

WHAT'S AN OUNCE?



Baked Ham with Pineapple Glaze

***Trans Fat Free *Good Source of Vitamin C**
 Ham, brown sugar, apple cider, pineapple juice, pineapple chunks, cinnamon



Suggested Serving Size: 3 oz = Deck of cards

Spring Mix

***Vegan *Fat Free *Cholesterol Free *Low Sodium**
 Arugula, baby green & red oak, baby green & red romaine, baby spinach, frisee, green chard, green tango, lola rosa, mizuna, red chard, red leaf, baby kale, green leaf, radicchio, red tango, mache



Suggested Serving Size: 4 oz = 1 cup

California Pasta Salad

***Vegetarian *Trans Fat Free *Good Source of Vitamin C**
 Pasta (may contain egg), zucchini, tomato, cucumber, Italian dressing (soy, dairy), bell pepper, onion, Parmesan cheese, sesame seed, poppy seed, paprika, celery seed, black pepper



Suggested Serving Size: 2 oz = ½ cup

Vegetable Lo Mein

***Saturated Fat Free *Cholesterol Free *Trans Fat Free**
 Noodles (wheat, eggs), onion, assorted vegetables, blended oil (soy), soy sauce, chicken base, sugar, oyster sauce (soy, wheat, fish, shellfish), garlic, pepper, sesame oil

Size	Cal.	Fat	Sodium	Carbs	Protein
1oz	45	0.5g	60mg	8g	1g



Suggested Serving Size: 2 oz = ½ cup

Chicken and Broccoli

***Trans Fat Free *Good Source of Vitamins A and C**
 Chicken, broccoli, vegetable oil, cooking wine, oyster sauce, soy sauce, mushroom soy sauce, chicken base, sugar, ketchup, sesame oil, garlic, ginger

Size	Cal.	Fat	Sodium	Carbs	Protein
1oz	35	1g	115mg	2g	4g



Suggested Serving Size: 3 oz = Deck of cards

Spicy Green Bean Salad

***Trans Fat Free *Low Fat *Good Source of Vitamins A & C**
 Green beans, oyster sauce, Korean red pepper sauce, blended oil (may contain soy), garlic, salt, black pepper

Size	Cal.	Fat	Sodium	Carbs	Protein
1oz	15	0g	130mg	2g	0g



Suggested Serving Size: 2 oz = ½ cup

Vegetable Fried Rice

***Trans Fat Free *Good Source of Vitamin A and Iron**
 Rice, blended oil, eggs, pepper, chicken base, sugar, salt, soy sauce, mushroom soy sauce, assorted vegetables, sesame oil

Size	Cal.	Fat	Sodium	Carbs	Protein
1oz	45	1.5g	150mg	6g	1g



Suggested Serving Size: 2 oz = ½ cup

