

Recipe #	Recipe	Calories	Fat (g)	Saturated Fat (g)	Monounsaturat	Polyunsaturate	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrate (g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)	Allergen	
388	Asian Broiled Cod with Sesame Stir-Fry	420	22	3	10	9	0	82	628	1225	19	5	12	36	144%	59%	26%	22%	Fish, Egg, Soy	
400	Asparagus Salad (Lean & Green)	250	16	4	0	0	0	15	140	0	12	1	9	12	8%	4%	1%	5%	Milk	
421	Bacon + Butternut Squash Pasta	480	18	6	2	1	0	101	779	652	59	6	4	23	394%	81%	9%	12%	Egg, Wheat, Milk	
255	Bacon-Wrapped Chicken with Honey-Roasted Vegetables	525	30	6	14	5	0	109	955	43	17	3	10	45	94%	48%	7%	15%	Gluten, Soy, Milk, Eggs, Tree Nuts, Peanuts	
357	Bang Bang Chicken with Stir-Fried Broccoli Rice	800	26	10	5	3	0	149	1468	356	87	4	8	50	27%	154%	11%	16%	Gluten, Soy, Milk, Eggs	
420	Black Bean, Spinach + Rice-Stuffed Poblano Peppers	575	28	8	11	3	0	30	1500	780	68	12	3	20	52%	45%	21%	24%	Milk	
315	Blue Cheeseburgers with Balsamic Onions and Sweet Potato Fries	579	28	9	7	1	0	113	1631	803	44	8	13	36	583%	12%	12%	12%	Milk	
349	Broccoli and Edamame Sushi Bowls	468	9	1	4	1	0	0	1150	662	77	6	8	18	17%	164%	12%	18%	Soy	
397	Broccoli Dijon Chicken (Lean & Green)	251	6	1	3	0	0	121	681	227	9	6	1	38	23%	84%	6%	6%	Soy	
240	Buffalo Chicken Tacos	661	38	5	8	5	0	115	1782	101	39	5	9	42	57%	31%	16%	11%	Milk, Corn	
258	Butternut Squash Chicken Flatbreads	741	43	10	18	2	0	104	1420	542	43	12	10	50	301%	54%	40%	18%	Gluten, Soy, Milk	
404	Caprese Chicken (Lean & Green)	426	18	4	0	0	0	105	512	34	14	0	8	48	4%	15%	2%	6%	Milk	
363	Caprese-Pesto Pizzas	466	28	4	5	1	0	14	481	38	29	8	9	23	1%	0%	25%	9%	Wheat (Flatbread), Soy (Flatbread) and Milk (Pesto and Mozzarella)	
373	Caprese-Pesto Pizzas FAMILY MEAL	436	25	4	2	0	0	14	761	36	29	8	9	23	1%	0%	25%	9%	Wheat (Flatbread), Soy (Flatbread) and Milk (Pesto and Mozzarella)	
383	Cast-Iron Coriander Chicken and Curry Rice Pilaf	608	21	2	7	1	0	98	521	257	66	3	5	46	51%	9%	9%	13%	Peanut Oil	
384	Cast-Iron Coriander Chicken and Curry Rice Pilaf (FAMILY MEAL)	584	13	2	6	1	0	98	424	193	65	3	4	45	51%	12%	8%	12%	Peanut Oil	
387	Cast-Iron Steaks with Rosemary Butter	522	35	8	10	1	0	133	438	117	8	3	3	47	22%	43%	6%	17%	Milk	
361	Cheesy Polenta Bowls with Caramelized Brussels Sprouts and Mu	453	16	3	10	2	0	4	1342	301	66	7	5	11	12%	106%	11%	25%	Milk, Corn	
398	Chicken, Asparagus, and Warm Tomato Salad (Lean & Green)	257	6	1	3	1	0	110	395	267	13	3	6	38	28%	66%	8%	11%	Milk	
362	Chili-Rubbed Fish Tacos with Corn Pico and Smashed Avocado	533	24	4	12	3	0	60	1047	492	51	12	7	36	14%	43%	5%	13%	Fish, Corn	
394	Chop Chop Chipotle Pork Tacos	600	24	10	8	2	0	141	1000	244	39	7	9	45	31%	36%	26%	23%	Milk	
395	Chop Chop Chipotle Pork Tacos (FAMILY MEAL)	537	23	8	9	2	0	119	1100	133	38	6	9	46	24%	19%	25%	20%	Milk	
422	Creamy Cauliflower Soup with Bacon	375	30	15	6	1	0	91	978	800	18	7	11	15	16%	186%	9%	9%	Milk	
371	Egg Roll in a Bowl	652	23	5	3	6	0	120	1087	261	70	4	8	39	55%	67%	10%	23%	Soy	
366	Falafel Salad	340	21	3	15	2	0	3	243	333	21	6	4	14	76%	255%	15%	13%	Milk	
424	Fall Nourish Bowl	780	35	3	17	2	0	60	300	500	65	12	21	50	400%	246%	16%	31%		
221	Garlic Mushroom Smothered Chicken	438	26	4	18	3	0	89	121	8999	13	2	4	41	10%	21%	6%	13%		
185	Grilled Chicken and Caramelized Pineapple Salsa Rice Bowl	578	3	1	0	0	0	83	117	380	96	5	29	45	6%	263%	5%	30%		
146	Grilled Chicken Tacos with Avocado Goat Cheese Sauce	439	16	7	6	1	0	87	535	153	26	5	2	44	10%	17%	10%	5%	Milk	
368	Hawaiian Chicken Tacos	483	14	2	2	8	0	105	1075	297	53	17	37	6%	41%	6%	14%	Soy		
396	Honey Pecan Pork and Sweet Potato Mash with Red Cabbage Cru	619	23	6	13	3	0	101	420	181	64	9	25	41	15%	54%	3%	13%	Milk, Tree Nuts	
360	Indian Beef and Potato Stew	534	34	6	12	1	2	105	781	525	42	7	5	41	30%	88%	6%	32%		
385	Indian Butter Chicken	750	37	18	6	3	0	195	525	218	65	4	5	39	46%	6%	14%	14%	Milk	
281	Italian Chicken Florentine Pasta	800	33	18	9	0	0	204	847	111	74	7	3	40	83%	22%	20%	29%	Gluten, Milk	
391	Kale and Garlic-Mushroom Quinoa	486	16	2	5	1	0	5	349	325	72	10	12	19	88%	91%	21%	40%	Milk	
178	Kale Corn Succotash with Cheesy Chicken	413	17	8	5	1	0	144	730	1077	13	3	7	49	15%	92%	11%	14%	Milk	
314	Korean BBQ Cauliflower and Chickpeas	321	15	1	7	5	0	0	817	84	38	10	13	11	3%	242%	7%	11%	Gluten, Soy, Peanuts	
358	Korean Bibimbap Bowls	550	37	9	12	4	0	97	735	313	22	3	14	35	66%	62%	9%	30%	Soy	
426	Kug Pao Chicken	505	13	2	4	6	0	105	907	300	58	4	14	38	66%	219%	1%	14%	Soy	
389	Lemon Dill Tofu Pasta	592	24	5	11	5	0	19	527	518	66	7	4	30	21%	76%	37%	27%	Wheat, Soy, Milk	
339	Low Country Shrimp Bowls	446	9	4	2	0	0	210	455	70	59	7	4	32	20%	77%	8%	28%	Milk, Shellfish, Corn	
401	Mediterranean Chicken Salad (Lean & Green)	340	12	2	3	1	0	111	727	623	23	5	9	34	132%	184%	9%	18%		
364	Mediterranean Lemon-Dill Pasta Salad (FAMILY MEAL)	453	44	11	6	3	0	50	1029	235	68	7	5	17	59%	38%	10%	10%	Milk, Wheat, Egg	
399	Mediterranean Turkey Patties and Grilled Vegetables (Lean & Gre	282	11	2	0	0	0	90	417	346	11	3	4	38	37%	127%	3%	4%		
418	Mexican Skillet	610	41	18	5	1	0	165	495	30	51	4	11	53	30%	134%	3%	47%	Milk	
367	Monterey Chicken	563	19	7	5	10	0	145	691	64	64	44	10	7	53	10%	71%	7%	16%	Milk
372	Monterey Chicken FAMILY MEAL	452	16	6	5	1	0	140	1323	32	25	6	5	49	10%	46%	11%	16%	Milk	
423	Mu Shu Chicken Tacos	555	17	1	2	5	0	60	500	189	56	9	21	43	26%	100%	10%	13%	Gluten, Soy	
340	Mushroom Stroganoff	413	13	3	6	1	0	84	1251	118	62	4	6	13	14%	22%	8%	18%	Gluten, Soy, Milk, Egg	
378	Mushroom Stroganoff (FAMILY MEAL)	329	11	3	6	1	0	13	1200	497	47	2	1	12	8%	14%	7%	9%	Gluten, Soy, Milk, Egg	
341	One Pot Orzo and Shrimp	498	10	1	5	1	0	194	542	395	61	5	5	36	20%	37%	5%	22%	Gluten, Shellfish	
233	One Pot Taco Pasta	986	51	22	11	2	0	160	2085	376	79	11	5	50	28%	18%	44%	18%	Gluten, Milk	
425	One-Pan Chicken Parmesan	445	13	3	5	1	0	115	538	71	22	1	7	44	89%	33%	42%	17%	Milk, Wheat, Soy	
369	One-Pot Green Bean and Bacon Pasta	557	57	17	0	0	0	91	1581	41	83	8	7	27	12%	42%	20%	9%	Milk, Wheat, Egg	
149	Pan Seared Chicken and Crisp Haricots Verts in a Sweet and Sour	507	26	9	10	4	0	154	1534	705	11	4	6	52	62%	36%	6%	17%		
260	Pesto Goat Cheese Vegetable Flatbreads	576	40	11	10	1	0	15	1169	65	35	11	8	25	20%	78%	34%	17%	Gluten, Soy, Milk	
379	Philly Cheesesteak Tacos	800	56	27	5	1	0	193	672	17	39	6	4	39	15%	2%	11%	22%	Milk, Soy	
380	Philly Cheesesteak Tacos (FAMILY MEAL)	739	50	25	8	2	0	190	611	46	5	5	5	38	16%	2%	14%	21%	Milk, Soy	
188	Salmon Piccata	610	24	8	10	1	0	128	786	694	63	2	1	33	24%	64%	5%	11%	Fish	
406	Scallion Beef Stir-Fry (Lean & Green)	395	22	9	1	0	0	105	985	311	12	2	5	36	23%	64%	6%	32%	Soy	
219	Seared Chicken with Creamy Avocado-Basil Pasta	747	30	5	18	3	0	94	184	365	75	10	2	45	5%	17%	11%	22%	Milk	
427	Seared Salmon Salad with Sweet Chile Vinaigrette	520	33	5	18	4	0	0	244	197	24	3	18	32	17%	188%	14%	5%	Fish, Tree Nuts	
356	Sheet Pan Chicken Souvlaki	562	26	2	10	1	0	105	907	523	47	6	6	39	8%	173%	7%	12%		
272	Sheet Pan Roasted Chicken with Lemon-Arugula Potato Salad	496	18	2	12	2	0	89	637	1029	40	4	3	41	13%	55%	10%	16%		
405	Sheet Pan Shrimp Scampi (Lean & Green)	275	7	2	0	0	0	243	716	488	13	3	4	41	40%	33%	28%	20%	Shellfish, Milk	
249	Skillet Lemon-Garlic Chicken	620	23	5	10	1	0	131	1261	129	69	5	4	42	20%	213%	10%	21%		
403	Spicy Cod with Spinach (Lean & Green)	260	7	1	4	1	0	73	446	1200	13	3	5	34	145%	82%	11%	20%	Seafood	
370	Spicy Garlic Shrimp and Summer Squash Skillet	371	17	2	10	1	0	233	538	42	15	3	7	38	7%	87%	13%	26%	Shellfish	
377	Spicy Honey Lime Chicken + Edamame Rice (FAMILY MEAL)	584	10	0	3	1	0	105	1075	416	73	4	8	45	5%	34%	10%	20%	Milk	
365	Spicy Tofu Steaks with Pepper-Broccoli Stir-Fry	371	19	2	3	6	0	0	1090	495	28	6	19	21	41%	332%	29%	25%	Soy	
381	Sticky Korean Chicken Thighs	397	20	8	8	4	0	158	984	337	18	1	14	36	89%	79%	15%	15%	Soy	
382	Sticky Korean Chicken Thighs (FAMILY MEAL)	359	16	2	6	3	0	158	934	272	18	1	13	36	67%	60%	12%	14%	Soy	
237	Sweet Potato, Bacon and Kale Hash	386	13	3	5	1	0	10	709	1097	62	10	23	10	680%	108%	15%	13%		
428	Thyme-Basted Cod with Roasted Vegetables	525	31	9	15	2	0	88	790	839	26	5	5	40	353%	132%	16%	15%	Fish, Milk	
402	Tofu Power Bowl (Lean & Green)	253	12	1	4	6	0	0	983	710	16	7	5	23	97%	178%	30%	23%	Soy	
390	Tomato Orzo with Chickpeas and Spinach	571	10	1	5	1	0	0	538	804	99	16	5	22	116%	55%	11%	34%	Wheat	
192	Turkey Taco Bowl	1049	51	11	25	12	1	146	409	729	94	9	1	53	8%	3%	29%	22%	Milk, Corn	
313	Turkey Taco Bowl (FAMILY MEAL)	752	30	8	8	4	0	86	540	225	87	7	2	31	7%	3%	28%	15%	Milk, Corn	
190	Vegan Power Bowl	591	15	2	7	5	0	0	1696	1508	106	35	17	23	961%	96%	35%	74%		
172	Vegetable Fried Rice	660	14	1	9	5	0	0	572	347	126	5	4	13	145%	40%	16%	18%	Gluten, Soy	