

Nutrition Facts



	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Dietary Fiber (g)	Protein (g)	Sodium (mg)
ENTREES								
Asparagus Tofu Stirfry S	6 oz	172	8	1	15	5	14	600
Barbecue Chicken	1 piece	573	39	11	7	1	48	586
Beef Stroganoff	6 oz	357	18	7	13	1	35	710
Black Bean Tilapia	4 oz	217	5	1	12	1	31	642
Cajun Catfish	6 oz	259	14	3	0	0	32	136
Cauliflower Pea Curry	8 oz	120	4	1	16	5	7	394
Chicken Coq Au Vin	1 piece	654	39	11	21	2	51	911
Chicken Curry	6 oz	393	15	4	19	9	50	369
Chicken Masala	6 oz	315	12	2	4	0	48	633
Chicken Parmesan	1 piece	224	7	3	10	0	28	511
Chicken Vindaloo	6 oz	339	11	2	14	2	46	1502
Chickpea Stew S	8 oz	363	7	1	60	17	19	608
Chile Relleno	7 oz	261	12	5	32	6	8	1223
Classic Vegetable Lasagna S	8 oz	244	7	4	30	5	16	474
Creamy Vegetable Lasagna	8 oz	287	8	4	39	2	14	647
Dijon Salmon S	4 oz	327	20	4	7	1	26	390
Fish Vera Cruz S	4 oz	178	4	1	5	1	30	413
Fried Catfish	7 oz	673	31	5	54	4	40	570
Fried Chicken	8.75 oz	791	52	12	27	2	52	639
Ginger Beef	6 oz	380	15	5	27	4	32	607
Jack's Chicken Curry	6 oz	273	8	3	19	2	31	755
Macaroni & Cheese	8 oz	415	19	13	39	1	20	451
Meat Lasagna	8 oz	351	11	5	34	5	25	650
Mediterranean Fish S	4 oz	178	4	2	3	1	30	348
Daily reference value based on a 2000 calorie per day diet			65	20	300	25	50	2400

S = Smart Choice meal when consumed with 2 designated sides
 = Vegetarian Dish

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Serving Size

Calories

Total Fat (g)

Saturated Fat (g)















Carbohydrate (g)



Dietary Fiber (g)

Protein (g)

Sodium (mg)

ENTREES CONTINUED

Moroccan Couscous 	8 oz	169	4	0	28	3	5.6	541
Mushroom Pea Curry 	8 oz	191	8	1	24	6	11	909
Pan Seared Salmon 	4 oz	236	14	3	1	0	25	241
Pasta Primavera  	8 oz	339	9	5	56	4	10	496
Penne with Meatsauce	6 oz	143	7	4	10	1	9	418
Plum Glazed Chicken	1 piece	620	40	11	17	1	47	566
Pork Adobo	6 oz	754	45	8	48	1	38	1384
Pork Chop	6 oz	663	37	9	30	1	48	1367
Ravioli with Marinara 	5.5 oz	286	10	6	31	4	16	698
Red Bean Sausage Picante	9 oz	373	13	5	38	14	26	1451
Roast Turkey	3.5 oz	154	7	2	1	0	22	659
Salisbury Steak	3.4 oz	216	9	3	11	0.5	17	329
Sesame Chicken	4 oz	416	16	3	53	0	13	1662
Sesame Pork	4 oz	383	12	3	53	0	17	1184
Soy Ginger Tilapia	4 oz	255	12	2	5	1	31	917
Spaghetti with Marinara  	10 oz	225	1	0	45	5	9	344
Spaghetti with Meatsauce	10 oz	325	7	2	46	4	18	684
Teriyaki Chicken	1 piece	597	38	11	13	0	49	1446
Tropical Salsa Tilapia 	4 oz	187	3	1	11	1	30	81
Turkey Tetrazzini	8 oz	396	17	9	43	2	18	1064
Vegetable Chow Mein 	8 oz	646	37	5	69	6	12	1185
Vegetable Tofu Stir Fry  	6 oz	127	4	0.5	13	3	9	530
Zuni Stew  	6 oz	121	3	0	23	4	3	390
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SIDES								
Angel Hair Pasta	6 oz	140	1	0	28	1	5	5
Beef Mushroom Gravy	2 oz	65	2	1	9	1	2	348
Blackeyed Peas	4 oz	43	0	0	9	2	1	369
Broccoli	4 oz	34	0.5	0	6	2	3	61
Broccoli, Cauliflower, & Carrots	1/2 cup	33	0	0	5	3	3	40
Brown Rice	1/2 cup	166	1	0	35	2	3	4
Carrots	4 oz	50	0	0	12	4	1	82
Channa Masala	6 oz	238	6	0.5	37	10	11	427
Chicken Gravy	2 oz	72	5	3	5	0	2	416
Chuckwagon Corn	4 oz	93	1	0	20	3	3	13
Collard Greens	5 oz	94	6	0.5	9	4	3	319
Cornbread Stuffing	1/4 cup	167	6	4	24	1	4	300
Egg Noodles	1/2 cup	145	2	0.5	27	1	5	11
French Fries	5 oz	251	16	1	24	3	3	454
Garlic Bread	1 each	135	5	1	18	0.5	3	248
Green & Wax Beans & Carrots	1/2 cup	60	1	1	8	3	1	51
Italian Roasted Vegetables	4 oz	62	3	0.5	8	3	2	63
Jasmine Rice	1/2 cup	163	0	0	38	0	3	1
Mashed Potatoes	4 oz	136	4	1	22	2	4	470
Mexican Rice	1/2 cup	186	1	0	38	0.5	4	285
Peas & Carrots	4 oz	82	0	0	16	6	5	22
Peas & Mushrooms	4 oz	86	0	0	16	6	5	51
Polenta	1 square	94	3	1	14	2	3	298
Pork Gravy	2 oz	71	1	0	12	0	3	908
Roasted Red Potatoes	4 oz	107	2	0	20	3	2	117
Turkey Gravy	2 oz	50	0.5	0	10	0	2	300
Zucchini	4 oz	18	0	0	4	1	1	11
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