



Nutrition Information

Monday: Muffin Tin Meatloaf with Broccoli Forest Rice				Serves: 5	
Serving Size: 2 meatloaf muffins, 1/2 cup rice topped with broccoli					
Calories	385	kcal	Fat	11	g
Protein	26	g	Saturated	4	g
Carbohydrate	42	g	Sugar	11	g
Sodium	800	mg	Calcium	0	%DV
Fiber	5	g	Iron	16	%DV
Cholesterol	97	mg			

Tuesday: Shrimp Gumbo				Serves: 5	
Serving Size: Approximately 3/4 cup prepared rice with 4oz shrimp					
Calories	356	kcal	Fat	11	g
Protein	24	g	Saturated	2	g
Carbohydrate	38	g	Sugar	0	g
Sodium	715	mg	Calcium	9	%DV
Fiber	3	g	Iron	8	%DV
Cholesterol	143	mg			

Wednesday: Chicken Tamale Spoon Bread				Serves: 6	
Serving Size: 1/6 prepared spoon bread					
Calories	512	kcal	Fat	26	g
Protein	35	g	Saturated	10	g
Carbohydrate	34	g	Sugar	9	g
Sodium	835	mg	Calcium	27	%DV
Fiber	4	g	Iron	10	%DV
Cholesterol	169	mg			

Thursday: Spaghetti and Meatballs				Serves: 6	
Serving Size: Approximately 3/4 cup pasta, 2 meatballs					
Calories	559	kcal	Fat	19	g
Protein	36	g	Saturated	8	g
Carbohydrate	63	g	Sugar	10	g
Sodium	1,950	mg	Calcium	28	%DV
Fiber	9	g	Iron	33	%DV
Cholesterol	101	mg			

Friday: Broccoli Cheddar Soup				Serves: 4	
Serving Size: Approximately 1 1/2 cups					
Calories	177	kcal	Fat	10	g
Protein	13	g	Saturated	4	g
Carbohydrate	13	g	Sugar	3	g
Sodium	500	mg	Calcium	18	%DV
Fiber	4	g	Iron	8	%DV
Cholesterol	15	mg			