6.50	10.00	960.00	102.00	8.00	24.99	18.00	325.00

3007

Serving Size	kcal	Fat(gm)	SF(gm)	Chol(mg)	Sodium(mg)	CHO(gm)	TDFB (gm)	Sugar(gm)	Pro(gm)	Calcium	
Scrambled eggs w/vegetables		210.00	13.00	4.00	0.00	440.00	3.00	1.00	1.00	16.50	45.00
country apples		90.00	0.00	0.00	0.00	10.00	0.00	1.00	20.00	1.00	50.00
Cheesy Grits		140.00	5.00	2.50	15.00	100.00	24.00	2.00	0.81	5.44	50.00
		440.00	18.00	6.50	15.00	550.00	27.00	4.00	21.81	22.94	145.00

3008

Serving Size	kcal	Fat(gm)	SF(gm)	Chol(mg)	Sodium(mg)	CHO(gm)	TDFB (gm)	Sugar(gm)	Pro(gm)	Calcium	
Breakfast English Muffin w/sausage, egg, cheese	1 Sandwich	210.00	13.00	4.00	0.00	440.00	3.00	1.00	1.00	16.50	45.00
		210.00	13.00	4.00	0.00	440.00	3.00	1.00	1.00	16.50	45.00

6013

Serving Size	kcal	Fat(gm)	SF(gm)	Chol(mg)	Sodium(mg)	CHO(gm)	TDFB (gm)	Sugr(gm)	Pro(gm)	Calcium	
3.5 inch round egg patty	1 each, 1.25 oz	60	4	1	95	110	1	0	0	3	18
Reduced sodium Pork sausage patty	1 each (42 g)	150	14	4.5	30	150	1	0	1	5	0
Roasted Red Skinned Potatoes	4 oz spoodle (91g)	79	0	0	0	0	17.8	2	1	3	10.00
Spiced peaches	1 each	60.00	0.00	0.00	0.00	0.00	12.20	1.00	12.00	0.00	0.00
		349	18	5.5	125	260	32	3	14	11	28

5004

Serving Size	kcal	Fat(gm)	SF(gm)	Chol(mg)	Sodium(mg)	CHO(gm)	TDFB (gm)	Sugr(gm)	Pro(gm)	Calcium	
Spaghetti w/marinara	1 cup	330.00	11.00	1.50	0.00	80.00	49.00	5.00	8.00	9.00	40.00
vegetarian meatballs	3 meatballs	150.00	2.50	0.00	0.00	120.00	3.00	1.00	0.00	5.00	20.00
Diced Carrots	4 oz spoodle	23.00	0.00	0.00	0.00	34.00	5.32	1.50	3.00	0.00	21.00
Broccoli	4 oz spoodle	25.00	0.00	0.00	0.00	15.00	5.00	3.00	1.00	3.00	35.11
		528.00	13.50	1.50	0.00	249.00	62.32	10.50	12.00	17.00	116.11

5006

Serving Size	kcal	Fat(gm)	SF(gm)	Chol(mg)	Sodium(mg)	CHO(gm)	TDFB (gm)	Sugr(gm)	Pro(gm)	Calcium	
Lasagna Vegetable	1 piece	318.00	10.90	5.44	41.00	230.00	35.53	3.60	8.36	18.90	256.00
Frozen Baby Lima Beans	4 oz spoodle	102.00	0.00	0.00	0.00	82.00	20.01	6.00	1.00	5.10	31.00
Diced Carrots	4 oz spoodle	23.00	0.00	0.00	0.00	34.00	7.00	1.50	3.00	0.00	21.00
		443.00	10.90	5.44	41.00	346.00	62.54	11.10	12.36	24.00	308.00

5007

Serving Size	kcal	Fat(gm)	SF(gm)	Chol(mg)	Sodium(mg)	CHO(gm)	TDFB (gm)	Sugr(gm)	Pro(gm)	Calcium	
Plant based chicken and broccoli Cass		270.0	4.5	1.5	50.0	260.0	32.0	6.0	6.0	27.0	152.0
Capri Vegetables	1/2 cup	20.0	0.0	0.0	0.0	15.0	3.0	1.0	1.0	1.0	15.1

5008

Serving Size	kcal	Fat(gm)	SF(gm)	Chol(mg)	Sodium(mg)	CHO(gm)	TDFB (gm)	Sugr(gm)	Pro(gm)	Calcium	
Vegetable Chili	1 cup	239.00	8.14	2.60	13.00	357.00	31.92	8.90	5.74	10.72	75.00

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Turnip greens	4 oz spoodle	20	0	0	0	50	2	1	0	2	200.15
Roasted Sweet Potatoes	1/2 cup	117.00	2.91	0.42	2.00	150.00	19.97	2.50	13.32	1.66	33.29
		376.00	11.05	3.02	15.00	557.00	53.89	12.40	19.06	14.38	308.44
5010	Serving Size	kcal	Fat(gm)	SF(gm)	Chol(mg)	Sodium(mg)	CHO(gm)	TDFB (gm)	Sugr(gm)	Pro(gm)	Calcium
Stir Fry Plant Based		169.00	2.92	0.00	0.00	751.00	16.13	2.30	6.00	19.86	65.00
Brown rice	#8 scoop	170	1	0	0	100	35	1.5	0	4.62	12.00
Capri Vegetables	1/2 cup	20.0	0.0	0.0	0.0	15.0	3.0	1.0	1.0	1.0	15.1
		359.00	3.92	0.00	0.00	866.00	54.13	4.80	7.00	25.48	92.11
2003	Serving Size	kcal	Fat(gm)	SF(gm)	Chol(mg)	Sodium(mg)	CHO(gm)	TDFB (gm)	Sugr(gm)	Pro(gm)	Calcium
GFS Sloppy Joe	4 oz spoodle	194.00	9.72	3.65	32.00	470.00	17.00	1.60	7.30	11.34	37.00
WG Hamburger Bun	1 bun	100.00	1.50	0.00	0.00	115.00	20.00	3.00	3.00	4.00	47.00
Roasted Sweet Potatoes	1/2 cup	117.00	2.91	0.42	2.00	150.00	19.97	2.50	13.32	1.66	33.29
Brussel Sprouts w/ onion?	4 oz spoodle	60.00	2.60	0.00	0.00	36.00	7.80	3.40	0.00	3.36	25.00
		471.00	16.73	4.07	34.00	771.00	64.77	10.50	23.62	20.36	142.29
2004											
Teriyaki Chicken and noodles w/stir fry vegetables		495.00	14.77	0.78	73.00	924.00	52.66	4.20	6.88	36.00	65.00
		495.00	14.77	0.78	73.00	924.00	52.66	4.20	6.88	36.00	65.00
2011	Serving Size	kcal	Fat(gm)	SF(gm)	Chol(mg)	Sodium(mg)	CHO(gm)	TDFB (gm)	Sugr(gm)	Pro(gm)	Calcium
Smoked Sausage w/ peppers	1 each	200.00	15.71	6.08	40.00	603.00	5.90	1.00	2.00	2.80	14.00
Peas	4 oz spoodle	54.00	0.00	0.00	0.00	0.00	9.33	3.10	3.11	3.89	18.00
Roasted Red Skinned Potatoes	4 oz spoodle (91g)	79	0	0	0	0	17.8	2	1	3	10.00
		333.00	15.71	6.08	40.00	603.00	33.03	6.10	6.11	9.69	42.00
2016	Serving Size	kcal	Fat(gm)	SF(gm)	Chol(mg)	Sodium(mg)	CHO(gm)	TDFB (gm)	Sugr(gm)	Pro(gm)	Calcium
Beef Patty	1 each	213.00	14.17	5.06	51.00	445.00	5.06	0.00	1.01	16.20	98.31
WG Hamburger Bun	1 bun	100.00	1.50	0.00	0.00	115.00	20.00	3.00	3.00	4.00	47.00
Macaroni and Cheese	#8 scoop	205.00	5.85	3.00	7.00	342.00	30.00	1.00	4.50	7.40	118.00
Green Beans	4 oz	28.00	0.00	0.00	0.00	0.00	4.35	1.50	1.45	0.73	31.85
		546.00	21.52	8.06	58.00	902.00	59.41	5.50	9.96	28.33	295.16
2028	Serving Size	kcal	Fat(gm)	SF(gm)	Chol(mg)	Sodium(mg)	CHO(gm)	TDFB (gm)	Sugr(gm)	Pro(gm)	Calcium
Cheesy Smothered Chopped Steak	5 oz	257.00	17.00	7.00	48.00	580.00	8.50	1.50	1.00	16.00	142.00
White Rice Pilaf	8 oz	105.00	0.00	0.00	0.00	7.00	22.74	0.00	0.00	2.40	3.00
Peas	4 oz spoodle	54.00	0.00	0.00	0.00	0.00	9.33	3.10	3.11	3.89	18.00
		416.00	17.00	7.00	48.00	587.00	40.57	4.60	4.11	22.29	163.00
2034	Serving Size	kcal	Fat(gm)	SF(gm)	Chol(mg)	Sodium(mg)	CHO(gm)	TDFB (gm)	Sugr(gm)	Pro(gm)	Calcium
Spinach	4 oz spoodle	44.00	0.00	0.05	0.00	185.00	4.40	1.50	0.81	4.57	118.39
Chicken Fried Beef Steak	3 oz	290.00	22.00	7.00	30.00	430.00	15.00	1.00	2.00	10.00	20.00
Beef Gravy CFH Red Sodium	2 oz	30.00	1.00	0.00	0.00	211.00	4.01	0.00	0.00	0.00	1.00
Baked Potato	1 potato	168.00	0.18	0.05	0.00	9.00	38.82	2.70	3.06	3.53	9.00
		532.00	23.18	7.10	30.00	835.00	62.23	5.20	5.87	18.10	148.39
2056	Serving Size	kcal	Fat(gm)	SF(gm)	Chol(mg)	Sodium(mg)	CHO(gm)	TDFB (gm)	Sugr(gm)	Pro(gm)	Calcium
Ginger BBQ Chicken	1 thigh	169.00	6.11	2.04	46.00	521.00	13.48	0.50	11.36	14.33	7.41
Chopped Collard Greens	4 oz spoodle	29.00	0.00	0.00	0.00	20.00	3.90	2.00	1.00	2.90	232.00
Whipped Sweet Potatoes	#8 scoop	161.00	6.93	3.15	0.00	73.00	25.60	3.00	16.57	0.00	12.00
		359.00	13.04	5.19	46.00	614.00	42.98	5.50	28.93	17.23	251.41
2058	Serving Size	kcal	Fat(gm)	SF(gm)	Chol(mg)	Sodium(mg)	CHO(gm)	TDFB (gm)	Sugr(gm)	Pro(gm)	Calcium
orange Chicken	3oz	308.00	11.64	2.58	45.00	321.00	29.65	30.00	15.83	19.92	15.00
White Rice Pilaf	8 oz	105.00	0.00	0.00	0.00	7.00	22.74	0.00	0.00	2.40	3.00
Broccoli	4 oz spoodle	25.00	0.00	0.00	0.00	15.00	5.00	3.00	1.00	3.00	35.11
		438.00	11.64	2.58	45.00	343.00	57.39	33.00	16.83	25.32	53.11
2062	Serving Size	kcal	Fat(gm)	SF(gm)	Chol(mg)	Sodium(mg)	CHO(gm)	TDFB (gm)	Sugr(gm)	Pro(gm)	Calcium
Gnocchi w/peas	1 cup	210.00	0.00	2.70	8.00	729.00	34.60	3.50	2.70	7.20	119.00
Festive Green Beans	1/2 cup	20.00	0.00	0.00	0.00	0.00	4.00	1.30	0.00	0.65	26.00
Pineapple bits	1 each	60.00	0.00	0.00	0.00	0.00	15.00	1.00	14.00	1.00	0.00
		290.00	0.00	2.70	8.00	729.00	53.60	5.80	16.70	8.85	145.00
4001	Serving Size	kcal	Fat(gm)	SF(gm)	Chol(mg)	Sodium(mg)	CHO(gm)	TDFB (gm)	Sugr(gm)	Pro(gm)	Calcium
Oven fried chicken leg	1 piece	210.00	18.00	2.50	80.00	530.00	10.00	1.00	0.00	17.00	10.00
White Rice	4 oz spoodle	105.00	0.00	0.00	0.00	7.00	22.74	0.50	0.00	2.40	3.00

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Carrots	#8 scoop	23.00	0.00	0.00	0.00	34.00	7.00	1.50	2.24	0.00	21.00
		338.00	18.00	2.50	80.00	571.00	39.74	3.00	2.24	19.40	34.00
4009	Serving Size	kcal	Fat(gm)	SF(gm)	Chol(mg)	Sodium(mg)	CHO(gm)	TDFB (gm)	Sugr(gm)	Pro(gm)	Calcium
Chicken Roma w/ pasta		202.00	5.33	2.21	26.00	355.00	19.00	1.30	1.00	20.00	30.00
Capri Vegetables	1/2 cup	20.00	0.0	0.0	0.0	15.0	3.0	1.0	1.0	1.0	15.1
Applesauce	1 each	50.00	0.00	0.00	0.00	10.00	14.00	1.00	10.99	0.00	5.00
		272.00	5.33	2.21	26.00	380.00	36.00	3.30	12.99	21.00	50.11
6001	Serving Size	kcal	Fat(gm)	SF(gm)	Chol(mg)	Sodium(mg)	CHO(gm)	TDFB (gm)	Sugar(gm)	Pro(gm)	Calcium
Pot Roast CFH	1 portion/79 g	168.00	11.23	4.21	51.00	97.00	1.00	0.00	0.00	15.91	0.00
Brown Gravy	4 oz/107g	37.00	0.70	0.00	0.00	157.00	6.36	1.00	1.00	0.56	7.36
Mashed Potatoes Red Sodium CFH	1/2 cup	77.00	0.09	0.00	1.00	41.00	16.35	1.10	0.19	2.32	35.00
California Vegetable Blend	4 oz spoodle	19.00	0.00	0.00	0.00	23.00	3.87	2.30	1.55	1.55	23.00
		301.00	12.02	4.21	52.00	318.00	27.58	4.40	2.74	20.34	65.36
6002	Serving Size	kcal	Fat(gm)	SF(gm)	Chol(mg)	Sodium(mg)	CHO(gm)	TDFB (gm)	Sugr(gm)	Pro(gm)	Calcium
Grilled Chicken breast	1 each	120.00	2.50	1.00	65.00	330.00	1.02	0.00	0.00	20.00	10.00
Chicken Cacciatore SAUCE	4 oz spoodle	70.00	2.50	1.00	0.00	310.00	8.00	2.00	4.00	3.00	75.00
Mashed Potatoes Red Sodium CFH	1/2 cup	77.00	0.09	0.00	1.00	41.00	16.35	1.10	0.19	2.32	35.00
Broccoli	4 oz spoodle	25.00	0.00	0.00	0.00	15.00	5.00	3.00	1.00	3.00	35.11
		292.00	5.09	2.00	66.00	696.00	30.37	6.10	5.19	28.32	155.11
6004	Serving Size	kcal	Fat(gm)	SF(gm)	Chol(mg)	Sodium(mg)	CHO(gm)	TDFB (gm)	Sugr(gm)	Pro(gm)	Calcium
Beef Patty	1 each	213.00	14.17	5.00	51.00	445.00	4.00	1.00	1.00	16.20	33.00
Mixed Vegetables	4 oz spoodle	38.00	0.00	0.00	0.00	12.00	8.46	2.90	3.00	1.54	0.00
Chopped Collard Greens	4 oz spoodle	29.00	0.00	0.00	0.00	20.00	3.90	2.00	1.00	2.90	232.00
Beef Gravy CFH Red Sodium/mushrooms	1	60.00	1.00	0.00	0.00	211.00	4.01	0.00	0.00	0.00	1.00
		340.00	15.17	5.00	51.00	688.00	20.37	5.90	5.00	20.64	266.00
6006	Serving Size	kcal	Fat(gm)	SF(gm)	Chol(mg)	Sodium(mg)	CHO(gm)	TDFB (gm)	Sugar(gm)	Pro(gm)	Calcium
Pulled turkey	30z	130.00	1.52	1.00	70.00	55.00	0.00	0.00	0.00	27.00	0.00
CFH Red Sodium Chicken Gravy	2 oz ladle	25.00	0.83	0.00	0.00	133.00	3.31	0.00	0.00	0.00	1.00
Maple Sweet Potatoes	4 oz spoodle	152.00	0.00	0.00	0.00	5.00	40.00	3.70	28.00	0.00	15.20
Green Beans	4 oz	28.00	0.00	0.00	0.00	0.00	4.35	1.50	1.45	0.73	31.85
		335.00	2.35	1.00	70.00	193.00	47.66	5.20	29.45	27.73	48.05
6007	Serving Size	kcal	Fat(gm)	SF(gm)	Chol(mg)	Sodium(mg)	CHO(gm)	TDFB (gm)	Sugr(gm)	Pro(gm)	Calcium
Beef and cabbage stew	8 oz spoodle	210.00	3.50	2.00	35.00	440.00	21.00	6.00	9.00	16.00	108.60
Sliced apples	.5 cup	50.00	0.00	0.00	0.00	10.00	13.00	2.00	11.00	0.00	6.00
Diced Carrots	1/2 cup	23.00	0.00	0.00	0.00	34.00	7.00	1.50	2.24	0.00	21.00
		283.00	3.50	2.00	35.00	484.00	41.00	9.50	22.24	16.00	135.60
6008	Serving Size	kcal	Fat(gm)	SF(gm)	Chol(mg)	Sodium(mg)	CHO(gm)	TDFB (gm)	Sugr(gm)	Pro(gm)	Calcium
Italian Bowtie pasta w/ beef	8 oz	330	16	6	65	430	28	3	6	18	59
Broccoli w/ red pepper	1/2 cup	27	0	0	0	14	5	3	1	2	34
Green Beans	4 oz	28.00	0.00	0.00	0.00	0.00	4.35	1.50	1.45	0.73	31.85
		385	16	6	65	444	37.35	7.5	8.45	20.73	124.85
6009	Serving Size	kcal	Fat(gm)	SF(gm)	Chol(mg)	Sodium(mg)	CHO(gm)	TDFB (gm)	Sugar(gm)	Pro(gm)	Calcium
Herb Marinated Chicken CFH SRCP	1 each (126g)	135.00	4.50	1.00	95.00	310.00	0.00	0.00	0.00	22.00	1.00
Mashed Potatoes Red Sodium CFH	1/2 cup	77.00	0.09	0.00	1.00	41.00	16.35	1.10	0.19	2.32	35.00
Asparagus	4 oz spoodle	30.00	0.00	0.00	0.00	10.00	4.00	2.00	0.00	3.00	28.35
		242.00	4.59	1.00	96.00	361.00	20.35	3.10	0.19	27.32	64.35
6010	Serving Size	kcal	Fat(gm)	SF(gm)	Chol(mg)	Sodium(mg)	CHO(gm)	TDFB (gm)	Sugr(gm)	Pro(gm)	Calcium
Grilled Chicken breast	1 each	120.00	2.50	1.00	65.00	360.00	1.02	0.00	0.00	20.00	10.00
Onion Gravy	4 oz	43.00	1.38	0.00	0.00	219.00	5.89	0.20	0.36	0.12	4.31
White and Wild Rice	#8 scoop	66.00	0.09	0.02	0.00	128.00	14.11	1.00	0.21	1.63	24.39
Chopped Collard Greens	4 oz spoodle	29.00	0.00	0.00	0.00	20.00	3.90	2.00	1.00	2.90	232.00
		258.00	3.97	1.02	65.00	727.00	24.92	3.20	1.57	24.65	270.70
6011	Serving Size	kcal	Fat(gm)	SF(gm)	Chol(mg)	Sodium(mg)	CHO(gm)	TDFB (gm)	Sugr(gm)	Pro(gm)	Calcium
Grilled Chicken breast	1 each	120.00	2.50	0.50	60.00	320.00	1.02	0.00	0.00	22.00	12.00
Lemon Pepper Sauce	2 oz	21.00	0.71	0.00	0.00	147.00	2.83	0.00	0.00	0.00	2.00
Broccoli	4 oz spoodle	25.00	0.00	0.00	0.00	15.00	5.00	3.00	1.00	3.00	35.11
Mashed Potatoes Red Sodium CFH	1/2 cup	77.00	0.09	0.00	1.00	41.00	16.35	1.10	0.19	2.32	35.00
		243.00	3.30	0.50	61.00	523.00	25.20	4.10	1.19	27.32	84.11

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	Serving Size	kcal	Fat(gm)	SF(gm)	Chol(mg)	Sodium(mg)	CHO(gm)	TDFB (gm)	Sugar(gm)	Pro(gm)	Calcium
6014											
Indiana Style Chili Mac	8 oz ladle	313.00	14.36	6.00	36.00	411.00	31.00	5.00	3.29	15.70	111.18
Green Beans	4 oz	28.00	0.00	0.00	0.00	0.00	4.35	1.50	1.45	0.73	31.85
Diced Carrots	1/2 cup	23.00	0.00	0.00	0.00	34.00	7.00	1.50	2.24	0.00	21.00
		364.00	14.36	6.00	36.00	445.00	42.35	8.00	6.98	16.43	164.03
6016											
Swedish Meatballs	8 oz ladle	223.00	16.43	5.60	38.00	484.00	10.72	2.00	2.00	8.00	75.15
Brown rice	#8 scoop	170.00	1.00	0.00	0.00	217.00	35.00	1.50	0.00	4.62	12.00
Diced Carrots	1/2 cup	23.00	0.00	0.00	0.00	34.00	7.00	1.50	2.24	0.00	21.00
Broccoli	4 oz spoodle	25.00	0.00	0.00	0.00	15.00	5.00	3.00	1.00	3.00	35.11
		441.00	17.43	5.60	38.00	750.00	57.72	8.00	5.24	15.62	143.26
6017											
Breaded Chicken Patty	1 each	200.00	8.46	2.00	45.00	290.00	9.00	3.00	0.00	19.00	0.00
CFH NSA Marinara Sauce	2 oz	28.00	0.46	0.00	0.00	12.00	4.58	1.40	2.18	0.90	14.00
Parmesan Cheese	1 pkt	15.00	1.00	1.00	5.00	35.00	1.00	0.00	0.00	1.00	40.00
California Vegetable Blend	4 oz spoodle	19.00	0.00	0.00	0.00	23.00	3.87	2.30	1.55	1.55	23.00
Roasted Red Skinned Potatoes	4 oz spoodle (91g)	79.00	0.00	0.00	0.00	0.00	17.80	2.00	1.00	3.00	10.00
		341.00	9.92	3.00	50.00	360.00	36.25	8.70	4.73	25.45	87.00
6018											
Potato Pollock	1 each	200.00	10.00	1.50	40.00	350.00	14.00	1.00	0.00	13.00	0.00
Diced Carrots	1/2 cup	23.00	0.00	0.00	0.00	34.00	7.00	1.50	2.24	0.00	21.00
Broccoli	4 oz spoodle	25.00	0.00	0.00	0.00	15.00	5.00	3.00	1.00	3.00	35.11
		248.00	10.00	1.50	40.00	399.00	26.00	5.50	3.24	16.00	56.11
6019											
Meatloaf	1 each (85 g)	210.00	15.00	6.00	42.00	326.00	2.70	1.20	0.02	13.90	33.00
Beef Gravy CFH Red Sodium	2 oz	60.00	1.00	0.00	0.00	211.00	4.01	0.00	0.00	0.00	1.00
Mashed potatoes Red Sodium CFH	1/2 cup	77.00	0.09	0.00	1.00	41.00	16.35	1.10	0.19	2.32	13.50
Brussel Sprouts	4 oz spoodle	35.00	0.34	0.00	0.00	9.00	6.80	3.20	0.00	3.15	22.00
		382.00	16.43	6.00	43.00	587.00	29.86	5.50	0.21	19.37	69.50
6020											
Chicken and Noodles CFH USDA	8 oz (237g)	198.00	3.66	1.00	69.00	132.00	20.18	1.00	1.13	18.34	20.00
Broccoli	4 oz spoodle	25.00	0.00	0.00	0.00	15.00	5.00	3.00	1.00	3.00	35.11
		223.00	3.66	1.00	69.00	147.00	25.18	4.00	2.13	21.34	55.11
7004											
Jamaican Pork Roast	1 portion (142 g)	233.0	9.2	3.0	49.0	89.0	19.0	0.5	18.0	17.8	19.0
Key West Vegetable Blend	4 oz spoodle	20.00	0.00	0.00	0.00	16.00	4.00	1.30	1.30	0.00	18.00
Mashed Potatoes Red Sodium CFH	1/2 cup	77.00	0.09	0.00	1.00	41.00	16.35	1.10	0.19	2.32	35.00
		330.0	9.3	3.0	50.0	146.0	39.4	2.9	19.5	20.1	72.0
7007											
Chicken Chili	8 oz ladle	222.00	7.00	3.50	52.00	227.00	18.00	5.20	1.50	21.90	180.00
Broccoli	4 oz spoodle	25.00	0.00	0.00	0.00	15.00	5.00	3.00	1.00	3.00	35.11
Corn	4 oz spoodle	80.00	0.80	0.00	0.00	0.00	16.80	0.80	4.00	2.40	0.00
		327.00	7.80	3.50	52.00	242.00	39.80	9.00	6.50	27.30	215.11
7009											
Chicken & Broccoli Casserole	1 1/2 cup	324.0	5.4	1.8	60.0	312.0	38.4	7.2	7.2	32.4	182.0
Capri Vegetables	1/2 cup	20.0	0.0	0.0	0.0	15.0	3.0	1.0	1.0	1.0	15.1
		344.0	5.4	1.8	60.0	327.0	41.4	8.2	8.2	33.4	197.1
7011											
Diced turkey	2oz	90.00	1.52	0.00	25.00	273.00	2.02	0.00	1.01	9.11	20.25
Corn	4 oz spoodle	80.00	0.76	0.00	0.00	0.00	16.05	0.80	4.00	2.40	0.00
Peas	4 oz spoodle	54.00	0.00	0.00	0.00	0.00	9.33	3.10	3.11	3.89	18.00
Southwest Pasta	1 cup	187.00	2.79	1.25	8.00	213.00	31.19	3.50	3.69	7.84	70.00
		411.00	5.07	1.25	33.00	486.00	58.59	7.40	11.81	23.24	108.25
7013											
	Serving Size	kcal	Fat(gm)	SF(gm)	Chol(mg)	Sodium(mg)	CHO(gm)	TDFB (gm)	Sugr(gm)	Pro(gm)	Calcium

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Spaghetti w/ NSA Marinara	8 oz ladle	247.00	5.25	0.70	0.00	67.00	42.13	4.90	9.50	7.81	42.00
Meatballs	0.5 oz/4 each (56g)	180.00	12.00	4.50	40.00	300.00	5.33	1.30	0.67	9.33	27.00
Parmesan Cheese	1 pkt	15.00	1.00	1.00	5.00	35.00	1.00	0.00	0.00	1.00	40.00
California Vegetable Blend	4 oz spoodle	19.00	0.00	0.00	0.00	23.00	3.87	2.30	1.55	1.55	23.00
Italian Cut Green Beans #610831	1/2 cup	20.00	0.00	0.00	0.00	0.00	4.00	1.30	1.33	0.67	20.00
		481.00	18.25	6.20	45.00	425.00	56.33	9.80	13.05	20.36	152.00

7016	Serving Size	kcal	Fat(gm)	SF(gm)	Chol(mg)	Sodium(mg)	CHO(gm)	TDFB (gm)	Sugr(gm)	Pro(gm)	Calcium
Ham and Beans	8 oz ladle (243 g)	236.00	1.00	0.00	0.00	334.00	39.20	12.70	2.00	13.83	125.00
Chopped Collard Greens	4 oz spoodle	29.00	0.00	0.00	0.00	20.00	3.90	2.00	1.00	2.90	232.00
Diced Carrots	4 oz spoodle	23.00	0.00	0.00	0.00	34.00	7.00	1.50	3.00	0.00	21.00
		288.00	1.00	0.00	0.00	388.00	50.10	16.20	6.00	16.73	378.00

7020	Serving Size	kcal	Fat(gm)	SF(gm)	Chol(mg)	Sodium(mg)	CHO(gm)	TDFB (gm)	Sugr(gm)	Pro(gm)	Calcium
Herb Crusted Hake	3 ounce	100.00	2.50	0.00	50.00	200.00	5.00	0.00	0.00	14.00	40.00
Broccoli	4 oz spoodle	25.00	0.00	0.00	0.00	15.00	5.00	3.00	1.00	3.00	35.11
Roasted Red Skinned Potatoes	4 oz spoodle (91g)	79.00	0.00	0.00	0.00	0.00	17.80	2.00	1.00	3.00	10.00
		204.00	2.50	0.00	50.00	215.00	27.80	5.00	2.00	20.00	85.11

FRUIT

Product Name	Serving Size	kcal	Fat(gm)	SF(gm)	Chol(mg)	Sodium(mg)	CHO(gm)	TDFB (gm)	Sugr(gm)	Pro(gm)	Calcium
Diced peach cup	1 each	60.00	0.00	0.00	0.00	0.00	12.20	1.00	12.00	0.00	0.00
Diced Pears	1 each	90.00	0.00	0.00	0.00	5.00	22.00	2.00	18.00	1.00	0.00
Mandarin Oranges	1 each	90.00	0.00	0.00	0.00	5.00	22.08	1.00	18.06	0.00	40.00
Mixed Fruit	1 each	80.00	0.00	0.00	0.00	0.00	19.00	1.00	18.00	1.00	0.00
Topical Fruit Cup	1 each	80.00	0.00	0.00	0.00	10.00	19.07	0.00	18.06	1.00	0.00
Pineapple bits	1 each	60.00	0.00	0.00	0.00	0.00	15.00	1.00	14.00	1.00	0.00
Strawberry Applesauce	4 oz cup	50.00	0.00	0.00	0.00	10.00	14.03	1.00	9.02	0.00	0.00
Applesauce	1 each	50.00	0.00	0.00	0.00	10.00	11.99	1.00	10.99	0.00	5.00
Apples and Cherries and almonds	4 oz ladle	88.00	2.40	0.00	0.00	10.00	15.90	2.60	11.15	1.00	11.00
Orange Juice	1 each	60.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00
Fresh orange	1 each	65.00	0.00	0.00	0.00	0.00	16.00	3.40	13.00	1.00	60.60
Fresh apple	1 each	95	0	0	0	2	25	4.4	19	0.5	11

GRAINS

Product	Serving Size	kcal	Fat(gm)	SF(gm)	Chol(mg)	Sodium(mg)	CHO(gm)	TDFB (gm)	Sugr(gm)	Pro(gm)	Calcium
Wheat Bread Sliced Wrapped	1 slice/25g	60.00	1.00	0.00	0.00	115.00	12.00	1.00	1.00	2.00	15.00
White Rice Pilaf	8 oz	105.00	0.00	0.00	0.00	7.00	22.74	0.00	0.00	2.40	3.00
WG Corn Bread	1 each	179.00	5.97	0.50	15.00	90.00	27.85	1.00	14.92	2.98	21.88
Southwest Pasta	1 cup	187.00	2.79	1.25	8.00	213.00	31.19	3.50	3.69	7.84	70.00
Wheat Roll	1 each	70.00	0.81	0.00	0.00	141.00	12.50	0.50	1.60	2.70	22.00
White and Wild Rice	#8 scoop	66.00	0.09	0.02	0.00	128.00	14.11	0.10	0.21	1.63	24.39
Brown rice	#8 scoop	170	1	0	0	217	35	1.5	0	4.62	12.00
Shred Mini Wheats	1.06 oz box	101.00	0.50	0.00	0.00	0.00	24.30	3.00	6.00	2.00	0.00
Egg Noodles w/ Gravy	4 oz ladle	105.00	2.18	0.30	17.00	212.00	17.25	0.30	0.61	2.43	9.36
Macaroni and Cheese	#8 scoop	205.00	5.85	3.00	7.00	342.00	30.00	1.00	4.50	7.40	118.00

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Roasted Red Skinned Potatoes	4 oz spoodle (91g)	79	0	0	0	0	17.8	2	1	3	10.00
Rosemary Roasted Potatoes	4 oz spoodle	121	3	0.5	0	192	19	2	1.00	3.00	10.00
Baked Potato	1 potato	168.00	0.18	0.05	0.00	9.00	38.82	2.70	3.06	3.53	9.00
Low Sodium Black Beans	1/2 cup	110.00	0.00	0.00	0.00	130.00	20.00	5.00	1.00	7.00	80.00
CFH Hash Browns	1/2 cup	118.00	3.00	0.50	0.00	306.00	20.00	2.80	0.00	2.36	12.00
Scalloped Potatoes Reduced Sodium	1/2 cup	110.00	3.50	2.07	8.00	135.00	15.00	2.00	0.39	4.50	86.95
Whipped Sweet Potatoes	#8 scoop	161.00	6.93	3.15	0.00	73.00	25.60	3.00	16.57	0.00	12.00
Roasted Sweet Potatoes	1/2 cup	117.00	2.91	0.42	2.00	150.00	19.97	2.50	13.32	1.66	33.29
Maple Sweet Potatoes	4 oz spoodle	152.00	0.00	0.00	0.00	5.00	40.00	3.70	28.00	0.00	15.20
Mashed Potatoes Red Sodium CFH	1/2 cup	77.00	0.09	0.00	1.00	41.00	16.35	1.10	0.19	2.32	35.00