



CHOICE
KITCHEN

Name: _____ Date: _____

Choice Kitchen Heart-Healthy / Low-Sodium Menu

Place your meal counts in the box.

Code	Name & Description	Meal Count	Side Selection
7001	Potato Pollock w/Tartar Sauce, Brown Rice, Broccoli, Choose 1 Grain, Choose 1 Fruit, Milk   		
7002	Veal Piccata, California Vegetable Blend, Roasted Potatoes, Choose 1 Fruit, Milk   		
7003	Pot Roast w/ Gravy, Baked Potato, Peas, Choose 1 Grain, Choose 1 Fruit, Milk   		
7004	Jamaican Pork Roast, Key West Vegetable Blend, Mashed Potatoes, Choose 1 Grain, Choose 1 Fruit, Milk   		
7005	Turkey Breast w/ Gravy, Roasted Sweet Potatoes, Peas & Corn, Choose 1 Fruit, Milk   		
7006	Beef Stew, Diced Carrots, Sliced Apples, Choose 1 Grain, Milk   		
7007	Chicken & White Bean Chili, Broccoli, Corn, Choose 1 Grain, Choose 1 Fruit, Milk  		
7008	Herb Marinated Chicken, Mashed Potatoes, Asparagus, Choose 1 Grain, Choose 1 Fruit, Milk 		
7009	Chicken & Broccoli Casserole, Capri Vegetables, Choose 1 Fruit, Milk   		
7010	Chicken Parmesan, Key West Vegetables, Roasted Potatoes, Choose 1 Fruit, Milk  		
7011	Southwest Pasta w/ Turkey, Corn, Peas, Choose 1 Fruit, Milk  		
7012	Vegetable Lasagna, Peas, Diced Carrots, Choose 1 Grain, Choose 1 Fruit, Milk   		
7013	Spaghetti w/ Tomato Sauce & Meatballs w/Parmesan Cheese, California Blend Vegetables, Green Beans, Choose 1 Fruit, Milk   		
7014	Chicken & Noodles, Roasted Potatoes, Broccoli, Choose 1 Grain, Choose 1 Fruit, Milk   		
7015	Indiana Style Chili Mac, Green Beans, Diced Carrots, Choose 1 Fruit, Milk  		
7016	Country Ham & Beans, Collard Greens, Diced Carrots, Choose 1 Grain, Choose 1 Fruit, Milk		
7017	Eggs & Sausage, Maple Sweet Potatoes, Choose 1 Grain, Choose 1 Fruit, Milk  		
7018	Pollock Almondine w/Tartar Sauce and Butter, Turnip Greens, Baked Potato, Choose 1 Fruit, Milk   		
7019	Braised Beef & Egg Noodles, Collard Greens, Diced Carrots, Choose 1 Fruit, Milk   		
7020	Herb Crusted Cape Hake w/Tartar Sauce, Roasted Potatoes and Broccoli, Choose 1 Grain, Choose 1 Fruit, Milk   		

YOUR CHOICE OPTIONS

When your meal includes a choice, select one item from each applicable category below.

GRAIN OPTIONS

- Wheat Bread


- Dinner Roll


- Wheat Crackers


- Rice Krispies


- Raisin Bran


- Toasted Oats


- Corn Flakes


- Oatmeal


- Whole Grain Corn Muffin



FRUIT / JUICE OPTIONS

- Cranberry Juice

• Cinnamon Applesauce
- Grape Juice

• Applesauce
- Apple Juice

• Tropical Fruit
- Orange Juice

• Pineapple Tidbits
- Diced Pears

• Mixed Fruit
- Diced Peaches

• Mandarin Oranges
- Strawberry Applesauce

Questions? 844-506-8487

Substitutions may be made if a product is not available. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product.

Allergen Icon Key:

 = Egg



= Milk



= Wheat



= Tree Nuts



= Soy



= Fish



= Peanuts



= Sesame



= Shell Fish