

NWSDS FROZEN MEAL MENU

ORDER DATE: _____

NAME: _____

ARRIVAL DATE: _____

You may order _____ per week.

Menu # 1	Roast Turkey
Calories: 714	Dressing and Gravy
Fat: 18%	Whipped Sweet Potatoes
Sodium mg: 902	Green Beans
Carbs: 99	Whole Wheat Bread
	1% Milk

Menu # 2	Baked Beef Rigatoni
Calories: 684	Steamed Spinach
Fat: 31%	Applesauce
Sodium mg: 824	Whole Wheat Bread
Carbs: 87	1% Milk

Menu # 3	Chicken Fajita Bowl
Calories: 696	With Brown Rice, Black Beans
Fat: 31%	Broccoli
Sodium mg: 659	Spiced Peaches
Carbs: 90	Whole Wheat Bread
	1% Milk

Menu # 4	Baked Ham w/Orange Glaze
Calories: 661	Green Peas & Onions
Fat: 19%	Whipped Sweet Potatoes
Sodium mg: 1452	Whole Wheat Bread
Carbs: 97	1% Milk

Menu # 5	Southwest Chicken Breast
Calories: 637	Creamed Potatoes
Fat: 11%	Broccoli & Cauliflower
Sodium mg: 967	Whole Wheat Bread
Carbs: 77	1% Milk

Menu # 6	Breaded Baked Fish
Calories: 705	with Brown Rice
Fat: 22%	Broccoli Cuts
Sodium mg: 571	Diced Spiced Peaches
Carbs: 100	Whole Wheat Bread
	1% Milk

Menu # 7	Meatballs w/Brown Gravy
Calories: 724	with Brown Rice
Fat: 31%	Steamed Spinach
Sodium mg : 878	Spiced Apples
Carbs: 91	Whole Wheat Bread
	1% Milk

Menu # 8	Sweet & Sour Pork w/Brown Rice
Calories: 730	Broccoli Cuts
Fat: 23%	Diced Spiced Peaches
Sodium mg: 701	Whole Wheat Bread
Carbs: 110	1% Milk

<u>Meatless Entrees</u>	
Menu # 9	Macaroni & Cheese
Calories: 790	Mixed Vegetables
Fat: 28%	Stewed Tomatoes
Sodium mg: 879	Whole Wheat Bread
Carbs: 105	1% Milk

Menu # 10	Pasta Primavera
Calories: 742	Green Peas
Fat: 24%	Blushing Applesauce
Sodium mg: 766	Whole Wheat Bread
Carbs: 99	1% Milk

Menu # 11	Cheese Enchiladas w/Sauce
Calories: 622	Spanish Rice
Fat: 30%	Spiced Apples
Sodium mg: 940	Whole Wheat Bread
Carbs: 90	1% Milk

Menu # 12	Egg & Cheese Omelet
Calories: 658	with Creole Sauce
Fat: 42%	Steamed Spinach
Sodium mg: 1130	Chuckwagon Corn
Carbs: 71	Whole Wheat Bread
	1% Milk

Meals are prepared by Bateman Food and Nutrition. All menus meet 1/3 of the DRI and have been approved by a Dietitian. Meals are suitable for a diabetic. Federal funding does not cover the entire cost of the meal. The suggested donation is \$3.00 per meal. Please make check payable to NWSDS.