

Chef`s Corner

Fall 2022

	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains:
October										
Monday										
Grilled chicken breast	4.5oz	170	5	1	0	31				
Green Chile Pork Chops	1 serving	214	12	10	1	18			✓	Pork
Veracruz Tilapia	1 serving	302	15	32	4	8			✓	Fish
Vegetables & Sides (Rotational/Seasonal) Vegetables Seasoned with Margarine, Salt, and Pepper Unless specified										
California Blend Veggies	4 oz	187	6	24	6	9	✓	✓	✓	Margarine:Soy
Corn	4 oz	167	6	24	4	4	✓	✓	✓	Margarine:Soy
Green Beans	4 oz	103	6	8	4	4	✓	✓	✓	Margarine:Soy
Scallop Potatoes	4 oz	105	1	22	1	2	✓	✓	✓	
Cumin Rice	4 oz	210	1	47	1	4	✓	✓	✓	
Ranchero Beans	4oz	115	2.15	18	6	5	✓	✓	✓	Margarine:Soy
Tuesday										
Grilled chicken breast	4.5oz	170	5	1	0	31				
Orange Salmon	1 (3 oz)	167	5.008	7.208	0.216	23.208			✓	Fish
Mongolian Beef	7.5 oz	245	9	15	3	26	✓	✓		Wheat
Vegetables & Sides (Rotational/Seasonal) Vegetables Seasoned with Margarine, Salt, and Pepper Unless specified										
California Blend Veggies	4 oz	187	6	24	6	9	✓	✓	✓	Margarine:Soy
Corn	4 oz	167	6	24	4	4	✓	✓	✓	Margarine:Soy
Green Beans	4 oz	103	6	8	4	4	✓	✓	✓	Margarine:Soy
Scallop Potatoes	1 oz	105	1	22	1	2	✓	✓	✓	
Cilantro Lime Rice	4 oz	160	0	34	1.5	3	✓	✓	✓	
Zucchini/Squash	4 oz	75	6	4	1	1	✓	✓	✓	Margarine:Soy
Wednesday										
Grilled chicken breast	4.5oz	170	5	1	0	31				
Cajun Tilapia	1 serving	195	1.5	0	0	21		✓	✓	Fish
Blackened Chicken	4.5 oz	253	17	1	0	24			✓	
Vegetables & Sides (Rotational/Seasonal) Vegetables Seasoned with Margarine, Salt, and Pepper Unless specified										
California Blend Veggies	4 oz	187	6	24	6	9	✓	✓	✓	Margarine:Soy
Corn	4 oz	167	6	24	4	4	✓	✓	✓	Margarine:Soy
Green Beans	4 oz	103	6	8	4	4	✓	✓	✓	Margarine:Soy
Scallop Potatoes	1 oz	105	1	22	1	2	✓	✓	✓	
Broccoli	4 oz	99	6	8	4	4	✓	✓	✓	Margarine:Soy
Thursday										
Grilled chicken breast	4.5oz	170	5	1	0	31				
Steak Fingers	1 serving	573	21	73	4	23				Wheat,Soy,Milk,Egg
Salmon Filet	1 (3 oz)	133	4.5	0	0	23			✓	Fish
Vegetables & Sides (Rotational/Seasonal) Vegetables Seasoned with Margarine, Salt, and Pepper Unless specified										
California Blend Veggies	4 oz	187	6	24	6	9	✓	✓	✓	Margarine:Soy
Corn	4 oz	167	6	24	4	4	✓	✓	✓	Margarine:Soy
Green Beans	4 oz	103	6	8	4	4	✓	✓	✓	Margarine:Soy
Scallop Potatoes	1 oz	105	1	22	1	2	✓	✓	✓	
Crinkle Cut Fries	3 oz	132	4	22	2	2		✓	✓	
Brussel Sprouts	4 oz	99	6	8	4	4	✓	✓	✓	Margarine:Soy
Friday										
Grilled chicken breast	4.5oz	170	5	1	0	31				
Lemon Pepper Tilapia	1 serving	207	12	0	0	25				Fish
Orange Chicken	1 serving	176	4	11	0	24			✓	
Vegetables & Sides (Rotational/Seasonal) Vegetables Seasoned with Margarine, Salt, and Pepper Unless specified										
California Blend Veggies	4 oz	187	6	24	6	9	✓	✓	✓	Margarine: Soy
Corn	4 oz	167	6	24	4	4	✓	✓	✓	Margarine: Soy
Green Beans		103	6	8	4	4	✓	✓	✓	Margarine: Soy
Scallop Potatoes	1 oz	105	1	22	1	2	✓	✓	✓	
Jasmine Rice	4 oz	200	0	46	1	4	✓	✓	✓	

Broccoli	4 oz	99	6	8	4	4	✓	✓	✓	Margarine: Soy
Saturday										
Grilled chicken breast	4.5oz	170	5	1	0	31				
Grilled Catfish	1 serving	190	14	0	0	17			✓	Margarine: Soy
Fried Chicken	1 serving	278	14	17	1	21				
Vegetables & Sides (Rotational/Seasonal) Vegetables Seasoned with Margarine, Salt, and Pepper Unless specified										
California Blend Veggies	4 oz	187	6	24	6	9	✓	✓	✓	Margarine: Soy
Corn	4 oz	167	6	24	4	4	✓	✓	✓	Margarine: Soy
Green Beans	4 oz	103	6	8	4	4	✓	✓	✓	Margarine: Soy
Scallop Potatoes	1 oz	105	1	22	1	2	✓	✓	✓	
Snap Peas	4 oz	99	6	8	4	4	✓	✓	✓	Margarine: Soy
Jalapeno Sticks	3 pieces	197	12.5	19	0	2		✓		Wheat, Milk, Egg
Sunday Omelettes all day										
Omelettes	4 oz egg	146	10	1	0	13		✓	✓	Egg
Topping:										
Bacon	2 slices	87	7	0	0	6				✓
Bell Peppers	1 oz	8	0	2	0.6	0	✓	✓	✓	
Diced Ham	1 oz	40	1.5	1	0	6				✓
Mushrooms	1 oz	8	0	1	0.3	0.9	✓	✓	✓	
Onions	1 oz	13	0	3	0.4	0.3	✓	✓	✓	
Tomatoes	1 oz	5	0	1	0.3	0.2	✓	✓	✓	
Extra egg	4 oz	146	10	1	0	13		✓	✓	Egg
November/December										
Monday										
Grilled chicken breast	4.5oz	170	5	1	0	31				
Pot Roast (with celery, carrots, potatoes)	1 serving	267	16	14	2	16			✓	
Santa Fe Chicken	1 serving	243	11	4	0	32			✓	Milk, Pork
Vegetables & Sides (Rotational/Seasonal) Vegetables Seasoned with Margarine, Salt, and Pepper Unless specified										
California Blend Veggies	4 oz	187	6	24	6	9	✓	✓	✓	Margarine:Soy
Corn	4 oz	167	6	24	4	4	✓	✓	✓	Margarine:Soy
Green Beans	4 oz	103	6	8	4	4	✓	✓	✓	Margarine:Soy
Mushrooms	1 oz	8	0	1	0.3	0.9	✓	✓	✓	
Scallop Potatoes	1 oz	105	1	22	1	2	✓	✓	✓	
Brussel Sprouts	4 oz	99	6	8	4	4	✓	✓	✓	Margarine:Soy
Tuesday										
Grilled chicken breast	4.5oz	170	5	1	0	31				
General TSO Chicken	1 serving	332	12	37	3	19				Soy, Wheat
Beef & Broccoli	1 serving	229	9	13	1	24		✓		Soy, Wheat,
Vegetables & Sides (Rotational/Seasonal) Vegetables Seasoned with Margarine, Salt, and Pepper Unless specified										
California Blend Veggies	4 oz	187	6	24	6	9	✓	✓	✓	Margarine:Soy
Corn	4 oz	167	6	24	4	4	✓	✓	✓	Margarine:Soy
Green Beans	4 oz	103	6	8	4	4	✓	✓	✓	Margarine:Soy
Scallop Potatoes	1 oz	105	1	22	1	2	✓	✓	✓	
Fried Rice	2 oz	63	3	7	1	2		✓		Egg, Soy
Carrots	4 oz	107	6	11	3	2	✓	✓	✓	Margarine:Soy
Wednesday										
Grilled chicken breast	4.5oz	170	5	1	0	31				
Chicken Pot Pie	1 serving	422	25	42	3	6				Wheat, Milk
Chopped Steak	1 serving	747	54	38	2	26				Wheat, Milk
Vegetables & Sides (Rotational/Seasonal) Vegetables Seasoned with Margarine, Salt, and Pepper Unless specified										
California Blend Veggies	4 oz	187	6	24	6	9	✓	✓	✓	Margarine:Soy
Corn	4 oz	167	6	24	4	4	✓	✓	✓	Margarine:Soy
Green Beans	4 oz	103	6	8	4	4	✓	✓	✓	Margarine:Soy
Rosemary Potatoes	130 g (4.5 oz)	111	7	10	2	2	✓	✓	✓	
Scallop Potatoes	1 oz	105	1	22	1	2	✓	✓	✓	
Zucchini/Squash	4oz	75	6	4	1	1	✓	✓	✓	Margarine:Soy

Thursday										
Grilled chicken breast	4.5oz	170	5	1	0	31				
Cedar Smoked Salmon	4 oz	133	5	0	0	23			✓	Fish
Smoked BBQ Sausage	1 serving	214	13	14	0	11				Pork
Vegetables & Sides (Rotational/Seasonal) Vegetables Seasoned with Margarine, Salt, and Pepper Unless specified										
California Blend Veggies	4oz	187	6	24	6	9	✓	✓	✓	Margarine:Soy
Corn	4 oz	167	6	24	4	4	✓	✓	✓	Margarine:Soy
Green Beans	4 oz	103	6	8	4	4	✓	✓	✓	Margarine:Soy
Fiesta Corn	1 serving (14)	330	12	46	6	10		✓	✓	
Scallop Potatoes	1 oz	105	1	22	1	2	✓	✓	✓	
Baked Beans	4.5 oz	131	2.5	21	7	6		✓	✓	Soy
Friday										
Grilled chicken breast	4.5oz	170	5	1	0	31				
Fried Catfish	1 fillet	205	9	19	2	12				Wheat, Fish
Ham	1 serving	79	3	1	0	12			✓	Pork
Vegetables & Sides (Rotational/Seasonal) Vegetables Seasoned with Margarine, Salt, and Pepper Unless specified										
California Blend Veggies	4 oz	187	6	24	6	9	✓	✓	✓	Margarine:Soy
Corn	4 oz	167	6	24	4	4	✓	✓	✓	Margarine:Soy
Green Beans	4 oz	103	6	8	4	4	✓	✓	✓	Margarine:Soy
Scallop Potatoes	1 oz	105	1	22	1	2	✓	✓	✓	
Hush Puppies	1/4 cup (3-4 pieces)	170	6	26	2	3		✓		Wheat, egg
Sweet Potatoes	4.5 oz	170	5	1	0	31		✓	✓	
Saturday										
Grilled chicken breast	4.5oz	170	5	1	0	31				
Fried Cod	1 fillet	94	6	13	0	9				Wheat, Fish
Meatloaf (Cornflake Binder)	1 serving (~8 oz)	412	22	32	0	22			✓	
Vegetables & Sides (Rotational/Seasonal) Vegetables Seasoned with Margarine, Salt, and Pepper Unless specified										
California Blend	4 oz	187	6	24	6	9	✓	✓	✓	Margarine:Soy
Corn	4 oz	167	6	24	4	4	✓	✓	✓	Margarine:Soy
Green Beans	4 oz	103	6	8	4	4	✓	✓	✓	Margarine:Soy
Scallop Potatoes	1 oz	105	1	22	1	2	✓	✓	✓	
Zucchini/Squash	4 oz	75	6	4	1	1	✓	✓	✓	Margarine:Soy
Snap Peas	4 oz	99	6	8	1	4	✓	✓	✓	Margarine:Soy
Sunday Omelettes all day										
Omelettes	4 oz egg	146	10	1	0	13		✓	✓	Egg
Topping:										
Bacon	2 slices	87	7	0	0	6			✓	
Bell Peppers	1 oz	8	0	2	0.6	0	✓	✓	✓	
Diced Ham	1 oz	40	1.5	1	0	6			✓	
Mushrooms	1 oz	8	0	1	0.3	0.9	✓	✓	✓	
Onions	1 oz	13	0	3	0.4	0.3	✓	✓	✓	
Tomatoes	1 oz	5	0	1	0.3	0.2	✓	✓	✓	
Extra egg	4 oz	146	10	1	0	13		✓	✓	Egg
Yes =✓										
Indicates a "Smart Choice" lower in fat and packed with nutrients.										
Allergy/Contains Column lists foods that may contain one of the big eight food allergies. Wheat, Milk, Soy, Eggs, Fish, Shell Fish, Peanuts, Tree Nuts, Pork and Sesame										