

**Monday February 12<sup>th</sup>**

## **Hard Turkey Taco**

Taco Seasoned Turkey with Cheddar, Lettuce and Tomato with Crisp  
Corn Taco Shells

**Cal 170**

Serv Size: 1 Taco (84g) • Fat cal 80 • Total fat 9g • Sat fat 3.5g • Trans fat 0g  
Cholest 40mg • Sodium 105mg • Total carb 11g • Fiber 2g • Sugars 1g • Protein 13g

Contains milk

## **Cilantro Jasmine Rice**

Steamed Jasmine Rice Tossed with Fresh Cilantro

  **Cal 150**

Serv Size: 4 oz Spoodle (85g) • Fat cal 0 • Total fat 0g • Sat fat 0g • Trans fat 0g  
Cholest 0mg • Sodium 60mg • Total carb 32g • Fiber < 1g • Sugars < 1g • Protein 3g

## **Sante Fe Black Bean**

 **Cal 100**

Serv Size: 4 oz (113g) • Fat cal 10 • Total fat 1g • Sat fat 0g • Trans fat 0g  
Cholest 0mg • Sodium 390mg • Total carb 15g • Fiber 6g • Sugars 0g • Protein 6g

**Tuesday February 13<sup>th</sup>**

## **Grilled Devil Chicken**

Chargrilled and Roasted Chicken Marinated with Garlic, Oregano and Red Chile Pepper

**Cal 350**

Serv Size: 1 Quarter (149g) • Fat cal 230 • Total fat 25g • Sat fat 7g • Trans fat 0g  
Cholest 105mg • Sodium 100mg • Total carb 0g • Fiber 0g • Sugars 0g • Protein 27g

## **Red Beans & Rice**

Kidney Beans and White Rice Cooked in Vegetable Broth with Cajun Seasoning and Veggie Crumbles

 **Cal 250**

Serv Size: 8 oz (227g) • Fat cal 35 • Total fat 4g • Sat fat 0g • Trans fat 0g  
Cholest 0mg • Sodium 500mg • Total carb 41g • Fiber 5g • Sugars 5g • Protein 11g  
*Contains milk, eggs, wheat, soy, gluten*

## **Pot Likker Collard Greens**

Collard Greens Simmered in Vegetable Broth with Onion, Hot Pepper Sauce, and Vinegar

  **Cal 100**

Serv Size: 4 oz (113g) • Fat cal 25 • Total fat 2.5g • Sat fat 0g • Trans fat 0g  
Cholest 0mg • Sodium 260mg • Total carb 17g • Fiber 4g • Sugars 9g • Protein 3g

**Wednesday February 14<sup>th</sup>**

## **Spicy Shrimp & Vegetable Stir Fry**

Shrimp Stir-Fried with Asian Vegetables, Ginger, Garlic and Green Onions in Garlic Orange Sauce

 **Cal 170**

Serv Size: 6 oz (173g) • Fat cal 45 • Total fat 5g • Sat fat 0g • Trans fat 0g  
Cholest 80mg • Sodium 490mg • Total carb 23g • Fiber 2g • Sugars 18g • Protein 11g

*Contains fish, shellfish, wheat, soy, gluten*

## **Steamed White Rice**

Steamed White Rice

  **Cal 100**

Serv Size: 3 oz (85g) • Fat cal 0 • Total fat 0g • Sat fat 0g • Trans fat 0g  
Cholest 0mg • Sodium 0mg • Total carb 22g • Fiber 0g • Sugars 0g • Protein 2g

## **Green Beans with Oregano**

  **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

**Thursday February 15<sup>th</sup>**

## **Southern Style Fried Chicken**

Crispy Southern Fried Chicken Seasoned with Our Secret Blend of Spices

**Cal 460**

Serv Size: 2 Eighths (219g) • Fat cal 230 • Total fat 26g • Sat fat 7g • Trans fat 0g  
Cholest 105mg • Sodium 3940mg • Total carb 24g • Fiber 2g • Sugars 1g • Protein 31g

Contains wheat, gluten

## **Creamy Pepper Gravy**

A Beef Broth and Cream Based Gravy with Yellow Onion and Cracked Pepper

**Cal 110**

Serv Size: 2 oz Ladle (65g) • Fat cal 100 • Total fat 12g • Sat fat 7g • Trans fat 0g  
Cholest 35mg • Sodium 135mg • Total carb 2g • Fiber 0g • Sugars 1g • Protein 1g

Contains milk, soy

## **Mashed Yukon Gold Potatoes**

Creamy Yukon Gold Mashed 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 20g • Fiber 2g • Sugars 2g • Protein 2g

Contains milk, soy

## **Steamed Fresh Green Beans**

Whole Fresh Steamed Green Beans

**VG**  **Cal 40**

Serv Size: 4 oz (113g) • Fat cal 0 • Total fat 0g • Sat fat 0g • Trans fat 0g  
Cholest 0mg • Sodium 0mg • Total carb 9g • Fiber 4g • Sugars 4g • Protein 2g