

# Monday December 4th

## Maple Peach Glazed Ham

Slow Roasted Clove Studded Pit Ham Basted with a Sweet Maple Peach Glaze

**Cal 150**

Serv Size: 4 oz (113g) • Fat cal 45 • Total fat 5g • Sat fat 2g • Trans fat 0g  
Cholest 45mg • Sodium 1040mg • Total carb 14g • Fiber 0g • Sugars 8g • Protein 13g

## Simple Roasted Sweet Potatoes

Sliced Sweet Potatoes Oven-Roasted with Canola Oil, Salt and Pepper

  **Cal 100**

Serv Size: 4 oz (113g) • Fat cal 15 • Total fat 2g • Sat fat 0g • Trans fat 0g  
Cholest 0mg • Sodium 170mg • Total carb 20g • Fiber 3g • Sugars 6g • Protein 2g

## Summer Squash & Carrot Medley

Fresh Sliced Carrots and Yellow Squash

  **Cal 30**

Serv Size: 4 oz (113g) • Fat cal 0 • Total fat 0g • Sat fat 0g • Trans fat 0g  
Cholest 0mg • Sodium 15mg • Total carb 5g • Fiber 2g • Sugars 3g • Protein 1g

## Tuesday December 5th

### Spaghetti & Meatballs with Sauce

Italian Meatballs Served on Spaghetti with Marinara Sauce and Parmesan Cheese

**Cal 580**

Serv Size: 4z Noodle+3 Ea+4z SC (348g) • Fat cal 250 • Total fat 28g • Sat fat 11g • Trans fat 0g

Cholest 50mg • Sodium 1100mg • Total carb 58g • Fiber 6g • Sugars 10g • Protein 21g

**Contains milk, wheat, soy, gluten**

### Broccoli with Sauteed Carrots

Crisp Sweet Carrots and Crunchy Fresh Broccoli

  **Cal 45**

Serv Size: 3 oz (85g) • Fat cal 15 • Total fat 1.5g • Sat fat 0g • Trans fat 0g  
Cholest 0mg • Sodium 90mg • Total carb 7g • Fiber 3g • Sugars 2g • Protein 2g

### Spinach with Garlic & Onions

Spinach Sauteed with Fresh Garlic and Sweet Yellow Onions

 **Cal 50**

Serv Size: 4 oz (113g) • Fat cal 15 • Total fat 1.5g • Sat fat 0g • Trans fat 0g  
Cholest 0mg • Sodium 90mg • Total carb 7g • Fiber 4g • Sugars 1g • Protein 4g

### Breadsticks

Breadsticks, Ready To Bake, Frozen, 1.5z

 **Cal 120**

Serv Size: 1 Breadstick/1.5 oz (43g) • Fat cal 5 • Total fat .5g • Sat fat 0g • Trans fat 0g

Cholest 0mg • Sodium 250mg • Total carb 23g • Fiber < 1g • Sugars < 1g • Protein 4g

**Contains wheat, gluten**

**Wednesday December 6<sup>th</sup>**

## **Chipotle Chicken & Queso Fresco Taco**

Grilled Chipotle Chicken, Salsa Cruda, Avocado, Romaine Lettuce & Queso Fresco in a Flour Tortilla

 **Cal 350**

Serv Size: 2 Tacos (246g) • Fat cal 110 • Total fat 12g • Sat fat 2.5g • Trans fat 0g  
Cholest 65mg • Sodium 380mg • Total carb 37g • Fiber 6g • Sugars 4g • Protein 23g

**Contains milk, wheat, gluten**

## **Mexican Brown Rice**

Seasoned Rice Flavored with Tomatoes, Onions, Red Peppers, Garlic, and Fresh Cilantro

  **Cal 130**

Serv Size: 4 oz (113g) • Fat cal 25 • Total fat 3g • Sat fat 0g • Trans fat 0g  
Cholest 0mg • Sodium 55mg • Total carb 24g • Fiber 2g • Sugars 1g • Protein 3g

## **Sofrito Black Beans**

  **Cal 45**

Serv Size: 2 oz Ladle (56g) • Fat cal 10 • Total fat 1.5g • Sat fat 0g • Trans fat 0g  
Cholest 0mg • Sodium 220mg • Total carb 7g • Fiber 3g • Sugars < 1g • Protein

**Thursday December 7<sup>th</sup>**

## **Cranberry Harvest Chicken Breast**

Cranberry Orange Marinated Chicken Breast

 **Cal 120**

Serv Size: 1 Breast (90g) • Fat cal 30 • Total fat 3.5g • Sat fat .5g • Trans fat 0g  
Cholest 60mg • Sodium 40mg • Total carb 2g • Fiber 0g • Sugars 2g • Protein 19g

## **Simply Smashed Yukon Gold Potatoes**

Smashed Yukon gold potatoes seasoned with extra virgin olive oil, kosher salt and black pepper

 **Cal 130**

Serv Size: 1/2 Cup (118g) • Fat cal 30 • Total fat 3.5g • Sat fat 0g • Trans fat 0g  
Cholest 0mg • Sodium 190mg • Total carb 23g • Fiber 2g • Sugars 1g • Protein 2g

## **Whole Green Beans**

 **Cal 30**

Serv Size: 4 oz (113g) • Fat cal 0 • Total fat 0g • Sat fat 0g • Trans fat 0g  
Cholest 0mg • Sodium 0mg • Total carb 7g • Fiber 3g • Sugars 2g • Protein 2g

**Friday December 8th**

## **Southern Crispy Chicken Tenders**

Crispy home style chicken tender strips cooked to golden brown

**Cal 340**

Serv Size: 3 Tenders (128g) • Fat cal 180 • Total fat 20g • Sat fat 2.5g • Trans fat 0g  
Cholest 40mg • Sodium 670mg • Total carb 23g • Fiber 1g • Sugars 0g • Protein 16g

**Contains eggs, wheat, gluten**

## **Mashed Red Potatoes**

Creamy Mashed Red Bliss Potatoes

**Cal 120**

Serv Size: 4 oz (113g) • Fat cal 30 • Total fat 3.5g • Sat fat 1.5g • Trans fat 0g  
Cholest 0mg • Sodium 140mg • Total carb 19g • Fiber 2g • Sugars 2g • Protein 2g

**Contains milk, soy**

## **California Mixed Vegetable**

Steamed Broccoli, Cauliflower and Crinkle Cut Carrots

**VG Cal 40**

Serv Size: 4 oz (113g) • Fat cal 0 • Total fat 0g • Sat fat 0g • Trans fat 0g  
Cholest 0mg • Sodium 50mg • Total carb 7g • Fiber 3g • Sugars 4g • Protein 1g