

Teller January 2024 Shelf - Stable Meals Menu

SUNDAY			MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY		
31- Raisin Bran Peanut Butter Mandarin Oranges Soybeans Raisins Wheat Crackers Milk, Vegetable Juice			1- Chili w/ Beans Apple Nutrigrain Bar Peaches Craisins Wheat Crackers Milk, Apple Juice			2- Spaghetti Strawberry Nutrigrain Bar Sunbutter Cup Craisins Applesauce Milk, Fruit Punch Juice			3- Chicken Salad Wheat Crackers Sunflower Kernels Mandarin Oranges Strawberry Nutrigrain Bar Craisins Milk, Tang Juice			4- Chicken w/ Beans & Rice Strawberry Nutrigrain Bar Wheat Crackers Applesauce Milk, Tang Juice			5- Tuna Salad Raisins Peas Wheat Crackers Apple Nutrigrain Bar Sunflower Kernels Milk, Vegetable Juice			6- White Chicken Chili Wheat Crackers Strawberry Nutrigrain Bar Mandarin Oranges Raisins Milk		
825kcal	124g carb	25g fat	732kcal	130g carb	17g fat	864kcal	142g carb	25g fat	916kcal	124g carb	29g fat	766kcal	133g carb	13g fat	884kcal	127g carb	32g fat	772kcal	119g carb	22g fat
36g pro	10g fib	642mg	24g pro	15g fib	979mg	23g pro	11g fib	888mg	36g pro	10g fib	1,052mg	32g pro	10g fib	776mg	36g pro	9.5g fib	995mg	29 pro	10g fib	681mg
7- Raisin Bran Peanut Butter Mandarin Oranges Soybeans Raisins Wheat Crackers Milk, Vegetable Juice			8- Chili w/ Beans Apple Nutrigrain Bar Peaches Craisins Wheat Crackers Milk, Apple Juice			9- Spaghetti Strawberry Nutrigrain Bar Sunbutter Cup Craisins Applesauce Milk, Fruit Punch Juice			10- Chicken Salad Wheat Crackers Sunflower Kernels Mandarin Oranges Strawberry Nutrigrain Bar Craisins Milk, Tang Juice			11- Chicken w/ Beans & Rice Strawberry Nutrigrain Bar Wheat Crackers Applesauce Milk, Tang Juice			12- Tuna Salad Raisins Peas Wheat Crackers Apple Nutrigrain Bar Sunflower Kernels Milk, Vegetable Juice			13- White Chicken Chili Wheat Crackers Strawberry Nutrigrain Bar Mandarin Oranges Raisins Milk		
14- Raisin Bran Peanut Butter Mandarin Oranges Soybeans Raisins Wheat Crackers Milk, Vegetable Juice			15- Chili w/ Beans Apple Nutrigrain Bar Peaches Craisins Wheat Crackers Milk, Apple Juice			16- Spaghetti Strawberry Nutrigrain Bar Sunbutter Cup Craisins Applesauce Milk, Fruit Punch Juice			17- Chicken Salad Wheat Crackers Sunflower Kernels Mandarin Oranges Strawberry Nutrigrain Bar Craisins Milk, Tang Juice			18- Chicken w/ Beans & Rice Strawberry Nutrigrain Bar Wheat Crackers Applesauce Milk, Tang Juice			19- Tuna Salad Raisins Peas Wheat Crackers Apple Nutrigrain Bar Sunflower Kernels Milk, Vegetable Juice			20- White Chicken Chili Wheat Crackers Strawberry Nutrigrain Bar Mandarin Oranges Raisins Milk		
21- Raisin Bran Peanut Butter Mandarin Oranges Soybeans Raisins Wheat Crackers Milk, Vegetable Juice			22- Chili w/ Beans Apple Nutrigrain Bar Peaches Craisins Wheat Crackers Milk, Apple Juice			23- Spaghetti Strawberry Nutrigrain Bar Sunbutter Cup Craisins Applesauce Milk, Fruit Punch Juice			24- Chicken Salad Wheat Crackers Sunflower Kernels Mandarin Oranges Strawberry Nutrigrain Bar Craisins Milk, Tang Juice			25- Chicken w/ Beans & Rice Strawberry Nutrigrain Bar Wheat Crackers Applesauce Milk, Tang Juice			26- Tuna Salad Raisins Peas Wheat Crackers Apple Nutrigrain Bar Sunflower Kernels Milk, Vegetable Juice			27- White Chicken Chili Wheat Crackers Strawberry Nutrigrain Bar Mandarin Oranges Raisins Milk		
28- Raisin Bran Peanut Butter Mandarin Oranges Soybeans Raisins Wheat Crackers Milk, Vegetable Juice			29- Chili w/ Beans Apple Nutrigrain Bar Peaches Craisins Wheat Crackers Milk, Apple Juice			30- Spaghetti Strawberry Nutrigrain Bar Sunbutter Cup Craisins Applesauce Milk, Fruit Punch Juice			31- Chicken Salad Wheat Crackers Sunflower Kernels Mandarin Oranges Strawberry Nutrigrain Bar Craisins Milk, Tang Juice			1- Chicken w/ Beans & Rice Strawberry Nutrigrain Bar Wheat Crackers Applesauce Milk, Tang Juice			2- Tuna Salad Raisins Peas Wheat Crackers Apple Nutrigrain Bar Sunflower Kernels Milk, Vegetable Juice			3- White Chicken Chili Wheat Crackers Strawberry Nutrigrain Bar Mandarin Oranges Raisins Milk		

*nutrient values listed are: calories, protein, carbohydrate, fiber, fat, and sodium

*nutrient values for each week are the same as those listed in week #1

Teller February 2024 Shelf - Stable Meals Menu

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Teller March 2024 Shelf - Stable Meals Menu

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