



Balanced Foods

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)
Breakfast						
Breakfast Tacos (small)	410	6	900	27	2	35
Rise & Shine (small)	320	4.5	930	17	1	28
The American Breakfast (small)	320	6	590	7	1	30
Chicken Scramble (small)	250	5	480	6	1	30
Sausage & Egg Muffin (one size)	340	3.5	480	31	8	31
Blueberry Protein Pancakes (one size)	490	4.5	850	67	2	22
Sizzlin' Steak Scramble (small)	260	4.5	700	9	1	24
Lunch						
Lemon Peppered Turkey (small)	280	3	320	22	1	24
Lemon Peppered Turkey (medium)	410	4	400	32	2	36
Lemon Peppered Turkey (large)	550	5	470	43	2	48
Chicken Enchiladas (small)	280	2.5	660	27	5	31
Chicken Enchiladas (medium)	410	3	880	36	6	48
Chicken Enchiladas (large)	550	5	1300	51	8	62
Southwest Chicken Bowl (small)	310	1.5	220	29	6	33
Southwest Chicken Bowl (medium)	460	2.5	320	42	9	53
Southwest Chicken Bowl (large)	650	3	470	63	13	75
Texas BBQ with Chicken (small)	310	1.5	230	33	5	31
Texas BBQ with Chicken (medium)	480	2.5	350	50	7	50
Texas BBQ with Chicken (large)	640	3	470	66	9	70
The City Grilled Chicken (small)	200	1	200	21	5	21
The City Grilled Chicken (medium)	320	1.5	320	31	7	35
The City Grilled Chicken (large)	440	2	450	42	9	49
Omega Salmon (small)	300	3	75	26	4	23
Omega Salmon (medium)	480	4.5	120	39	5	37
Omega Salmon (large)	660	6	160	51	7	51



Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)
Lunch						
Zesty Turkey Pasta (small)	310	3.5	280	29	2	26
Zesty Turkey Pasta (medium)	500	5	510	49	4	40
Zesty Turkey Pasta (large)	670	7	680	66	6	53
Not Your Kid's Mac (small)	310	3.5	135	26	2	26
Not Your Kid's Mac (medium)	510	5	200	52	3	40
Chicken Salad Wrap (one size)	490	2.5	500	48	8	43
Fiesta Chicken Tacos (one size)	440	2	560	60	13	40
Chili Mac & Cheese (one size)	360	2.5	460	55	4	18
Dinner						
Balanced Turkey Chili (small)	210	2.5	300	13	4	21
Balanced Turkey Chili (medium)	360	4.5	550	25	7	36
Balanced Turkey Chili (large)	500	6	730	33	9	49
Chicken Parm Palmini (small)	230	2	650	18	6	24
Chicken Parm Palmini (medium)	360	3.5	1000	27	8	39
Chicken Parm Palmini (large)	510	5	1370	37	5	55
Leaner Lemon Turkey (small)	150	2	560	7	3	17
Leaner Lemon Turkey (medium)	240	3	920	10	3	28
Leaner Lemon Turkey (large)	340	4	1290	15	5	39
Cajun Style Gumbo (one size)	300	1.5	440	13	3	49
Roasted Vegetable & Chicken (small)	200	1.5	230	9	2	28
Roasted Vegetable & Chicken (medium)	300	2	115	14	4	46
Roasted Vegetable & Chicken (large)	410	2.5	480	18	2.5	65
Roasted Vegetable & Shrimp (small)	140	0	200	9	2	22
Roasted Vegetable & Salmon (small)	230	3	180	9	2	19
Roasted Vegetable & Salmon (medium)	370	4.5	280	14	4	32
Shrimp Salad (one size)	140	0	220	12	3	23
Chicken Salad Salad (one size)	320	2.5	370	13	4	40
Snacks						
Buffalo Chicken Dip (one size)	240	1.5	300	19	3	25
Fruit & Chicken Bowl (one size)	310	1.5	45	29	5	29

Summer 2024