



Balanced Foods

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (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
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

Fall 2025



Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
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
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
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

Fall 2025

© Fork Friendly. All rights reserved. Materials may not be reproduced, redistributed, or translated without written permission.



Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
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
Medium Grilled Chicken Salad	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

Fall 2025

