

## Two Pack Meals

	#	Meal Description	Calories	Protein	Fat	Sodium
Week 1	46	Florentine Stuffed Shells & Meat Sauce w/ Northern Beans & Spring Vegetables Wheat Bread, Dry Milk, Margarine, Dragon Punch, Star Crunch Cookie	608	37.9	15	966
	90	Chicken Tenders over Zesty Orange Rice with Kidney Beans and Corn & Pepper Wheat Bread, Dry Milk, Margarine, Orange Juice, Lemon Crème Cookie	672	49.8	10	687
	Average:		640	43.85	12.5	826.5
Week 2	25	Rosemary Chicken with Cinnamon Apples and Spring Vegetables Bran Flakes, Dry Milk, Margarine, Orange Juice, Fudge Round Cookie	603	40.3	8.8	851
	21	Cheese Lasagna with Meat Sauce with Mixed Greens and Corn & Peppers Bran Muffin, Dry Milk, Margarine, Raisins	660	34	19.4	982
	Average:		631.5	37.15	14.1	916.5
Week 3	52	Chicken and Teriyaki Rice with Sweet Potatoes and Brussels Sprouts Bran Muffin, Dry Milk, Margarine, Apple Juice	602	45.4	9.7	794
	55	Meatballs & Alfredo Shells with Kernel Corn and Green Beans Wheat Bread, Dry Milk, Margarine, Orange Juice, Strawberry Cereal Bar	704	36	24.5	726
	Average:		346.85	40.7	17.1	760
Week 4	97	Ginger Pork Patty with Red Skin Potatoes and Green Pea Blend Wheat Bread, Dry Milk, Margarine, Cranberry Juice, Lemon Crème Cookie	669	41.8	23.7	940
	42	Beef Pepper Patty & Gravy with Mixed Greens and Sweet Potatoes Wheat Bread, Dry Milk, Margarine, Fruit Punch, Star Crunch Cookie	612	42.3	12.9	673
	Average:		640.5	42.05	18.3	806.5