



ENCORE COMMUNITY SERVICES
HOME DELIVERED MEALS PROGRAM

2019 SUMMMER MENU

FROZEN REGULAR MEALS

JULY, AUGUST, SEPTEMBER

239 West 49th Street, New York, NY 10029

212-581-2910 (press option #4; oprima opcion #4)


Funded in part by NYC Department for the Aging, Citymeals on Wheels and Senior Contributions


ALLERGY DISCLAIMER

Encore's Food Service Program is required to conduct trainings on cross contamination; however there is always a risk. Items such as nuts, dairy and gluten are prepared in the same kitchen and unfortunately, there are no guarantees trace elements are not present. There is also a possibility that commercial food vendors could change the formula at any time without notice. Encore Community Services will not assume any liability for adverse reactions to food consumed or items one may come in contact with their delivery.

El programa de servicio alimenticio de Encore es requerido llevar a cabo entrenamientos sobre contaminación cruzada; Sin embargo siempre hay un riesgo. Los artículos tales como nueces, lácteo y gluten se preparan en la misma cocina y desafortunadamente, no hay garantías que trazas de estos elementos están presentes. También existe la posibilidad de que los vendedores de alimentos comerciales puedan cambiar la fórmula en cualquier momento sin previo aviso. Encore Community Services no asumirá ninguna responsabilidad por reacciones adversas a los alimentos consumidos o artículos que puedan entrar en contacto con su entrega.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>FROZEN REGULAR MENU</u> <u>JULY 2019</u>				<p><i>**Some menu items may be subject to change based on availability</i></p> <p><i>Meals All come with Whole Wheat Bread, 1% Milk (8oz), Trans Fat Free Margarine, & Vitamin C Enriched fruit juice</i></p>		
<p>Encore Menu's created with care by Kitchen Services team. All menu's are reviewed and approved by NYC Dept. For Aging nutritionists.</p>	<p>1 Hungarian Goulash w/Beef Egg Noodles Broccoli & Red Peppers Apple Orange Juice</p>	<p>2 Arroz con Pollo Chicken Breast and Rice Steamed Peas and Carrots Apple Juice Tapioca Pudding</p>	<p>3 Beef Meatballs in Tomato Sauce Spaghetti Italian Blend Vegetables Fruit Cocktail Cup Orange Pineapple Juice</p>	<p>4</p> <p>CENTER CLOSED</p> <p>YOU WILL RECEIVE A BOX FROM CITYMEALS</p>	<p>5 Breaded Fish Tartar Sauce Pesto Pasta with Broccoli Prince Edward Blend Vegetables Apple Juice Orange</p>	<p>6 Chicken Fricassee White Rice Steamed Carrots Pears Cup Orange Pineapple Juice</p>
<p>7 Coconut Tilapia Garlic & Rosemary Roasted Potatoes Carrots and Raisins Orange Juice Peaches Cup</p>	<p>8 Stewed Beef Steamed Broccoli and Cauliflower Smashed Red Potatoes Apple Juice Pineapples Cup</p>	<p>9 Spanish Chicken Cuban Style Brown Rice Steamed Green Beans Apple Orange Pineapple Juice</p>	<p>10 Salisbury Steak w/Mushroom Sauce Penne Brussel Sprouts Orange Juice Peaches Cup</p>	<p>11 Dijon Chicken California Blend Vegetables Red Bliss Potatoes Orange Juice Fruited Jello</p>	<p>12 Parmesan Baked Tilapia Rice Pilaf Prince Edward Blend Vegetables Cantaloupe Orange Pineapple Juice</p>	<p>13 Chicken Parmesan Spaghetti California Blend Vegetables Applesauce Orange Juice</p>
<p>14 Lasagna Rollettes Carrots Steamed Broccoli Apple Juice Mandarins Cup</p>	<p>15 Meatballs Brown Gravy Pasta California Blend Vegetables Apple Orange Pineapple Juice</p>	<p>16 Oven Fried Chicken Red Potatoes Steamed Green Beans Applesauce Orange Juice</p>	<p>17 Sofrito Steak Brown Rice Carrots Apple Juice Banana</p>	<p>18 BBQ Chicken Baked Potatoes Boiled Southern Greens Orange Juice Pear</p>	<p>19 Baked Fish with Zucchini Pasta with Sweet Peas Steamed Broccoli Orange Orange Pineapple Juice</p>	<p>20 Salisbury Steak w/Mushroom Sauce California Blend Vegetables Mashed Potatoes Apple Juice Mandarins Cup</p>
<p>21 Vegetable Baked ziti steamed carrots & steamed green beans applesauce orange pineapple juice</p>	<p>22 Chili con Carne White Rice Steamed Peas and Carrots Apple Orange Juice</p>	<p>23 Brown Stew Chicken Collard Greens with Tomato Red Potatoes Apple Juice Pear</p>	<p>24 Italian Roasted Pork Tenderloin Yellow Rice & Pigeon Peas California Blend Vegetables Apple Juice Orange</p>	<p>25 Baked Turkey Breast Mashed Sweet Potatoes Steamed Green Beans Orange Juice Fruited Jello</p>	<p>26 Coconut Tilapia Tartar Sauce Egg Barley with Mushrooms Baby Carrots with Parsley Apple Juice Peaches Cup</p>	<p>27 Stewed Chicken Breast Smashed Red Potatoes Steamed Spinach Tangerine Orange Pineapple Juice</p>
<p>28 Black Bean & Sweet Potato Chili White Rice Broccoli and Red Pepper Salad Orange Juice Pears Cup</p>	<p>29 Stewed Pork Chops Baked Chicken(Sub) Black Beans and Rice Broccoli and Red Peppers Apple Juice Peaches Cup</p>	<p>30 Chicken Parmesan Spaghetti Italian Blend Vegetables Apple Orange Pineapple Juice</p>	<p>31 Beef Meatloaf Smashed Red Potatoes Steamed Carrots Orange Juice Pear</p>			<p>Encore Menu's created with care by Kitchen Services team. All menu's are reviewed and approved by NYC Dept. For Aging nutritionists.</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p align="center">FROZEN REGULAR MENU AUGUST 2019</p>	<p><i>**Some menu items may be subject to change based on availability</i></p> <p><i>Meals All come with Whole Wheat Bread, 1% Milk (8oz), Trans Fat Free Margarine, & Vitamin C Enriched fruit juice</i></p>		<p><i>Encore Menu's created with care by Kitchen Services team. All menu's are reviewed and approved by NYC Dept. For Aging nutritionists.</i></p>	<p>1 Baked Breaded Chicken Baked Macaroni and Cheese Sauteed Spinach Apple Juice Pineapple Cup</p>	<p>2 Baked Fish with Cream Corn Sauce Yellow Rice California Blend Vegetables Orange Orange Pineapple Juice</p>	<p>3 Baked Breaded Chicken Cutlet Brown Gravy Garlic Mashed Potatoes Steamed Carrots Fruit Cocktail Orange Juice</p>
<p>4 Spaghetti Turkey Meat Sauce Italian Blend Vegetables Steamed Spinach Apple Juice Pineapple Cup</p>	<p>5 Beef and Broccoli Brown Rice Oriental Blend Veg. Orange Pineapple Juice Pear</p>	<p>6 Chicken Legs w/ Stewed Tomatoes Smashed Red Potatoes Steamed Kale Orange Juice Fruited Jello</p>	<p>7 Stewed Pork Chops Baked Chicken(Sub) Pasta Fagioli Steamed Broccoli Apple Juice Orange</p>	<p>8 Cranberry Chicken Corn Steamed Spinach Strawberry and Applesauce Cups Orange Pineapple Juice</p>	<p>9 Baked Tilapia Basil Cream Sauce California Blend Vegetables Red Potatoes Kiwi Orange Juice</p>	<p>10 Lasagna Rollettes Sauteed Zucchini Steamed Green Beans Apple Juice Fruit Cocktail Cups</p>
<p>11 Chicken with Mushrooms & Peppers Brown Rice Broccoli & Cauliflower Mandarin Cup Orange Pineapple Juice</p>	<p>12 Hungarian Goulash w/ Beef Egg Noodles Baby Carrots w/ Parsley Apple Orange Juice</p>	<p>13 Arroz con Pollo Chicken Breast and Rice Broccoli w/Peppers Apple Juice Tapioca Pudding</p>	<p>14 Beef Meatballs in Tomato Sauce Spaghetti Italian Blend Vegetables Fruit Cocktail Cup Orange Pineapple Juice</p>	<p>15 Dijon Chicken California Blend Vegetables Red Bliss Potatoes Orange Juice Fruited Jello</p>	<p>16 Breaded Fish Tartar Sauce Pesto Pasta with Broccoli Prince Edward Blend Vegetables Apple Juice Orange</p>	<p>17 Chicken Fricassee White Rice Steamed Carrots Pears Cup Orange Pineapple Juice</p>
<p>18 Coconut Tilapia Garlic and Rosemary Roasted Potatoes Carrots and Raisins Orange Juice Peaches Cup</p>	<p>19 Stewed Beef Steamed Broccoli and Cauliflower Smashed Red Potatoes Apple Juice Pineapple Cup</p>	<p>20 Spanish Chicken Cuban Style Brown Rice Steamed Green Beans Apple Orange Pineapple Juice</p>	<p>21 Salisbury Steak w/Mushroom Sauce Penne Brussel Sprouts Orange Juice Peaches Cup</p>	<p>22 Baked Breaded Chicken Cutlet Beets and Baby Carrots with Dill Sweet Baked Yams Apple Juice Pear</p>	<p>23 Parmesan Baked Tilapia Rice Pilaf Prince Edward Blend Vegetables Cantaloupe Orange Pineapple Juice</p>	<p>24 Chicken Parmesan Spaghetti California Blend Vegetables Applesauce Orange Juice</p>
<p>25 Lasagna Rollettes Carrots Steamed Broccoli Apple Juice Mandarins Cup</p>	<p>26 Meatballs Brown Gravy Pasta California Blend Vegetables Apple Orange Pineapple Juice</p>	<p>27 Oven Fried Chicken Red Potatoes Steamed Green Beans Applesauce Orange Juice</p>	<p>28 Roast Beef Baked Potatoes Steamed Green Beans Orange Juice Peaches Cup</p>	<p>29 BBQ Chicken Baked Potatoes Boiled Southern Greens Orange Juice Pear</p>	<p>30 Baked Fish with Zucchini Pasta with Sweet Peas Steamed Broccoli Orange Orange Pineapple Juice</p>	<p>31 Salisbury Steak w/Mushroom Sauce California Blend Vegetables Mashed Potatoes Apple Juice Mandarins Cup</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FROZEN REGULAR MENU SEPTEMBER 2019			<i>**Some menu items may be subject to change based on availability</i> <i>Meals All come with Whole Wheat Bread, 1% Milk (8oz), Trans Fat Free Margarine, & Vitamin C Enriched fruit juice</i>		<i>Encore Menu's created with care by Kitchen Services team. All menu's are reviewed and approved by NYC Dept. For Aging nutritionists.</i>	
1 Vegetable Baked Ziti Steamed Carrots Steamed Green Beans Applesauce Orange Pineapple Juice	2 CENTER CLOSED YOU WILL RECEIVE A BOX FROM CITYMEALS	3 Brown Stew Chicken Collard Greens with Tomato Red Potatoes Apple Juice Pear	4 Stuffed Shells with Meat Sauce Brussel Sprouts Italian Blend Vegetables Orange Orange Pineapple Juice	5 Baked Turkey Breast Mashed Sweet Potatoes Steamed Green Beans Orange Juice Fruited Jello	6 Coconut Tilapia Tartar Sauce Egg Barley with Mushrooms Baby Carrots with Parsley Apple Juice Peaches Cup	7 Stewed Chicken Breast Smashed Red Potatoes Steamed Spinach Tangerine Orange Pineapple Juice
8 Black Bean & Sweet Potato Chili White Rice Broccoli and Red Pepper Salad Orange Juice Pears Cup	9 Chili con Carne White Rice Steamed Peas and Carrots Apple Orange Juice	10 Chicken Parmesan Spaghetti Italian Blend Vegetables Apple Orange Pineapple Juice	11 Beef Meatloaf Smashed Red Potatoes Steamed Carrots Orange Juice Pear	12 Baked Breaded Chicken Baked Macaroni and Cheese Sauteed Spinach Apple Juice Pineapple Cup	13 Baked Fish with Cream Corn Sauce Yellow Rice California Blend Vegetables Orange Orange Pineapple Juice	14 Baked Breaded Chicken Cutlet Brown Gravy Garlic Mashed Potatoes Steamed Carrots Fruit Cocktail Orange Juice
15 Spaghetti Turkey Meat Sauce Italian Blend Vegetables Steamed Spinach Apple Juice Pineapple Cup	16 Beef and Broccoli Brown Rice Oriental Blend Veg. Orange Pineapple Juice Pear	17 Baked Breaded Chicken Cutlet Brown Gravy Garlic Mashed Potatoes Steamed Kale Fruit Cocktail Cup Orange Juice	18 Stewed Pork Chops Baked Chicken(Sub) Pasta Fagioli Steamed Broccoli Apple Juice Orange	19 Cranberry Chicken Corn Steamed Spinach Strawberry and Applesauce Cups Orange Pineapple Juice	20 Baked Tilapia Basil Cream Sauce California Blend Vegetables Red Potatoes Kiwi Orange Juice	21 Lasagna Rollettes Sauteed Zucchini Steamed Green Beans Apple Juice Fruit Cocktail Cups
22 Chicken with Mushrooms & Peppers Brown Rice Broccoli & Cauliflower Mandarin Cup Orange Pineapple Juice	23 Hungarian Goulash w/ Beef Egg Noodles Baby Carrots w/Parsley Apple Orange Juice	24 Arroz con Pollo Chicken Breast and Rice Broccoli w/Peppers Apple Juice Tapioca Pudding	25 Yankee Pot Roast Garlic and Rosemary Roasted Potatoes Steamed Carrots Apple Juice Orange	26 Dijon Chicken California Blend Vegetables Red Bliss Potatoes Orange Juice Fruited Jello	27 Breaded Fish Tartar Sauce Pesto Pasta with Broccoli Prince Edward Blend Vegetables Apple Juice Orange	28 Chicken Fricassee White Rice Steamed Carrots Pears Cup Orange Pineapple Juice
29 Coconut Tilapia Garlic & Rosemary Roasted Potatoes Carrots and Raisins Orange Juice Peaches Cup	30 Stewed Beef Steamed Broccoli and Cauliflower Smashed Red Potatoes Apple Juice Pineapple Cup	<i>**Some menu items may be subject to change based on availability</i> <i>Meals All come with Whole Wheat Bread, 1% Milk (8oz), Trans Fat Free Margarine, & Vitamin C Enriched fruit juice</i>				

7/15/19, & 8/26/19	
Brown Gravy,Pre-prepared Meatballs, Pasta (1/2 cup),Whole Wheat Bread, California Blend Vegetables, Apple,Orange Pineapple Juice, Milk, low fat, 1%, Margarine	
Nutrition Facts	
Serving Size 1	
Amount Per Serving	
Calories 339	Calories from Fat 76
% Daily Value *	
Total Fat 4g	7%
Saturated Fat 2g	9%
Trans Fat 0g	
Cholesterol 12mg	4%
Sodium 313mg	6%
Carbohydrate 57g	19%
Dietary Fiber 9g	35%
Sugar 34g	
Protein 13g	
Vitamin A 101%	Calcium 38%
Vitamin C 51%	Iron 9%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

7/16/19, 08/27/19	
Oven Fried Chicken, Whole Wheat Bread, Red Bliss Potatoes,Steamed Green Beans, Applesauce,Orange Juice, Milk, low fat, 1%, Margarine	
Nutrition Facts	
Serving Size 1	
Amount Per Serving	
Calories 630	Calories from Fat 199
% Daily Value *	
Total Fat 18g	29%
Saturated Fat 5g	23%
Trans Fat 1g	
Cholesterol 92mg	31%
Sodium 540mg	16%
Carbohydrate 68g	23%
Dietary Fiber 6g	23%
Sugar 29g	
Protein 41g	
Vitamin A 25%	Calcium 45%
Vitamin C 22%	Iron 21%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

7/17/2019	
Sofrito Steak, Brown Rice (1/2 cup),Whole Wheat Bread, Carrots, Apple Juice,Banana, Milk, low fat, 1%, Margarine	
Nutrition Facts	
Serving Size 1	
Amount Per Serving	
Calories 676	Calories from Fat 143
% Daily Value *	
Total Fat 12g	20%
Saturated Fat 5g	23%
Trans Fat 0g	
Cholesterol 112mg	37%
Sodium 690mg	22%
Carbohydrate 82g	28%
Dietary Fiber 11g	45%
Sugar 37g	
Protein 53g	
Vitamin A 277%	Calcium 46%
Vitamin C 159%	Iron 29%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

7/18/19 & 8/29/19	
BBQ Chicken Leg Quarters, Baked Potatoes,Whole Wheat Bread, Boiled Southern Greens, Orange Juice,Pear, Milk, low fat, 1%, Margarine	
Nutrition Facts	
Serving Size 1	
Amount Per Serving	
Calories 529	Calories from Fat
% Daily Value *	
Total Fat 15g	24%
Saturated Fat 5g	24%
Trans Fat 0g	
Cholesterol 88mg	29%
Sodium 376mg	8%
Carbohydrate 56g	19%
Dietary Fiber 6g	23%
Sugar 33g	
Protein 36g	
Vitamin A 232%	Calcium 54%
Vitamin C 175%	Iron 21%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

7/19/19 & 8/30/19,	
Baked Fish with Zucchini, Pasta with Sweet Peas,Whole Wheat Bread, Steamed Broccoli, Orange,Orange Pineapple Juice, Milk, low fat, 1%, Margarine	
Nutrition Facts	
Serving Size 1	
Amount Per Serving	
Calories 509	Calories from Fat 119
% Daily Value *	
Total Fat 9g	15%
Saturated Fat 5g	22%
Trans Fat 0g	
Cholesterol 69mg	23%
Sodium 579mg	17%
Carbohydrate 58g	20%
Dietary Fiber 9g	36%
Sugar 29g	
Protein 43g	
Vitamin A 39%	Calcium 59%
Vitamin C 186%	Iron 18%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

7/20/19 & 8/31/19	
Beef Salisbury Steak with Mushroom Sauce, Whole Wheat Bread, California Blend Vegetables,Instant Mashed Potatoes, Apple Juice,Canned Mandarin Oranges, Milk, low fat, 1%, Margarine	
Nutrition Facts	
Serving Size 1	
Amount Per Serving	
Calories 580	Calories from Fat 195
% Daily Value *	
Total Fat 18g	28%
Saturated Fat 7g	34%
Trans Fat 1g	
Cholesterol 132mg	44%
Sodium 474mg	12%
Carbohydrate 58g	20%
Dietary Fiber 6g	23%
Sugar 28g	
Protein 39g	
Vitamin A 100%	Calcium 43%
Vitamin C 120%	Iron 28%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

7/21/19 & 9/1/2019	
Vegetable Baked Ziti with Whole Wheat Pasta, Whole Wheat Bread, Steamed Carrots,Steamed Green Beans, Applesauce,Orange Pineapple Juice, Milk, low fat, 1%, Margarine	
Nutrition Facts	
Serving Size 1	
Amount Per Serving	
Calories 625	Calories from Fat 173
% Daily Value *	
Total Fat 15g	24%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 39mg	13%
Sodium 531mg	15%
Carbohydrate 86g	30%
Dietary Fiber 15g	59%
Sugar 33g	
Protein 35g	
Vitamin A 105%	Calcium 81%
Vitamin C 36%	Iron 27%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

7/1/19, & 8/12/19 & 9/23/19	
Hungarian Goulash with Beef, Egg Noodles, Whole Wheat Bread, Broccoli and Red Peppers, Apple, Orange Juice, Milk, low fat, 1%, Margarine	
Nutrition Facts	
Serving Size 1	
Amount Per Serving	
Calories 554	Calories from Fat 162
% Daily Value *	
Total Fat 14g	22%
Saturated Fat 5g	23%
Trans Fat 0g	
Cholesterol 99mg	33%
Sodium 348mg	7%
Carbohydrate 61g	20%
Dietary Fiber 10g	38%
Sugar 37g	
Protein 43g	
Vitamin A 80% • Calcium 40%	
Vitamin C 89% • Iron 27%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

7/2/19, & 8/24/19	
Arroz con Pollo Chicken Breast and Rice, Whole Wheat Bread, Steamed Peas and Carrots, Apple Juice, Tapioca Pudding (pre-prepared), Milk, low fat, 1%, Margarine	
Nutrition Facts	
Serving Size 1	
Amount Per Serving	
Calories 618	Calories from Fat 141
% Daily Value *	
Total Fat 12g	20%
Saturated Fat 4g	16%
Trans Fat 0g	
Cholesterol 84mg	28%
Sodium 427mg	10%
Carbohydrate 76g	26%
Dietary Fiber 6g	24%
Sugar 30g	
Protein 45g	
Vitamin A 171% • Calcium 41%	
Vitamin C 107% • Iron 24%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

7/3/19, & 8/14/19	
Beef Meatballs in Tomato Sauce, Spaghetti, Whole Wheat Bread, Italian Blend Vegetables, Fruit Cocktail, Orange Pineapple Juice, Milk, low fat, 1%, Margarine	
Nutrition Facts	
Serving Size 1	
Amount Per Serving	
Calories 616	Calories from Fat 233
% Daily Value *	
Total Fat 22g	34%
Saturated Fat 9g	35%
Trans Fat 1g	
Cholesterol 117mg	39%
Sodium 480mg	13%
Carbohydrate 60g	21%
Dietary Fiber 8g	31%
Sugar 32g	
Protein 38g	
Vitamin A 38% • Calcium 43%	
Vitamin C 27% • Iron 24%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

7/4/19, & 8/26/19	
Dijon Chicken, Whole Wheat Bread, California Blend Vegetables, Red Bliss Potatoes, Orange Juice, Milk, low fat, 1%, Fruited Jello, Margarine	
Nutrition Facts	
Serving Size 1	
Amount Per Serving	
Calories 520	Calories from Fat
% Daily Value *	
Total Fat 15g	24%
Saturated Fat 5g	24%
Trans Fat 0g	
Cholesterol 90mg	30%
Sodium 626mg	19%
Carbohydrate 50g	17%
Dietary Fiber 5g	19%
Sugar 28g	
Protein 36g	
Vitamin A 107% • Calcium 39%	
Vitamin C 140% • Iron 15%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

7/5/19, & 8/16/19 & 9/27/19	
Baked Breaded Fish, Tartar Sauce, Pesto Pasta with Broccoli, Whole Wheat Bread, Prince Edward Blend Vegetables, Apple Juice, Orange, Milk, low fat, 1%, Margarine	
Nutrition Facts	
Serving Size 1	
Amount Per Serving	
Calories 496	Calories from Fat 126
% Daily Value *	
Total Fat 10g	16%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 71mg	24%
Sodium 454mg	11%
Carbohydrate 56g	19%
Dietary Fiber 4g	16%
Sugar 28g	
Protein 36g	
Vitamin A 21% • Calcium 44%	
Vitamin C 83% • Iron 15%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

7/6/19, & 8/17/19 & 9/28/19	
Chicken Fricassee, White Rice, Whole Wheat Bread, Steamed Carrots, Canned Peas, Orange Pineapple Juice, Milk, low fat, 1%, Margarine	
Nutrition Facts	
Serving Size 1	
Amount Per Serving	
Calories 451	Calories from Fat 106
% Daily Value *	
Total Fat 8g	12%
Saturated Fat 4g	13%
Trans Fat 0g	
Cholesterol 84mg	28%
Sodium 399mg	9%
Carbohydrate 50g	17%
Dietary Fiber 7g	18%
Sugar 28g	
Protein 39g	
Vitamin A 287% • Calcium 40%	
Vitamin C 9% • Iron 15%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

7/7/19, 8/18/19, & 9/7/19	
Coconut Crusted Tilapia, Whole Wheat Bread, Carrots and Raisins, Garlic and Rosemary Roasted Potatoes, Orange Juice, Sliced Canned Peaches, Milk, low fat, 1%, Margarine	
Nutrition Facts	
Serving Size 1	
Amount Per Serving	
Calories 608	Calories from Fat 150
% Daily Value *	
Total Fat 13g	21%
Saturated Fat 5g	21%
Trans Fat 0g	
Cholesterol 82mg	27%
Sodium 484mg	13%
Carbohydrate 79g	27%
Dietary Fiber 7g	29%
Sugar 42g	
Protein 41g	
Vitamin A 423% • Calcium 41%	
Vitamin C 116% • Iron 19%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

7/8/19, & 8/19/19 & 9/30/19	
Stewed Beef, Whole Wheat Bread, Smashed Red Potatoes, Steamed Broccoli and Cauliflower, Apple Juice, Canned Pineapple, Milk, low fat, 1%, Orange, Margarine	
Nutrition Facts	
Serving Size 1	
Amount Per Serving	
Calories 477	Calories from Fat 123
% Daily Value *	
Total Fat 10g	14%
Saturated Fat 5g	18%
Trans Fat 0g	
Cholesterol 95mg	32%
Sodium 464mg	12%
Carbohydrate 49g	17%
Dietary Fiber 6g	23%
Sugar 28g	
Protein 42g	
Vitamin A 30% • Calcium 44%	
Vitamin C 152% • Iron 24%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

7/9/19, & 8/20/19	
Spanish Style Baked Chicken, Cuban Style Brown Rice, Whole Wheat Bread, Steamed Green Beans, Apple, Orange Pineapple Juice, Milk, low fat, 1%, Margarine	
Nutrition Facts	
Serving Size 1	
Amount Per Serving	
Calories 571	Calories from Fat 169
% Daily Value *	
Total Fat 15g	23%
Saturated Fat 4g	18%
Trans Fat 0g	
Cholesterol 88mg	29%
Sodium 586mg	17%
Carbohydrate 65g	22%
Dietary Fiber 10g	41%
Sugar 35g	
Protein 39g	
Vitamin A 33% • Calcium 44%	
Vitamin C 86% • Iron 16%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

7/10/19, & 8/21/19	
Beef Salisbury Steak with Mushroom Sauce, Penne, Whole Wheat Bread, Brussel Sprouts, Orange Juice, Sliced Canned Peaches, Milk, low fat, 1%, Margarine	
Nutrition Facts	
Serving Size 1	
Amount Per Serving	
Calories 604	Calories from Fat 198
% Daily Value *	
Total Fat 18g	29%
Saturated Fat 7g	34%
Trans Fat 1g	
Cholesterol 132mg	44%
Sodium 464mg	12%
Carbohydrate 61g	20%
Dietary Fiber 8g	32%
Sugar 27g	
Protein 43g	
Vitamin A 37% • Calcium 44%	
Vitamin C 192% • Iron 29%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

8/22/19, & 9/27/19	
Baked Breaded Chicken Cutlet, Whole Wheat Bread, Beets and Baby Carrots with Dill, Sweet Baked Yams, Apple Juice, Pear, Milk, low fat, 1%, Margarine	
Nutrition Facts	
Serving Size 1	
Amount Per Serving	
Calories 715	Calories from Fat
% Daily Value *	
Total Fat 18g	29%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 127mg	42%
Sodium 512mg	14%
Carbohydrate 87g	30%
Dietary Fiber 6g	23%
Sugar 43g	
Protein 43g	
Vitamin A 384% • Calcium 47%	
Vitamin C 101% • Iron 24%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

7/12/19, & 8/23/19	
Parmesan Baked Tilapia, Rice Pilaf, Whole Wheat Bread, Prince Edward Blend Vegetables, Cantaloupe, Orange Pineapple Juice, Milk, low fat, 1%, Margarine	
Nutrition Facts	
Serving Size 1	
Amount Per Serving	
Calories 426	Calories from Fat 97
% Daily Value *	
Total Fat 7g	12%
Saturated Fat 4g	15%
Trans Fat 0g	
Cholesterol 64mg	21%
Sodium 439mg	11%
Carbohydrate 46g	16%
Dietary Fiber 4g	17%
Sugar 24g	
Protein 37g	
Vitamin A 100% • Calcium 45%	
Vitamin C 76% • Iron 13%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

7/13/19, 8/24/19,	
Chicken Parmesan, Whole Wheat Bread, Whole Wheat Spaghetti, California Blend Vegetables, Applesauce, Orange Juice, Milk, low fat, 1%, Margarine	
Nutrition Facts	
Serving Size 1	
Amount Per Serving	
Calories 462	Calories from Fat 113
% Daily Value *	
Total Fat 9g	14%
Saturated Fat 4g	19%
Trans Fat 0g	
Cholesterol 91mg	30%
Sodium 436mg	11%
Carbohydrate 46g	17%
Dietary Fiber 7g	26%
Sugar 27g	
Protein 42g	
Vitamin A 104% • Calcium 47%	
Vitamin C 41% • Iron 15%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

7/14/19, 8/10/19, & 9/21/19	
Homemade Tomato Sauce 1/4 cup, Lasagna Rollettes, Whole Wheat Bread, Carrots, Steamed Broccoli, Apple Juice, Canned Mandarin Oranges, Milk, low fat, 1%, Margarine	
Nutrition Facts	
Serving Size 1	
Amount Per Serving	
Calories 331	Calories from Fat 74
% Daily Value *	
Total Fat 4g	7%
Saturated Fat 2g	9%
Trans Fat 0g	
Cholesterol 12mg	4%
Sodium 386mg	8%
Carbohydrate 52g	18%
Dietary Fiber 7g	26%
Sugar 31g	
Protein 16g	
Vitamin A 38% • Calcium 40%	
Vitamin C 169% • Iron 14%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

7/22/19, & 9/9/19	
Chili con Carne, White Rice ,Whole Wheat Bread, Steamed Peas and Carrots, Apple,Orange Juice, Milk, low fat, 1%, Margarine	
Nutrition Facts	
Serving Size 1	
Amount Per Serving	
Calories 624	Calories from Fat 185
% Daily Value *	
Total Fat 17g	27%
Saturated Fat 7g	32%
Trans Fat 1g	
Cholesterol 89mg	30%
Sodium 483mg	13%
Carbohydrate 75g	25%
Dietary Fiber 13g	53%
Sugar 41g	
Protein 40g	
Vitamin A 186% • Calcium 48%	
Vitamin C 70% • Iron 45%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

7/23/19, & 9/3/19	
Brown Stew Chicken, Whole Wheat Bread, Collard Greens with Tomato,Red Bliss Potatoes, Apple Juice,Pear, Milk, low fat, 1%, Margarine	
Nutrition Facts	
Serving Size 1	
Amount Per Serving	
Calories 581	Calories from Fat 189
% Daily Value *	
Total Fat 17g	28%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 90mg	30%
Sodium 432mg	11%
Carbohydrate 62g	21%
Dietary Fiber 5g	19%
Sugar 28g	
Protein 36g	
Vitamin A 16% • Calcium 39%	
Vitamin C 110% • Iron 18%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

9/4/2019	
Jumbo Stuffed Shells with Meat Sauce, Whole Wheat Bread, Brussel Sprouts,Italian Blend Vegetables, Orange,Orange Pineapple Juice, Milk, low fat, 1%, Margarine	
Nutrition Facts	
Serving Size 1	
Amount Per Serving	
Calories 614	Calories from Fat 180
% Daily Value *	
Total Fat 16g	26%
Saturated Fat 6g	28%
Trans Fat 0g	
Cholesterol 71mg	24%
Sodium 589mg	18%
Carbohydrate 77g	26%
Dietary Fiber 11g	43%
Sugar 34g	
Protein 32g	
Vitamin A 41% • Calcium 53%	
Vitamin C 139% • Iron 19%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

9/5/2019	
Baked Turkey Breast,Brown Gravy, Whole Wheat Bread, Mashed Sweet Potatoes,Steamed Green Beans, Orange Juice, Milk, low fat, 1%, Fruited Jello, Margarine	
Nutrition Facts	
Serving Size 1	
Amount Per Serving	
Calories 551	Calories from Fat
% Daily Value *	
Total Fat 8g	13%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 83mg	28%
Sodium 447mg	12%
Carbohydrate 70g	23%
Dietary Fiber 6g	25%
Sugar 35g	
Protein 42g	
Vitamin A 531% • Calcium 46%	
Vitamin C 138% • Iron 17%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

7/7/19, 8/18/19, & 9/29/19	
Coconut Crusted Tilapia,Tartar Sauce , Egg Barley with Mushrooms,Whole Wheat Bread, Baby Carrots with Parsley, Apple Juice,Sliced Canned Peaches, Milk, low fat, 1%, Margarine	
Nutrition Facts	
Serving Size 1	
Amount Per Serving	
Calories 335	Calories from Fat 99
% Daily Value *	
Total Fat 7g	11%
Saturated Fat 3g	11%
Trans Fat 0g	
Cholesterol 17mg	6%
Sodium 440mg	11%
Carbohydrate 50g	18%
Dietary Fiber 5g	21%
Sugar 28g	
Protein 12g	
Vitamin A 314% • Calcium 41%	
Vitamin C 135% • Iron 16%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

7/27/19, & 9/7/19	
Stewed Chicken Breast, Smashed Red Potatoes,Whole Wheat Bread, Steamed Spinach, Orange Pineapple Juice,Tangerine, Milk, low fat, 1%, Margarine	
Nutrition Facts	
Serving Size 1	
Amount Per Serving	
Calories 487	Calories from Fat 155
% Daily Value *	
Total Fat 13g	21%
Saturated Fat 4g	16%
Trans Fat 0g	
Cholesterol 84mg	28%
Sodium 556mg	16%
Carbohydrate 44g	15%
Dietary Fiber 6g	25%
Sugar 24g	
Protein 41g	
Vitamin A 213% • Calcium 52%	
Vitamin C 67% • Iron 32%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

7/28/19, & 9/8/19	
Black Bean and Sweet Potato Chili, White Rice ,Whole Wheat Bread, Broccoli and Red Pepper Salad, Canned Pears,Orange Juice, Milk, low fat, 1%, Margarine	
Nutrition Facts	
Serving Size 1	
Amount Per Serving	
Calories 420	Calories from Fat 93
% Daily Value *	
Total Fat 6g	11%
Saturated Fat 2g	9%
Trans Fat 0g	
Cholesterol 12mg	4%
Sodium 493mg	13%
Carbohydrate 69g	22%
Dietary Fiber 11g	44%
Sugar 29g	
Protein 20g	
Vitamin A 83% • Calcium 45%	
Vitamin C 186% • Iron 26%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

7/29/19, & 9/18/19	
Stewed Pork Chops, Black Beans and Rice, Whole Wheat Bread, Broccoli and Red Peppers, Apple Juice, Sliced Canned Peaches, Milk, low fat, 1%, Margarine	
Nutrition Facts	
Serving Size 1	
Amount Per Serving	
Calories 454	Calories from Fat 120
% Daily Value *	
Total Fat 9g	15%
Saturated Fat 4g	16%
Trans Fat 0g	
Cholesterol 74mg	25%
Sodium 587mg	17%
Carbohydrate 56g	19%
Dietary Fiber 4g	18%
Sugar 29g	
Protein 29g	
Vitamin A 61%	Calcium 43%
Vitamin C 154%	Iron 17%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

7/30/2019	
Chicken Parmesan, Homemade Tomato Sauce 1/4 cup, Spaghetti, Whole Wheat Bread, Italian Blend Vegetables, Apple, Orange Pineapple Juice, Milk, low fat, 1%, Margarine	
Nutrition Facts	
Serving Size 1	
Amount Per Serving	
Calories 552	Calories from Fat 152
% Daily Value *	
Total Fat 13g	21%
Saturated Fat 5g	21%
Trans Fat 0g	
Cholesterol 91mg	30%
Sodium 453mg	12%
Carbohydrate 59g	20%
Dietary Fiber 9g	36%
Sugar 35g	
Protein 42g	
Vitamin A 31%	Calcium 48%
Vitamin C 31%	Iron 12%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

7/31/19, & 8/14/19	
Beef Meatloaf, Brown Gravy, Whole Wheat Bread, Smashed Red Potatoes, Steamed Carrots, Orange Juice, Pear, Milk, low fat, 1%, Margarine	
Nutrition Facts	
Serving Size 1	
Amount Per Serving	
Calories 628	Calories from Fat 198
% Daily Value *	
Total Fat 18g	28%
Saturated Fat 7g	34%
Trans Fat 1g	
Cholesterol 131mg	44%
Sodium 638mg	20%
Carbohydrate 67g	22%
Dietary Fiber 6g	23%
Sugar 29g	
Protein 40g	
Vitamin A 282%	Calcium 46%
Vitamin C 111%	Iron 31%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

8/1/2019 & 9/12/19	
Baked Chicken Quarters, Baked Macaroni and Cheese, Whole Wheat Bread, Sautéed Spinach, Apple Juice, Canned Pineapple, Milk, low fat, 1%, Margarine	
Nutrition Facts	
Serving Size 1	
Amount Per Serving	
Calories 527	Calories from Fat
% Daily Value *	
Total Fat 19g	31%
Saturated Fat 6g	27%
Trans Fat 0g	
Cholesterol 90mg	30%
Sodium 409mg	10%
Carbohydrate 44g	15%
Dietary Fiber 5g	19%
Sugar 25g	
Protein 36g	
Vitamin A 205%	Calcium 49%
Vitamin C 96%	Iron 32%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

8/2/2019 & 9/13/19	
Baked Fish with Cream Corn Sauce, Whole Wheat Bread, Yellow Rice, California Blend Vegetables, Orange, Orange Pineapple Juice, Milk, low fat, 1%, Margarine	
Nutrition Facts	
Serving Size 1	
Amount Per Serving	
Calories 519	Calories from Fat 151
% Daily Value *	
Total Fat 13g	20%
Saturated Fat 6g	26%
Trans Fat 0g	
Cholesterol 71mg	24%
Sodium 375mg	9%
Carbohydrate 57g	20%
Dietary Fiber 8g	34%
Sugar 32g	
Protein 39g	
Vitamin A 110%	Calcium 53%
Vitamin C 157%	Iron 14%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

8/3/19 & 9/14/19	
Baked Breaded Chicken Cutlet, Brown Gravy, Whole Wheat Bread, Garlic Mashed Potatoes, Steamed Carrots, Fruit Cocktail, Orange Juice, Milk, low fat, 1%, Margarine	
Nutrition Facts	
Serving Size 1	
Amount Per Serving	
Calories 633	Calories from Fat 202
% Daily Value *	
Total Fat 18g	29%
Saturated Fat 5g	23%
Trans Fat 0g	
Cholesterol 116mg	39%
Sodium 661mg	21%
Carbohydrate 64g	22%
Dietary Fiber 4g	17%
Sugar 27g	
Protein 45g	
Vitamin A 22%	Calcium 48%
Vitamin C 122%	Iron 21%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

8/4/19 & 9/15/19	
Spaghetti, Turkey Meat Sauce, Whole Wheat Bread, Italian Blend Vegetables, Steamed Spinach, Apple Juice, Canned Pineapple, Milk, low fat, 1%, Margarine	
Nutrition Facts	
Serving Size 1	
Amount Per Serving	
Calories 445	Calories from Fat 110
% Daily Value *	
Total Fat 8g	14%
Saturated Fat 3g	11%
Trans Fat 0g	
Cholesterol 12mg	4%
Sodium 314mg	6%
Carbohydrate 68g	23%
Dietary Fiber 6g	22%
Sugar 27g	
Protein 16g	
Vitamin A 25%	Calcium 38%
Vitamin C 95%	Iron 12%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

8/5/19 & 9/16/19	
Beef and Broccoli, Brown Rice (1/2 cup), Whole Wheat Bread, Oriental Blend, Orange Pineapple Juice, Pear, Milk, low fat, 1%, Margarine	
Nutrition Facts	
Serving Size 1	
Amount Per Serving	
Calories 555	Calories from Fat 167
% Daily Value *	
Total Fat 15g	24%
Saturated Fat 6g	26%
Trans Fat 0g	
Cholesterol 83mg	28%
Sodium 396mg	9%
Carbohydrate 63g	22%
Dietary Fiber 8g	34%
Sugar 31g	
Protein 37g	
Vitamin A 18%	Calcium 40%
Vitamin C 49%	Iron 22%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

8/6/2019	
Chicken Legs with Stewed Tomatoes, Whole Wheat Bread, Smashed Red Potatoes, Steamed Kale, Orange Juice, Milk, low fat, 1%, Fruited Jello, Margarine	
Nutrition Facts	
Serving Size 1	
Amount Per Serving	
Calories 500	Calories from Fat 172
% Daily Value *	
Total Fat 15g	24%
Saturated Fat 5g	24%
Trans Fat 0g	
Cholesterol 90mg	30%
Sodium 367mg	8%
Carbohydrate 47g	15%
Dietary Fiber 5g	19%
Sugar 26g	
Protein 36g	
Vitamin A 202%	Calcium 44%
Vitamin C 159%	Iron 19%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

7/29/19 & 8/7/19	
Stewed Pork Chops, Pasta Fagioli, Whole Wheat Bread, Steamed Broccoli, Apple Juice, Orange, Milk, low fat, 1%, Margarine	
Nutrition Facts	
Serving Size 1	
Amount Per Serving	
Calories 458	Calories from Fat 120
% Daily Value *	
Total Fat 9g	15%
Saturated Fat 4g	16%
Trans Fat 0g	
Cholesterol 74mg	25%
Sodium 589mg	17%
Carbohydrate 56g	20%
Dietary Fiber 6g	23%
Sugar 29g	
Protein 30g	
Vitamin A 30%	Calcium 44%
Vitamin C 145%	Iron 17%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

8/8/19 & 8/19/19	
Cranberry Chicken, Whole Wheat Bread, Corn, Steamed Spinach, Healthy Strawberry and Applesauce, Orange Pineapple Juice, Milk, low fat, 1%, Margarine	
Nutrition Facts	
Serving Size 1	
Amount Per Serving	
Calories 563	Calories from Fat
% Daily Value *	
Total Fat 15g	24%
Saturated Fat 5g	24%
Trans Fat 0g	
Cholesterol 90mg	30%
Sodium 417mg	11%
Carbohydrate 64g	21%
Dietary Fiber 6g	23%
Sugar 39g	
Protein 38g	
Vitamin A 206%	Calcium 53%
Vitamin C 119%	Iron 33%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

8/9/19 & 9/20/19	
Baked Tilapia, Light Basil Cream Sauce, Whole Wheat Bread, California Blend Vegetables, Red Bliss Potatoes, Kiwi, Orange Juice, Milk, low fat, 1%, Margarine	
Nutrition Facts	
Serving Size 1	
Amount Per Serving	
Calories 362	Calories from Fat 107
% Daily Value *	
Total Fat 8g	13%
Saturated Fat 3g	14%
Trans Fat 0g	
Cholesterol 16mg	5%
Sodium 358mg	8%
Carbohydrate 50g	17%
Dietary Fiber 5g	19%
Sugar 29g	
Protein 16g	
Vitamin A 109%	Calcium 48%
Vitamin C 141%	Iron 9%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

7/14/19, 8/10/19, & 9/21/19	
Homemade Tomato Sauce 1/4 cup, Lasagna Rollettes, Whole Wheat Bread, Sauteed Zucchini, Steamed Green Beans, Apple Juice, Fruit Cocktail, Milk, low fat, 1%, Margarine	
Nutrition Facts	
Serving Size 1	
Amount Per Serving	
Calories 327	Calories from Fat 74
% Daily Value *	
Total Fat 4g	7%
Saturated Fat 2g	9%
Trans Fat 0g	
Cholesterol 12mg	4%
Sodium 377mg	8%
Carbohydrate 52g	18%
Dietary Fiber 6g	23%
Sugar 31g	
Protein 14g	
Vitamin A 28%	Calcium 40%
Vitamin C 118%	Iron 13%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

8/11/19 & 8/22/19	
Chicken Breast with Mushrooms and Peppers, Brown Rice (1/2 cup), Whole Wheat Bread, Steamed Peas and Carrots, Canned Mandarin Oranges, Orange Pineapple Juice, Milk, low fat, 1%, Margarine	
Nutrition Facts	
Serving Size 1	
Amount Per Serving	
Calories 465	Calories from Fat 114
% Daily Value *	
Total Fat 9g	15%
Saturated Fat 3g	14%
Trans Fat 0g	
Cholesterol 84mg	28%
Sodium 393mg	9%
Carbohydrate 49g	17%
Dietary Fiber 6g	24%
Sugar 29g	
Protein 42g	
Vitamin A 184%	Calcium 40%
Vitamin C 102%	Iron 18%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	