



## Nutritional Information- September 2010

### Athenian Chicken Breasts

Calories 419\*Fat 13.65\*Sat Fat 3.42\*Sodium 302mg\*Carbs 12.99g\*Fiber 1.24g\*Protein 60.93g

### Baked Pork Chops w/Cornbread Crust

Per Serving: Calories 415 \* Fat 18.3g \* Saturated Fat 4.9g \* Sodium 456mg \* Carbohydrates 7.55g \* Fiber .21g \* Protein 55.07g

### Barbecue Lime Pork Chops

Calories 593\*Fat 18.34g\*Sat Fat 7.57g\*Sodium 656g\*Carbs 39.54g\*Fiber .15g\*Protein 67.34g

### BBQ Pork Chops w/Sweet Potato Fries

\*Calories, 393 \* Fat 12.24g \* Saturated Fat 3.85g \* Sodium 289mg \* Carbohydrates 15.98g \* Fiber 1.02 \* Protein 54.79g

### Cheddar and Broccoli Chicken Bake

Per Serving: Calories 904 \* Fat 56.23g \* Saturated Fat 17.74g \* Sodium 1248mg \* Carbohydrates 48.56g \* Fiber .16g \* Protein 50.96g

### Dinner Studio Fruit Pie

### Good Golly Chicken

Calories 372\*Fat 13.16\*Sat Fat 3.53\*Sodium 685mg\*Carbs 28.29\*Fiber 4.52g\*Protein 38.91g

### Greek Rice and Shrimp Bake

Calories 342\*Fat 6.14g\*Sat Fat 3.29g\*Sodium 601mg\*Carbs 47.74g\*Fiber 1.38g\*Protein 23.87g

### Kid's Favorite Meatloaf Steaks

Calories 335\*Fat 12.69g\*Sat Fat 4.65g\*Sodium 615mg\*Carbs 18.25g\*Fiber .51g\*Protein 36.9g

### Meatball Sandwiches

Per Serving: Calories 266 \* Fat 16.34g \* Saturated Fat 6.65g \* Sodium 693mg \* Carbohydrates 17.46g \* Fiber .8g \* Protein 12.13g.

### North Shore Pork Roast

Calories 547\*Fat 16.48g\*Sat Fat 5.75g\*Sodium 937mg\* Carbs 50.3\*Fiber .36 \* Protein 67.34

### Papas y Pollos

Calories 576 \* Fat 25.21g \* Sat Fat 10.78g \* Sodium 1030mg \* Carb 44.18g \* Fiber 1.41g \* Protein 42.8g

### Red and Black Casserole

Calories 312\*Fat 1.93g\*Sat Fat .37g\*Sodium 658mg\*Carbs 60.79g\*Fiber 3.15g\*Protein 12.89g

### Red Ranch Chicken

Calories 379\*Fat 10.58g\*Sat Fat 3.71g\* Sodium 395mg\* Carbs 9.38g\*Fiber .37g\*Protein 61.45g

### Rustic Roast Beef

Calories 409\*Fat 12.39g\*Sat Fat 4.79g\*Sodium 541mg\*Carbs 20.56g\*Fiber .54g\*Protein 53.77g

### Spicy Tomato Baked Fish

Calories\*379\*Fat 216g\*Sat Fat .4g\*Sodium 342mg\*Carbs 43.65g\*Fiber 1.07g\*Protein 46.3g

### Spinach & Bacon Quiche

Calories 405\* Fat 19.38g\*Sat Fat 10.13g\*Sodium 521g\* Carbs 27.7g\*Fiber .67g\* Protein 30.03g

### Tangy Pork Roast

Calories 488\*Fat 14.4g\*Sat Fat 5.15g\*Sodium 843mg\*Carbs 34.74\*Fiber .46\*Protein 54.97g

### Thai Curry Chicken

Calories 420\*Fat 21.26g\*Sat Fat 7.98g\*Sodium 415mg\*Carbs 24.27g\*Fiber .39g\*Protein 32.85g

