

Daily Nutrient Analysis

CORTEZ

1		3		4	
SWEDISH MEATBALLS	Meal Total	Beef Taco Salad	Meal Total	Italian Sausage	Meal Total
CALORIES	459	CALORIES	416	CALORIES	2093
Carbohydrates (g)	8 G	Carbohydrates (g)	19 g	Carbohydrates (g)	101.7
Fiber (g)		Fiber (g)		Fiber (g)	5.4
Fat (g)	29 G	Fat (g)	27 g	Fat (g)	163.3 g
Sodium (mg)	583 mg	Sodium (mg)	830 mg	Sodium (mg)	2539.5 mg
5		8		10	
Crunchy Baked Talapi	Meal Total	Chicken Pot Pie	Meal Total	Hamburger Soup	Meal Total
CALORIES	561	CALORIES	695.84	CALORIES	149
Carbohydrates (g)	26 g	Carbohydrates (g)	105.02	Carbohydrates (g)	19 g
Fiber (g)		Fiber (g)	10.47	Fiber (g)	
Fat (g)	37 g	Fat (g)	16.84	Fat (g)	4.1
Sodium (mg)	538 mg	Sodium (mg)	793.74	Sodium (mg)	
11		12			
Seafood Pasta Salad	Meal Total	Corned Beef/ broth	Meal Total		
CALORIES	660.69	CALORIES	623.73		
Carbohydrates (g)	100.43	Carbohydrates (g)	87		
Fiber (g)	10.63	Fiber (g)	10.34		
Fat (g)	21.06	Fat (g)	20.83		
Sodium (mg)	949.59	Sodium (mg)	1031.45		
15		17			
Ham & Beans	Meal Total	BBQ PORK RIBS	Meal Total		
CALORIES	728.15	CALORIES	884.52		
Carbohydrates (g)	124.49	Carbohydrates (g)	112.92		
Fiber (g)	30.28	Fiber (g)	9.99		
Fat (g)	12.22	Fat (g)	24.83		
Sodium (mg)	512.65	Sodium (mg)	1106.16		
18		19			
Smothered Chicken	Meal Total	Tator Tot Casserole	Meal Total		
CALORIES	731.73	CALORIES	773.09		
Carbohydrates (g)	75.81	Carbohydrates (g)	101.79		
Fiber (g)	9.99	Fiber (g)	10		
Fat (g)	26.77	Fat (g)	23.87		
Sodium (mg)	923.79	Sodium (mg)	614.81		
22		24			
Stuffed Green Peppers	Meal Total	Parmesan Crusted Sal	Meal Total		
CALORIES	781.3	CALORIES	710.41		
Carbohydrates (g)	100.37	Carbohydrates (g)	108.52		
Fiber (g)	11.87	Fiber (g)	10.76		
Fat (g)	23.8	Fat (g)	14.23		
Sodium (mg)	386.72	Sodium (mg)	651.94		
25		26			
Chuckwagon Steak	Meal Total	Ribs & Sourkraut	Meal Total		
CALORIES	1994.14	CALORIES	885.29		
Carbohydrates (g)	123.88	Carbohydrates (g)	91.13		
Fiber (g)	9.63	Fiber (g)	13.8		
Fat (g)	129.06	Fat (g)	29.29		
Sodium (mg)	1504.08	Sodium (mg)	1009.19		
29		31			
Hawaiian Pizza	Meal Total	Ham Mac & Cheese	Meal Total		
CALORIES	1008.29	CALORIES	665.03		
Carbohydrates (g)	145.88	Carbohydrates (g)	81.87		
Fiber (g)	15.92	Fiber (g)	12.52		
Fat (g)	34.72	Fat (g)	24.94		
Sodium (mg)	1114.15	Sodium (mg)	1007.68		