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| **ITEM** | **CALORIES/SODIUM** |
| Sliced Turkey – 2 oz. Protein: 15 g | Calories: 70 Sodium: 35 Fat: 1 g |
| Sliced Pork – 3 oz.  | Calories: 205 Sodium: 361 Fat: 11 g |
| Chicken Leg – 1 ea.  | Calories: 180 Sodium: 550 Fat: 10 |
| Sliced Beef – 3 oz. Protein: 24 g | Calories: 174 Sodium: 49 Fat: 9 |
| Chicken Breast – 3.25 oz. Protein: 24 g | Calories: 124 Sodium: 130 Fat: 3 |
| Meat Loaf - 3 oz. Protein: 10 g | Calories: 164 Sodium: 200 Fat: 11 |
| Salisbury Steak – 5 oz. Protein | Calories: 110 Sodium: 400 Fat: 1 |
| Mashed Potatoes – ½ c. | Calories: 367 Sodium: 64 Fat: 1 |
| Sweet Potatoes – ½ c. | Calories: 120 Sodium: 30 Fat: 0 |
| Au Gratin Potatoes - ½ c. | Calories: 363 Sodium: ***1961*** Fat: 5 |
| Sauer Kraut – ½ c. | Calories: 20 Sodium: 880 Fat: 0 |
| California Blend Vegetables -½ c.  | Calories: 28 Sodium: 25 Fat: 0  |
| Green Beans – ½  |  Calories: 29 Sodium: 6 Fat: 0 |
| Peas – ½ c.  |  Calories: 70 Sodium: 100 Fat: 0 |
| Corn – ½ c.  | Calories 100 Sodium: 0 Fat: 1 |
| Diced carrots & Peas – ½ c. | Calories: 60 Sodium: 60 Fat: 0 |
| Broccoli – ½ c.  | Calories: 20 Sodium: 20 Fat: 0 |
| Mixed Vegetables – ½ c.  | Calories: 70 Sodium: 25 Fat: 0 |
| Peaches – ½ c. | Calories: 50 Sodium: 0 Fat: 0 |
| Applesauce – ½ c. | Calories: 50 Sodium: 10 Fat: 0 |
| Pineapple – ½ c. | Calories: 80 Sodium: 0 Fat: 0 |
| Blueberries – ½ c. | Calories: 41 Sodium: 1 Fat: 0 |
| Apple Juice- ½ c. Vitamin C: 60 | Calories: 60 Sodium: 5 Fat: 0  |
| Orange Juice- ½ c. | Calories: 60 Sodium: 5 Fat: 0 |
| Grape Juice- ½ c. | Calories: 80 Sodium: 10 Fat: 0 |
| Berry Juice- ½ c. | Calories: 60 Sodium: 5 Fat: 0 |
| Whole Wheat Bread 1 slice | Calories: 65 Sodium: 85 Fat: 1 |
| Large Biscuit 1 | Calories: 220 Sodium: 690 Fat: 11 |
| Whole Wheat Roll | Calories: 204 Sodium: 115 Fat: 4 |
| Garlic Bread 2 oz.  | Calories: 133 Sodium: 329 Fat: 0 |
| Corn Bread/Muffin 1  | Calories: 140 Sodium: 290 F at: 3 |
| Corn Bread Stuffing ½ c. | Calories: 110 Sodium: 460 Fat: 1 |
| Graham Crackers 1 pkg. of 2 | Calories: 60 Sodium: 60 Fat: 2 |
| Animal Crackers 1 pkg. | Calories :120 Sodium: 110 Fat: 2.5 |
| Oyster Crackers 1 pkg. | Calories: 70 Sodium: 140 Fat: 0 |
| Oatmeal Cereal Bar 1 a. | Calories: 150 Sodium: 150 Fat: 3 |
| Chili 1 c.  | Calories 270 Sodium: 750 Fat: 6 |
| Beef Stew 1 c.  | Calories: 148 Sodium: 747 Fat: 5 |
| \*Penne Pasta 2 oz.  | Calories: 180 Sodium: 0 Fat: 1  |
| \*Spaghetti Sauce ½ c. | Calories: 50 Sodium: 170 Fat: 0 |
| \*Meatballs 6 ea. – ½ oz. ea. | Calories: 270 Sodium: 270 Fat: 20 |
| \*Above 3 items combined for Penne Pasta and Meatballs |  \* Calories: 500 Sodium: 440 Fat: 21  |
| Margarine 1 pat ea. | Calories: 29 Sodium: 45 Fat: 3 |
| String Cheese 1 oz.  | GFS#269061 Calories: 80 Sodium: 150 Fat: 6 |
| Jelly ½ oz.  | Calories: 35 Sodium: 0 Fat: 0 |
| Strawberries ½ c. | Calories: 50 Sodium: 0 Fat: 0 |
| Swedish Meatballs 3 ea. 1 oz. ea. | Calories: 110 Sodium: 407 Fat: 4 |
| Swedish style Gravy ½ c. | Calories: 40 Sodium: 250 Fat: 3 |
| BBQ Riblet | Calories: 250 Sodium: 600 Fat: 15 |
| Tater Tot Casserole 2.5 oz.  | Calories: 13 Sodium: 310 Fat: 6 |
| Cream of Chicken Soup 1/4 c. | Calories: 40 Sodium: 230 Fat:1.5 |
| Oatmeal Bar  | Calories: 150 Sodium: 150 Fat: 3 |
| Turkey Gravy ¼ c. | Calories: 35 Sodium: 240 Fat: 3 |
| Pork gravy ¼ c. | Calories: 35 Sodium: 290 Fat: 3 |
| Beef Gravy 2 tbsp.  | Calories: 15 Sodium: 220 Fat: 1 |
| Milk 1% 1 c. | * Calories: 90 Sodium: 123 Fat: 2.5
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