










Nutrition Facts



 Low Fat

LOW FAT

	 ¼ WHITE MEAT CHICKEN, NO SKIN OR WING		 SKINLESS ROTISSERIE TURKEY BREAST		 BUTTERNUT SQUASH		 NEW POTATOES		 ORIENTAL GRILL CHICKEN SALAD NO DRESSING OR NOODLES		 CRANBERRY WALNUT RELISH		 FRUIT SALAD	
	Amt Per Serving	Amt Per Serving	Amt Per Serving	Amt Per Serving	Amt Per Serving	Amt Per Serving	Amt Per Serving	% Daily Value	Amt Per Serving	% Daily Value	Amt Per Serving	% Daily Value	Amt Per Serving	% Daily Value
SERVING SIZE														
Grams	140		142		193		131		452		210		173	
Household Measure	¼ Chicken		5 oz		¾ cup		¾ cup		Entrée		¾ cup		1 side	
CALORIES	170		170		150		130		320		350		70	
Calories from Fat	35		10		50		20		90		40		0	
TOTAL FAT (g)	4	6%	1	2%	6	9%	2.5	4%	10	16%	4.5	7%	0	0%
Saturated Fat (g)	1	5%	0	0%	4	19%	0	0%	2	10%	0	0%	0	0%
CHOLESTEROL (mg)	85	28%	100	33%	20	6%	0	0%	90	305	0	0%	0	0%
SODIUM (mg)	480	20%	850	35%	560	23%	150	6%	280	12%	0	0%	15	1%
TOTAL CARBOHYDRATE (g)	2	1%	3	1%	25	8%	25	8%	20	7%	75	25%	16	5%
Dietary Fiber (g)	0	0%	0	0%	6	23%	2	8%	7	27%	3	12%	1	5%
Sugars (g)	1		3		12		2		11		66		15	
PROTEIN (g)	33		36		2		3		37		3		1	
Vitamin A		0%		0%		230%		0%		250%		0%		40%
Vitamin C		0%		0%		50%		20%		120%		0%		60%
Calcium		0%		2%		8%		0%		10%		0%		2%
Iron		4%		10%		8%		4%		20%		30%		2%

	 CHICKEN ² NO CHEESE OR SAUCE		 TURKEY ² NO CHEESE OR SAUCE	
	Amt Per Serving	Amt Per Serving	Amt Per Serving	Amt Per Serving
SERVING SIZE				
Grams	256		256	
Household Measure	1 Sand		1 Sand	
CALORIES	400		400	
Calories from Fat	60		40	
TOTAL FAT (g)	6	9%	4.5	7%
Saturated Fat (g)	0.5	4%	0	0%
CHOLESTEROL (mg)	55	18%	60	205
SODIUM (mg)	860	36%	1080	45%
TOTAL CARBOHYDRATE (g)	60	20%	61	20%
Dietary Fiber (g)	4	15%	4	15%
Sugars (g)	12		13	
PROTEIN (g)	32		34	
Vitamin A		15%		15%
Vitamin C		25%		25%
Calcium		8%		10%
Iron		10%		15%

Nutrition Facts



Low Fat

BAKED GOODS

PRODUCT	CORNBREAD		NESTLE TOLL HOUSE CHOCOLATE CHIP COOKIE		NESTLE TOLL HOUSE OATMEAL SCOTCHIE COOKIE		NESTLE TOLL HOUSE PEANUT BUTTER CHIP COOKIE		NESTLE BROWNIE		OREO BROWNIE WITH NESTLE CHOCOLATE CHIPS		FAMILY NESTLE BROWNIE		RICE KRISPIE TREAT	
	Amt Per Serving	% Daily Value	Amt Per Serving	% Daily Value	Amt Per Serving	% Daily Value	Amt Per Serving	% Daily Value	Amt Per Serving	% Daily Value	Amt Per Serving	% Daily Value	Amt Per Serving	% Daily Value	Amt Per Serving	% Daily Value
SERVING SIZE																
Grams	68		85		85		85		142		199		40		110	
Household Measure	1 loaf		1 cookie		1 cookie		1 cookie		1 brownie		1 brownie		1/14 tray		1 bar	
CALORIES	200		390		390		420		580		840		160		420	
Calories from Fat	50		170		180		220		210		310		60		70	
TOTAL FAT (g)	6	9%	19	29%	20	31%	25	38%	23	35%	35	54%	6	10%	8	12%
Saturated Fat (g)	1.5	8%	6	31%	5	26%	7	37%	5	25%	8	39%	1.5	7%	1.5	8%
CHOLESTEROL (mg)	25	8%	15	5%	30	10%	20	6%	95	32%	95	32%	25	9%	0	0%
SODIUM (mg)	390	16%	350	14%	340	14%	380	16%	350	14%	490	20%	100	4%	610	25%
TOTAL CARBOHYDRATE (g)	33	11%	51	17%	47	16%	43	14%	88	29%	126	42%	25	8%	83	28%
Dietary Fiber (g)	1	4%	2	7%	2	7%	2	7%	6	24%	7	27%	2	7%	1	4%
Sugars (g)	13		28		24		26		65		94		18		29	
PROTEIN (g)	3		4		5		7		9		10		3		5	
Vitamin A		0%		12%		10%		12%		2%		2%		0%		60%
Vitamin C		0%		0%		0%		0%		0%		0%		0%		20%
Calcium		0%		0%		2%		4%		15%		15%		4%		0%
Iron		6%		8%		8%		4%		25%		30%		8%		20%

PRODUCT	APPLE STRUESEL PIE		CHERRY STRUESEL PIE		PECAN PIE		PUMPKIN PIE		CHEESECAKE		CHOCOLATE CAKE		HUMMINGBIRD CAKE	
	Amt Per Serving	% Daily Value	Amt Per Serving	% Daily Value	Amt Per Serving	% Daily Value	Amt Per Serving	% Daily Value	Amt Per Serving	% Daily Value	Amt Per Serving	% Daily Value	Amt Per Serving	% Daily Value
SERVING SIZE														
Grams	156		144		125		126		170		159		167	
Household Measure	1 slice		1 slice		1 slice		1 slice		1 slice		1 slice		1 slice	
CALORIES	460		360		500		290		600		650		710	
Calories from Fat	140		130		220		80		360		290		320	
TOTAL FAT (g)	15	24%	14	21%	24	37%	9	14%	40	62%	32	50%	36	55%
Saturated Fat (g)	3	16%	3	15%	7	33%	2.5	14%	22	110%	8	38%	14	69%
CHOLESTEROL (mg)	0	0%	0	0%	85	28%	45	14%	175	58%	60	20%	85	28%
SODIUM (mg)	360	15%	230	9%	210	9%	270	11%	490	21%	320	13%	350	14%
TOTAL CARBOHYDRATE (g)	80	27%	56	19%	66	22%	48	16%	52	17%	86	29%	92	31%
Dietary Fiber (g)	3	12%	2	7%	2	7%	2	18%	0	0%	2	9%	2	7%
Sugars (g)	50		31		38		35		37		68		75	
PROTEIN (g)	4		4		5		5		9		4		6	
Vitamin A		6%		10%		6%		90%		25%		2%		10%
Vitamin C		4%		4%		0%		4%		0%		0%		0%
Calcium		2%		2%		2%		10%		10%		4%		4%
Iron		10%		8%		10%		6%		6%		10%		8%

Nutrition Facts



SOUPS AND SALADS

PRODUCT	CAESAR SIDE SALAD ¹		CAESAR ENTRÉE SALAD ¹		GRILLED CHICKEN CAESAR SALAD ¹		SOUTHWEST GRILL GHICKEN SALAD WITH DRESSING & CHIPS		SOUTHWEST GRILL GHICKEN SALAD NO DRESSING OR CHIPS		ORIENTAL GRILL CHICKEN SALAD WITH DRESSING & NOODLES		ORIENTAL GRILL CHICKEN SALAD NO DRESSING OR NOODLES	
	Amt Per Serving	% Daily Value	Amt Per Serving	% Daily Value	Amt Per Serving	% Daily Value	Amt Per Serving	% Daily Value	Amt Per Serving	% Daily Value	Amt Per Serving	% Daily Value	Amt Per Serving	% Daily Value
SERVING SIZE														
Grams	119		269		384		536		437		565		452	
Household Measure	Side		Entrée		Entrée		Entrée		Entrée		Entrée		Entrée	
CALORIES	300		470		710		890		470		660		320	
Calories from Fat	230		360		450		520		200		220		90	
TOTAL FAT (g)	26	40%	40	62%	50	77%	58	89%	23	35%	24	37%	10	16%
Saturated Fat (g)	4.5	23%	9	47%	11	57%	11	54%	7	36%	3.5	18%	2	10%
CHOLESTEROL (mg)	15	6%	35	11%	125	41%	115	38%	115	38%	90	30%	90	30%
SODIUM (mg)	690	29%	1070	44%	1290	54%	1100	46%	480	20%	1720	72%	280	12%
TOTAL CARBOHYDRATE (g)	13	4%	17	6%	18	6%	46	15%	22	7%	58	19%	20	7%
Dietary Fiber (g)	<1	4%	3	12%	3	12%	7	28%	6	23%	7	29%	7	27%
Sugars (g)	2		3		3		17		8		42		11	
PROTEIN (g)	5		14		47		46		45		43		37	
Vitamin A		10%		40%		40%		80%		80%		250%		250%
Vitamin C		15%		45%		45%		90%		90%		120%		120%
Calcium		10%		35%		40%		25%		25%		10%		10%
Iron		4%		10%		20%		25%		20%		25%		20%

PRODUCT	CHICKEN TORTILLA SOUP WITH TOPPINGS		CHICKEN TORTILLA SOUP NO TOPPINGS		TURKEY TORTILLA SOUP WITH TOPPINGS		TURKEY TORTILLA SOUP NO TOPPINGS		CHICKEN NOODLE SOUP	
	Amt Per Serving	% Daily Value	Amt Per Serving	% Daily Value	Amt Per Serving	% Daily Value	Amt Per Serving	% Daily Value	Amt Per Serving	% Daily Value
SERVING SIZE										
Grams	185		157		185		175		190	
Household Measure	¾ cup		¾ cup		¾ cup		¾ cup		¾ cup	
CALORIES	170		80		160		70		100	
Calories from Fat	70		40		60		30		40	
TOTAL FAT (g)	8	12%	4.5	7%	7	10%	3.5	5%	4.5	7%
Saturated Fat (g)	2.5	13%	1	5%	2	11%	0.5	4%	1.5	7%
CHOLESTEROL (mg)	25	8%	15	5%	20	7%	15	4%	30	9%
SODIUM (mg)	1060	44%	930	39%	1090	45%	960	40%	500	21%
TOTAL CARBOHYDRATE (g)	18	6%	7	2%	18	6%	7	2%	8	3%
Dietary Fiber (g)	2	9%	1	4%	2	9%	1	4%	0	0%
Sugars (g)	2		2		2		2		1	
PROTEIN (g)	8		5		9		5		6	
Vitamin A		8%		6%		8%		6%		35%
Vitamin C		25%		25%		25%		25%		2%
Calcium		10%		2%		10%		2%		0%
Iron		6%		4%		6%		4%		4%

¹ Caesar Side Salad contains a portion cup (43g) of Caesar Dressing (210 Calories, 22g Fat, 3.5g Saturated Fat, and 480mg Sodium) and a 4 oz portion cup (1/2 oz) of Croutons (60 Calories, 2g Fat, 0g Saturated Fat, and 150mg Sodium). Caesar Entrée Salad and Grilled Chicken Caesar Salad contains a portion cup (60g) of Caesar Dressing (290 Calories, 31g Fat, 5g Saturated Fat, and 680mg Sodium) and a portion cup (1/2 oz) of Croutons (60 Calories, 2g Fat, 0g Saturated Fat, and 150mg Sodium).

Nutrition Facts



Low Fat

SANDWICHES

PRODUCT	CHICKEN ² WITH CHEESE AND SAUCE		CHICKEN ² NO CHEESE OR SAUCE		HAM ² WITH CHEESE AND SAUCE		HAM ² NO CHEESE OR SAUCE		MEATLOAF ² WITH CHEESE		OPEN FACED MEATLOAF WITH POTATOES & GRAVY		TURKEY ² WITH CHEESE AND SAUCE		TURKEY ² NO CHEESE OR SAUCE	
	Amt Per Serving	% Daily Value	Amt Per Serving	% Daily Value	Amt Per Serving	% Daily Value	Amt Per Serving	% Daily Value	Amt Per Serving	% Daily Value	Amt Per Serving	% Daily Value	Amt Per Serving	% Daily Value	Amt Per Serving	% Daily Value
SERVING SIZE																
Grams	304		256		304		256		375		499		304		256	
Household Measure	1 Sand		1 Sand		1 Sand		1 Sand		1 Sand		1 Meal		1 Sand		1 Sand	
CALORIES	640		400		660		420		730		730		630		400	
Calories from Fat	260		60		290		80		260		320		230		40	
TOTAL FAT (g)	29	45%	6	9%	32	49%	9	13%	29	45%	36	55%	26	40%	4.5	7%
Saturated Fat (g)	7	37%	0.5	4%	9	44%	2	10%	12	62%	14	69%	7	33%	0	0%
CHOLESTEROL (mg)	90	31%	55	18%	85	28%	45	15%	100	33%	95	32%	110	36%	60	205
SODIUM (mg)	980	41%	860	36%	1560	65%	1440	60%	1590	66%	2180	91%	1350	56%	1080	45%
TOTAL CARBOHYDRATE (g)	61	20%	60	20%	67	22%	65	22%	85	28%	74	25%	64	21%	61	20%
Dietary Fiber (g)	4	17%	4	15%	4	17%	4	16%	5	21%	5	21%	4	15%	4	15%
Sugars (g)	13		12		18		17		18		7		14		13	
PROTEIN (g)	38		32		32		26		39		29		40		34	
Vitamin A		20%		15%		20%		20%		25%		10%		20%		15%
Vitamin C		25%		25%		25%		25%		30%		25%		25%		25%
Calcium		20%		8%		20%		8%		30%		15%		30%		10%
Iron		15%		10%		15%		15%		25%		25%		15%		15%



PRODUCT	TURKEY BACON CLUB ²		OPEN FACED TURKEY		BBQ GRILLED CHICKEN ²		BBQ GRILLED CHICKEN NO CHEESE OR MAYO		MARINATED GRILLED CHICKEN		MARINATED GRILLED CHICKEN NO MAYO		TERIYAKI GRILLED CHICKEN		SHREDDED BBQ CHICKEN	
	Amt Per Serving	% Daily Value	Amt Per Serving	% Daily Value	Amt Per Serving	% Daily Value	Amt Per Serving	% Daily Value	Amt Per Serving	% Daily Value	Amt Per Serving	% Daily Value	Amt Per Serving	% Daily Value	Amt Per Serving	% Daily Value
SERVING SIZE																
Grams	337		584		333		284		284		255		311		270g	
Household Measure	1 Sand		1 Meal		1 Sand		1 Sand		1 Sand		1 Sand		1 Sand		1 Sand	
CALORIES	770		720		830		550		670		470		650		590	
Calories from Fat	330		180		400		140		320		120		240		100	
TOTAL FAT (g)	37	57%	20	30%	45	69%	15	24%	36	55%	13	20%	26	40%	11	16%
Saturated Fat (g)	12	62%	7	33%	11	55%	3.5	17%	6	30%	2.5	12%	4.5	23%	2	20%
CHOLESTEROL (mg)	145	48%	105	36%	135	44%	100	33%	105	35%	90	30%	100	34%	80	26%
SODIUM (mg)	1680	70%	2850	119%	1410	59%	1130	47%	810	34%	640	27%	1260	52%	2180	91%
TOTAL CARBOHYDRATE (g)	64	21%	93	31%	59	20%	58	19%	45	15%	45	15%	58	19%	102	34%
Dietary Fiber (g)	4	15%	5	22%	2	8%	2	8%	2	8%	2	8%	2	9%	4	14%
Sugars (g)	15		20		17		17		5		5		15		50	
PROTEIN (g)	50		41		50		45		42		42		42		30	
Vitamin A		25%		50%		15%		10%		20%		15%		10%		8%
Vitamin C		25%		25%		25%		25%		15%		15%		10%		15%
Calcium		45%		15%		20%		4%		6%		4%		6%		8%
Iron		15%		25%		15%		15%		15%		10%		15%		20%

² On Honey Wheat Roll

Nutrition Facts

 Low Fat

COLD SIDES

PRODUCT	CAESAR SIDE SALAD		CHUNKY CHICKEN SALAD		COLE SLAW		CRANBERRY WALNUT RELISH 		FRUIT SALAD 		JUMPIN JUICE SQUARES		OLD-FASHIONED POTATO SALAD		TORTELLINI SALAD	
	Amt Per Serving	% Daily Value	Amt Per Serving	% Daily Value	Amt Per Serving	% Daily Value	Amt Per Serving	% Daily Value	Amt Per Serving	% Daily Value	Amt Per Serving	% Daily Value	Amt Per Serving	% Daily Value	Amt Per Serving	% Daily Value
SERVING SIZE																
Grams	119		182		184		210		173		182		150		154	
Household Measure	1 Side		¾ cup		¾ cup		¾ cup		1 side		1 side		1 side		¾ cup	
CALORIES	300		480		300		350		70		150		200		350	
Calories from Fat	230		350		170		40		0		0		100		210	
TOTAL FAT (g)	26	40%	39	60%	19	29%	4.5	7%	0	0%	0	0%	12	18%	24	36%
Saturated Fat (g)	4.5	23%	6	30%	3	15%	0	0%	0	0%	0	0%	2	10%	6	32%
CHOLESTEROL (mg)	15	6%	110	36%	20	7%	0	0%	0	0%	0	0%	15	5%	55	18%
SODIUM (mg)	690	29%	930	39%	540	22%	0	0%	15	1%	140	6%	450	19%	530	22%
TOTAL CARBOHYDRATE (g)	13	4%	4	1%	30	10%	75	25%	16	5%	32	11%	22	7%	24	8%
Dietary Fiber (g)	<1	4%	0	0%	3	12%	3	12%	1	5%	0	0%	2	8%	2	7%
Sugars (g)	2		3		26		66		15		32		5		3	
PROTEIN (g)	5		25		2		3		1		4		3		11	
Vitamin A		10%		0%		15%		0%		40%		0%		0%		25%
Vitamin C		15%		4%		60%		0%		60%		0%		10%		60%
Calcium		10%		2%		6%		0%		2%		0%		6%		25%
Iron		4%		4%		4%		30%		2%		0%		6%		6%

Nutrition Facts



Low Fat

HOT SIDES

PRODUCT	BUTTERNUT SQUASH		CHICKEN GRAVY		CREAMED SPINACH		GREEN BEANS		GREEN BEAN CASSEROLE		HOMESTYLE MASHED POTATOES		HOMESTYLE MASHED POTATOES & GRAVY		HOT CINNAMON APPLES	
	Amt Per Serving	% Daily Value	Amt Per Serving	% Daily Value	Amt Per Serving	% Daily Value	Amt Per Serving	% Daily Value	Amt Per Serving	% Daily Value	Amt Per Serving	% Daily Value	Amt Per Serving	% Daily Value	Amt Per Serving	% Daily Value
SERVING SIZE																
Grams	193		28		181		85		170		173		201		181	
Household Measure	¾ cup		1 oz		¾ cup		¾ cup		¾ cup		¾ cup		1 cup		¾ cup	
CALORIES	150		15		260		80		80		210		230		250	
Calories from Fat	50		5		180		50		40		80		80		40	
TOTAL FAT (g)	6	9%	0.5	1%	20	31%	6	9%	4.5	7%	9	13%	9	14%	4.5	7%
Saturated Fat (g)	4	19%	0	0%	13	65%	1	5%	1.5	8%	5	25%	5	25%	0.5	4%
CHOLESTEROL (mg)	20	6%	0	0%	55	18%	0	0%	5	2%	25	8%	25	8%	0	0%
SODIUM (mg)	560	23%	180	8%	740	31%	200	8%	670	28%	590	25%	780	32%	45	2%
TOTAL CARBOHYDRATE (g)	25	8%	2	1%	11	4%	5	2%	9	3%	30	10%	32	11%	56	19%
Dietary Fiber (g)	6	23%	0	0%	2	8%	3	12%	2	7%	2	10%	3	10%	3	14%
Sugars (g)	12		0		2		2		3		4		4		49	
PROTEIN (g)	2		0		9		1		1		4		4		0	
Vitamin A		230%		0%		120%		6%		8%		8%		8%		4%
Vitamin C		50%		0%		15%		8%		4%		25%		25%		0%
Calcium		8%		0%		25%		4%		2%		4%		6%		2%
Iron		8%		0%		15%		2%		4%		2%		2%		2%

PRODUCT	MACARONI & CHEESE		NEW POTATOES		RICE PILAF		SAVORY STUFFING		SWEET POTATO CASSEROLE		STEAMED VEGETABLES		WHOLE KERNEL CORN	
	Amt Per Serving	% Daily Value	Amt Per Serving	% Daily Value	Amt Per Serving	% Daily Value	Amt Per Serving	% Daily Value	Amt Per Serving	% Daily Value	Amt Per Serving	% Daily Value	Amt Per Serving	% Daily Value
SERVING SIZE														
Grams	192		131		137		132		181		102		146	
Household Measure	¾ cup		¾ cup		1 cup		1 cup		¾ cup		1 cup		¾ cup	
CALORIES	280		130		140		190		280		30		180	
Calories from Fat	100		20		35		70		120		0		40	
TOTAL FAT (g)	11	17%	2.5	4%	4	6%	8	12%	13	20%	0	0%	4	6%
Saturated Fat (g)	6	30%	0	0%	0.5	4%	1.5	7%	4.5	22%	0	0%	0.5	2%
CHOLESTEROL (mg)	30	9%	0	0%	0	0%	5	1%	10	3%	0	0%	0	0%
SODIUM (mg)	890	37%	150	6%	520	22%	620	26%	190	8%	135	6%	170	7%
TOTAL CARBOHYDRATE (g)	33	11%	25	8%	24	8%	27	9%	39	13%	6	2%	30	10%
Dietary Fiber (g)	1	5%	2	8%	1	6%	2	7%	2	8%	2	9%	2	8%
Sugars (g)	8		2		2		5		23		2		13	
PROTEIN (g)	13		3		2		4		3		2		5	
Vitamin A		6%		0%		40%		40%		220%		35%		4%
Vitamin C		0%		20%		6%		4%		15%		30%		8%
Calcium		30%		0%		2%		4%		4%		4%		0%
Iron		8%		4%		6%		8%		6%		2%		2%

Nutrition Facts



ENTRÉES

PRODUCT	¼ WHITE MEAT CHICKEN, NO SKIN OR WING		¼ WHITE MEAT CHICKEN WITH SKIN & WING		¼ DARK MEAT CHICKEN, NO SKIN		¼ DARK MEAT CHICKEN WITH SKIN		½ CHICKEN WITH SKIN		SKINLESS ROTISSERIE TURKEY BREAST		CHICKEN POT PIE		TURKEY POT PIE	
	Amt Per Serving	% Daily Value*	Amt Per Serving	% Daily Value	Amt Per Serving	% Daily Value	Amt Per Serving	% Daily Value	Amt Per Serving	% Daily Value	Amt Per Serving	% Daily Value	Amt Per Serving	% Daily Value	Amt Per Serving	% Daily Value
SERVING SIZE																
Grams	140		152		95		125		277		142		425		425	
Household Measure	¼ Chicken		¼ Chicken		¼ Chicken		¼ Chicken		½ Chicken		5 oz		1 pie		1 pie	
CALORIES	170		280		190		320		590		170		750		710	
Calories from Fat	35		110		90		190		300		10		410		370	
TOTAL FAT (g)	4	6%	12	18%	10	15%	21	32%	33	51%	1	2%	46	71%	41	63%
Saturated Fat (g)	1	5%	3.5	18%	3	15%	6	30%	10	50%	0	0%	14	72%	13	63%
CHOLESTEROL (mg)	85	28%	135	45%	115	38%	155	52%	290	97%	100	33%	110	36%	90	30%
SODIUM (mg)	480	20%	510	21%	440	18%	500	21%	1010	42%	850	35%	1530	64%	1700	71%
TOTAL CARBOHYDRATE (g)	2	1%	2	1%	1	0%	2	1%	4	1%	3	1%	57	19%	58	19%
Dietary Fiber (g)	0	0%	0	0%	0	0%	0	0%	0	0%	0	0%	2	8%	2	8%
Sugars (g)	1		0		1		2		4		3		4		5	
PROTEIN (g)	33		40		22		30		70		36		26		28	
Vitamin A		0%		0%		0%		0%		0%		0%		20%		20%
Vitamin C		0%		0%		0%		0%		0%		0%		2%		2%
Calcium		0%		0%		0%		0%		0%		2%		4%		4%
Iron		4%		6%		6%		10%		15%		10%		25%		25%

PRODUCT	HONEY GLAZED HAM (LEAN)		MEATLOAF		MEATLOAF & CHUNKY TOMATO SAUCE		MEATLOAF & BROWN GRAVY		MARINATED GRILLED CHICKEN		GRILLED CHICKEN, BBQ		GRILLED CHICKEN, TERIYAKI		CHUNKY CHICKEN SALAD	
	Amt Per Serving	% Daily Value*	Amt Per Serving	% Daily Value	Amt Per Serving	% Daily Value	Amt Per Serving	% Daily Value	Amt Per Serving	% Daily Value	Amt Per Serving	% Daily Value	Amt Per Serving	% Daily Value	Amt Per Serving	% Daily Value
SERVING SIZE																
Grams	142		156		241		213		115		184		184		182	
Household Measure	5 oz		5.5 oz		8.5 oz		7.5 oz		1 Breast		1 Entrée		1 Entrée		¾ cup	
CALORIES	210		310		350		360		230		400		290		480	
Calories from Fat	70		170		170		210		90		170		90		350	
TOTAL FAT (g)	8	12%	19	29%	19	30%	23	35%	10	15%	19	29%	10	15%	39	60%
Saturated Fat (g)	3	16%	8	41%	8	42%	9	44%	2	10%	7	35%	2	10%	6	30%
CHOLESTEROL (mg)	75	24%	75	26%	75	26%	75	26%	90	30%	120	40%	90	30%	110	36%
SODIUM (mg)	1460	61%	650	27%	1020	43%	920	39%	220	9%	840	35%	680	28%	930	39%
TOTAL CARBOHYDRATE (g)	10	3%	16	5%	25	8%	19	6%	1	0%	16	5%	14	5%	4	1%
Dietary Fiber (g)	0	0%	1	6%	2	9%	1	6%	0	0%	<1	2%	<1	3%	0	0%
Sugars (g)	10		3		9		3		0		13		11		3	
PROTEIN (g)	24		22		24		23		33		41		34		25	
Vitamin A		0%		2%		20%		2%		0%		8%		0%		0%
Vitamin C		0%		2%		30%		2%		0%		10%		8%		4%
Calcium		0%		10%		10%		10%		2%		15%		2%		2%
Iron		6%		15%		20%		15%		6%		10%		10%		4%