

ADvantage Meal Program



Menu

Regular meals (Blue)

Breakfast (Green)

Low Sodium Meals (Yellow)

Gluten Free/Pork & Fish Free Meals (Salmon)

Diabetic Friendly Meals (Cream)

Heart Healthy Meals (Pink)

Shelf Stable Meals (Golden Rod)

A meal within a box is subject to change due to availability

**please contact your personal delivery driver
for menu orders and/or changes.**

**WHEATHEART NUTRITION PROJECT, INC
PO BOX 606
BLACKWELL, OK 74631
580-262-0303**

Granna's

Nutritional information

The following 2 pages contain information regarding the Vitamin A, Vitamin C, Protein, Sodium MG, Calories and Carbs contained in each meal



The Wheatheart, Sysco & Granna's "Team" brings you more
95 years of Nutritional Experience!

than

Give Us the "Taste Test"
You'll Be Glad You Did!

each meal meets 1/3 daily nutritional values and
are usda and fda inspected and approved daily

ENTRÉE DESCRIPTION			VIT A	VIT C	PROTEIN	SODIUM MG	CALORIE	CARBS
Meat Loaf	Mash Potatoes	Peas & Carrots	630	18	26	660	590	57
Mild Chili	Corn w/Peppers	Cobbler	135	5	29	730	490	48
Oatmeal	Blueberry Muffin	Mandarin Oranges	966	39	31	154	1021	182
Pancakes & Sausage	Tater Circles	Peaches	72	7	12	760	380	55
Pork Fritter w/Noodles Gravy	Corn	Mixed Greens	900	14	22	670	490	42
Pork Lasagna	Peas	Applesauce	362	18	22	671	563	45
Pork Tamales	Spanish Rice	Spinach	810	23	18	790	440	55
Riblet w/BBQ Sauce	Baked Beans	Broccoli	72	14	18	970	360	60
Salisbury Steak w/Gravy	Mash Potatoes	Broc/Caulif/Carrots	720	63	18	710	340	26
Sausage & Squash Casserole	Diced Potatoes	Cobbler	450	32	26	880	590	93
Scrambled Eggs	Diced Potatoes	Fruit Cocktail	72	23	17	760	500	40
Shredded Pork	Red Skin Potatoes	Mandarin Oranges	1233	47	39	1020	374	29
Sliced Ham on Rice	Sweet Potatoes	Broc/Caulif/Carrots	630	108	27	1760	420	40
Smoked Sausage	Sweet Potatoes	Broc/Caulif/Carrots	720	90	19	1390	350	35
Smotherd Steak	Roasted Potatoes	Mandarin Oranges	213	30	25	2834	746	94
Spaghetti	Yellow Squash	Pears	135	36	17	670	530	101
Tater Tot Casserole	Strawberry Applesauce	Tropical Fruit Salad	72	7	15	59	350	26
Teriyaki Chicken Breast	Sweet Potatoes	Zucchini	1700	35	19	222	175	36
Turkey Fiesta Mac	Scandanavian Veg	Cobbler	1577	22	19	620	440	78
Turkey Pot Roast w/Dressing	Vegetables	Pineapple	630	18	15	870	310	33
Waffles	Little Smokies	Strawberries	2500	73	17	1198	614	10
Western Omelet	Tater Circles	Strawberries	400	42	13	907	424	36

Wheatheart Nutrition Is Proud to serve you Granna's Meals!

Once you have chosen your meals on the following pages return here to locate your meal and find the nutritional value! Wheatheart, Sysco & Granna's continues to strive to meet the needs of those we serve each and every day. Please know that our doors are always open to you. Your driver should always be your first point of contact, however, should you ever need to contact the office please call 580-262-0303.

ENTRÉE DESCRIPTION			VIT A	VIT C	PROTEIN	SODIUM MG	CALORIE	CARBS
Baked Chicken w/Seasoning	Peas & Carrots	Cooked Cabbage	720	144	47	270	450	27
BBQ Chicken	Potato Salad	Mango	135	450	17	730	320	43
Beans & Wieners	Carrots	Potato Salad	806	20	10	786	388	48
Beef Brisket	Baked Beans	Carrots	2250	18	28	820	330	49
Beef Enchilada Casserole	Refried Beans	Cinnamon Applesauce	54	4	25	690	410	33
Beef Fajitas	Spanish Rice	Zucchini & Tomatoes	135	54	24	1500	630	85
Beef Goulash	Broccoli	Cobbler	303	49	19	562	538	88
Beef Stew	Cornbread	Mandarin Oranges	1080	54	15	220	360	26
Biscuit & Gravy	Mango	Strawberry Applesauce	927	32	17	1670	680	56
Breakfast Burrito	Tater Circles	Tropical Fruit Salad	54	9	14	1370	470	53
Broccoli Rice Casserole	Diced Potatoes	Fruit Cocktail	135	63	11	690	340	67
Brown Beans	Cornbread	Spinach	450	27	25	580	470	35
Chicken & Dumplings	Broc & Cauliflower	Spiced Apple Rings	471	40	15	1060	246	29
Chicken & Noodles	Mixed Veg	Cobbler	405	9	15	670	400	52
Chicken Alfredo	Green Beans	Cobbler	261	30	32	2468	696	30
Chicken Fillet w/Gravy	Sweet Potatoes	Mix Vegetables	630	63	19	630	210	49
Chicken Fried Steak	Mash Potatoes	Green Beans	243	30	27	4823	1036	132
Chicken Nuggets	Ranch Style Beans	Pineapple	72	18	22	1090	370	49
Chicken Pot Pie	Green Beans	Spiced Apple Rings	963	9	30	872	470	54
Corned Beef	Peas	Mandarin Oranges	180	54	16	980	340	37
Egg & Cheese Omelet	Little Smokies	Cinnamon Applesauce	135	4	18	960	420	24
Fish Dinner w/Hush Puppies	Sweet Potatoes	Black Eyed Peas	315	54	24	950	430	76
French Toast	Scrambled Eggs	Strawberries	769	67	22	875	525	64
Macaroni & Cheese	Green Beans	Cobbler	90	7	11	1200	580	96

Give us the taste test!

**True Healthcare
Reform starts in
the Kitchen!**



GRANNA'S

FROZEN 7-PACK

All meals include bread, dry milk & snacks

70	Mild Chili	Corn with Peppers	Cobbler
	Salisbury Steak w/Brown Gravy	Mashed Potatoes	Broccoli, Cauliflower & Carrots
	Chicken Fillet w/Gravy	Sweet Potatoes	Mixed Vegetables
	Riblet w/BBQ Sauce	Baked Beans	Okra
	Beef Tamales	Spanish Rice	Spinach
	Egg & Cheese Omelet	Little Smokies	Apple Sauce
	Turkey Fiesta Mac	Scandinavian Vegetables	Strawberry Jello

71	Baked Chicken	Peas & Carrots	Cooked Cabbage
	Chicken & Noodles	Mixed Vegetables	Cobbler
	Smoked Sausage	Seasoned Potatoes	Broccoli, Cauliflower & Carrots
	Enchilada Casserole	Refried Beans	Cinnamon Applesauce
	Beef Fajitas	Spanish Rice	Zucchini & Tomatoes
	Fish & Hushpuppies	Blackeyed Peas	Sweet Potatoes
	Pancakes & Sausage	Tater Circles	Peaches

72	Old Fashion Meat Loaf	Mashed Potatoes	Peas & Carrots
	Beef Brisket	Baked Beans	Carrots
	Chicken Nuggets	Ranch Style Beans	Pineapple Tidbits
	Teriyaki Chicken Breast	Sweet Potatoes	Zucchini Slices
	Macaroni & Cheese	Green Beans	Cobbler
	Breakfast Burrito	Tater Circles	Fruit Salad
	Turkey Pot Roast	Dressing	Pineapple Tidbits

73	Spaghetti	Yellow Squash	Pears
	Beef Stew	Cornbread	Mandarin Oranges
	Chicken & Dumplings	Broccoli & Cauliflower	Spiced Apple Rings
	Biscuit & Gravy	Mango	Strawberry Applesauce
	Brown Beans	Cornbread	Spinach
	Pork Fritter w/Noodles & Gravy	Cornbread	Mixed Greens
	Sausage & Squash Casserole	Diced Potatoes	Mixed Fruit Cobbler

74	Broccoli-Rice Casserole	Diced Potatoes	Fruit Cocktail
	Corn Beef Hash	Peas	Mandarin Oranges
	Beans & Wieners	Carrots	Potato Salad
	Beef Goulash	Broccoli	Cobbler
	Tuna Mac	Italian Blend Vegetables	Spiced Apple Rings
	Tater Tot Casserole	Strawberry Applesauce	Tropical Fruit Salad
	Turkey Fiesta Mac	Scandinavian Veg	Cobbler

GRANNA'S

FROZEN 7-PACK

All frozen meals include bread, dry milk & snacks

D75	Old Fashion Meat Loaf	Mashed Potatoes	Peas & Carrots
	Spaghetti	Yellow Squash	Pears
	Baked Chicken	Peas & Carrots	Cooked Cabbage
	Chicken Alfredo	Green Beans	Cobbler
	Smoked Sausage	Seasoned Potatoes	Broccoli, Cauliflower & Carrots
	Shredded Pork	Red Skin Potatoes	Mandarin Oranges
	Waffles	Little Smokies	Strawberries

D76	Broccoli-Rice Casserole	Diced Potatoes	Fruit Cocktail
	Beef Stew	Cornbread	Mandarin Oranges
	BBQ Chicken	Potato Salad	Mango
	Sliced Ham on Rice	Seasoned Potatoes	Broccoli, Cauliflower & Carrots
	Pork Fritter w/Noodles & Gravy	Corn	Mixed Greens
	Beef Enchilada Casserole	Refried Beans	Cinnamon Applesauce
	Biscuit & Gravy	Mango	Strawberry Applesauce

D77	Mild Chili	Corn with Peppers	Cobbler
	Old Fashion Meat Loaf	Mashed Potatoes	Peas & Carrots
	Chicken & Dumplings	Broccoli & Cauliflower	Spiced Apple Rings
	Salisbury Steak w/Brown Gravy	Mashed Potatoes	Broccoli, Cauliflower & Carrots
	Teriyaki Chicken Breast	Sweet Potatoes	Zucchini Slices
	Shredded Pork	Red Skin Potatoes	Mandarin Oranges
	Brown Beans	Cornbread	Spinach

GF 71	Beef Brisket	Pork & Beans	Carrots
	Baked Chicken	Peas & Carrots	Cabbage
	BBQ Chicken	Potato Salad	Magos
	Salisbury Steak w/Brown Gravy	Mashed Potatoes	Broccoli, Cauliflower & Carrots
	Riblet w/BBQ Sauce	Pork & Beans	Broccoli
	Shredded Pork	Red Skin Potatoes	Oranges
	Tater Tot Casserole	Strawberry Applesauce	Tropical Fruit Salad

GF 72	Corned Beef	Peas	Oranges
	Squash Casserole	Diced Potatoes	Cobbler
	Beans & Wieners	Carrots	Potato Salad
	Scrambled Eggs	Diced Potatoes	Fruit Salad
	BBQ Chicken	Potato Salad	Magos
	Baked Chicken	Peas & Carrots	Cabbage
	Omelet	Little Smokies	Cinnamon Applesauce

GF 73	Beans & Wieners	Carrots	Potato Salad
	Beef Brisket	Pork & Beans	Carrots
	Riblet w/BBQ Sauce	Pork & Beans	Broccoli
	Corned Beef	Peas	Oranges
	Western Omelet	Tater Circles	Strawberries
	Omelet	Little Smokies	Cinnamon Applesauce
	Baked Chicken	Peas & Carrots	Cabbage

GRANNA'S FROZEN 5-PACK

All frozen meals include bread, dry milk & snacks

60	Mild Chili	Corn with Peppers	Cobbler
	Chicken Nuggets	Ranch Style Beans	Pineapple Tidbits
	Pork Tamales	Spanish Rice	Spinach
	Chicken Fillet w/Gravy	Sweet Potatoes	Mixed Vegetables
	Macaroni & Cheese	Green Beans	Cobbler

61	Beef Brisket	Baked Beans	Carrots
	Teriyaki Chicken Breast	Sweet Potatoes	Zucchini
	Pork Lasagna	Applesauce	Peas
	Sliced Ham on Rice	Seasoned Potatoes	Broccoli, Cauliflower & Carrots
	Beef Enchilada Casserole	Refried Beans	Cinnamon Applesauce

62	Old Fashion Meat Loaf	Mashed Potatoes	Peas & Carrots
	Salisbury Steak w/Brown Gravy	Mashed Potatoes	Broccoli, Cauliflower & Carrots
	Baked Chicken	Peas & Carrots	Cooked Cabbage
	Chicken & Noodles	Mixed Vegetables	Cobbler
	Smoked Sausage	Seasoned Potatoes	Broccoli, Cauliflower & Carrots

63	Chicken Pot Pie	Green Beans	Spiced Apple Rings
	Riblet with BBQ Sauce	Baked Beans	Broccoli
	Beef Fajitas	Spanish Rice	Zucchini and Tomatoes
	Turkey Pot Roast	Dressing	Pineapple Tidbits
	Beef Goulash	Broccoli	Cobbler

64	Spaghetti	Yellow Squash	Pears
	Corn Beef Hash	Peas	Mandarin Oranges
	Chicken & Dumplings	Broccoli & Cauliflower	Spiced Apple Rings
	Brown Beans	Cornbread	Spinach
	Pork Fritter w/Noodles & Gravy	Cornbread	Mixed Greens

65	Shredded Pork	Red Skin Potatoes	Mandarin Oranges
	Turkey Pot Roast	Dressing	Pineapple
	Chicken Fried Steak	Mashed Potatoes	Green Beans
	Chicken Pot Pie	Green Beans	Spiced Apple Rings
	Smothered Steak	Roasted Potatoes	Mandarin Oranges

GRANNA'S

FROZEN 5-PACK

All frozen meals include bread, dry milk & snacks

VH 66	Salisbury Steak w/Brown Gravy	Mashed Potatoes	Broccoli, Caulif & Carrots
	Baked Chicken	Peas & Carrots	Cooked Cabbage
	Teriyaki Chicken Breast	Sweet Potatoes	Zucchini
	Sliced Ham on Rice	Seasoned Potatoes	Broccoli, Cauliflower & Carrots
	Riblet with BBQ Sauce	Baked Beans	Broccoli

VH 67	Beef Stew	Cornbread	Mandarin Oranges
	Chicken Fillet w//Gravy	Sweet Potatoes	Mixed Vegetables
	Chicken & Dumplings	Broccoli & Cauliflower	Spiced Apple Rings
	BBQ Chicken	Potato Salad	Mango
	Brown Beans	Cornbread	Spinach

GF 15	Beef Brisket	Pork & Beans	Carrots
	Corn Beef Hash	Peas	Mandarin Oranges
	Baked Chicken	Carrots & Peas	Cabbage
	BBQ Chicken	Potato Salad	Mangos
	Omelet	Little Smokies	Cinnamon Applesauce

GF 25	Riblet w / BBQ Sauce	Pork & Beans	Broccoli
	Shredded Pork	Red Skin Potatoes	Oranges
	Squash Casserole	Diced Potatoes	Cobbler
	BBQ Chicken	Potato Salad	Mangos
	Tater Tot Casserole	Strawberry Applesauce	Tropical Fruit Salad

GF 35	Beef Brisket	Pork & Beans	Carrots
	BBQ Chicken	Potato Salad	Mangos
	Shredded Pork	Red Skin Potatoes	Oranges
	Corn Beef Hash	Peas	Mandarin Oranges
	Western Omelet	Tater Circles	Strawberries

PFF 15	Meatloaf	Mashed Potatoes	Peas & Carrots
	Chicken & Noodles	Mixed Veg	Cobbler
	Chicken Nuggets	Ranch Style Beans	Pineapple
	Oatmeal	Blueberry Muffin	Mandarin Oranges
	Turkey Pot Roast	Dressing	Pineapple

PFF 25	Chicken Filet w/Gravy	Sweet Potatoes	Mixed Vegetables
	Beef Enchilada Casserole	Refried Beans	Cinnamon Applesauce
	Teriyaki Chicken Breast	Sweet Potatoes	Zucchini Slices
	French Toast	Scrambled Eggs	Strawberries
	Salisbury Steak w/Gravy	Mashed Potatoes	Broccoli, Caulif & Carrots

GRANNA'S

FROZEN 5-PACK

All frozen meals include bread, dry milk & snacks

LS	Beef Brisket	Baked Beans	Carrots
	Beef Stew	Cornbread	Mandarin Oranges
	Baked Chicken w/Seasoning	Peas & Carrots	Cooked Cabbage
15	Pork Lasagna	Applesauce	Peas
	Beans & Wieners	Brussel Sprouts	Potato Salad

LS	Old Fashion Meat Loaf	Mashed Potatoes	Peas & Carrots
	Chicken & Noodles	Mixed Vegetables	Peach Cobbler
	Chicken Fillet w/Gravy	Sweet Potatoes	Mixed Vegetables
25	Brown Beans	Cornbread	Spinach
	Scrambled Eggs	Diced Potatoes	Fruit Cocktail

LS	Mild Chili	Corn & Peppers	Peach Cobbler
	Spaghetti	Yellow Squash	Pears
	Salisbury Steak w/Brown Gravy	Mashed Potatoes	Broccoli, Cauliflower & Carrots
35	Teriyaki Chicken Breast	Sweet Potatoes	Brussel Sprouts
	Pork Tamales	Mexican Rice	Spinach

LS	BBQ Chicken	Potato Salad	Mangos
	Pork Fritter/Egg Noodles & Gravy	Corn	Mixed Greens
	Beef Enchilada Casserole	Refried Beans	Applesauce
45	Turkey Pot Roast w/Vegetables	Dressing	Pinapple Tidbits
	Breakfast Pancakes w/Sausage	Hash Browns	Peaches

LS	Broccoli & Rice Casserole	Diced Potatoes	Fruit Cocktail
	Tuna Mac	Mixed Vegetables	Spiced Apple Rings
	Fish Dinner w/Hush Puppies	Blackeyed Peas	Sweet Potatoes
55	Western Omelet	Tater Circles	Strawberries
	Chicken Pot Pie	Green Beans	Apple Rings

LS	Egg & Cheese Omelet	Little Smokies	Applesauce
	Tater Tot Casserole	Strawberry Applesauce	Tropical Fruit Salad
	Beef Goulash	Broccoli	Cobbler
65	Turkey Turkey Mac	Sliced Apples	Brussel Sprouts
	Riblet w/BBQ Sauce	Baked Beans	Orka

VH	Salisbury Steak w/Brown Gravy	Mashed Potatoes	Broccoli, Cauliflower & Carrots
	Baked Chicken	Peas & Carrots	Cooked Cabbage
	Teriyaki Chicken Breast	Sweet Potatoes	Zucchini
66	Sliced Ham on Rice	Seasoned Potatoes	Broccoli, Cauliflower & Carrots
	Riblet with BBQ Sauce	Baked Beans	Broccoli

VH	Beef Stew	Cornbread	Mandarin Oranges
	Chicken Fillet w//Gravy	Sweet Potatoes	Mixed Vegetables
	Chicken & Dumplings	Broccoli & Cauliflower	Spiced Apple Rings
67	BBQ Chicken	Potato Salad	Mango
	Brown Beans	Cornbread	Spinach

GRANNA'S

FROZEN 5-PACK

All frozen meals include bread, dry milk & snacks

50	Mild Chili	Corn with Peppers	Cobbler
	Chicken Nuggets	Ranch Style Beans	Pineapple Tidbits
	Beef Tamales	Spanish Rice	Spinach
	Chicken Fillet w/Gravy	Sweet Potatoes	Mixed Vegetables
	Breakfast Burrito	Tater Circles	Fruit Salad

51	Beef Brisket	Baked Beans	Carrots
	Teriyaki Chicken Breast	Sweet Potatoes	Zucchini
	Smoked Sausage	Seasoned Potatoes	Broccoli, Cauliflower & Carrots
	Beans & Wieners	Carrots	Potato Salad
	Egg & Cheese Omelet	Little Smokies	Applesauce

52	Old Fashion Meat Loaf	Mashed Potatoes	Peas & Carrots
	Salisbury Steak w/Brown Gravy	Mashed Potatoes	Broccoli, Cauliflower & Carrots
	Baked Chicken	Peas & Carrots	Cooked Cabbage
	Chicken & Noodles	Mixed Vegetables	Cobbler
	Pancakes & Sausage	Tater Circles	Peaches

53	BBQ Chicken	Potato Salad	Mangos
	Riblet with BBQ Sauce	Baked Beans	Okra
	Beef Enchilada Casserole	Refried Beans	Cinnamon Applesauce
	Turkey Pot Roast	Dressing	Pineapple Tidbits
	Western Omelet	Tater Circles	Strawberries

54	Spaghetti	Yellow Squash	Pears
	Corn Beef Hash	Peas	Mandarin Oranges
	Chicken & Dumplings	Broccoli & Cauliflower	Spiced Apple Rings
	Biscuit & Gravy	Mangos	Strawberry Applesauce
	Pork Fritter w/Noodles & Gravy	Cornbread	Mixed Greens



GRANNA'S ALL BREAKFAST FROZEN 5-PACK

All frozen meals include bread, dry milk & snacks

40	Biscuit & Gravy	Mango	Strawberry Applesauce
	Egg & Cheese Omelet	Little Smokies	Applesauce
	Pancakes & Sausage	Tater Circles	Peaches
	Breakfast Burrito	Tater Circles	Fruit Salad
	Scrambled Eggs	Diced Potatoes	Fruit Cocktail

41	Biscuit & Gravy	Mango	Strawberry Applesauce
	Pancakes & Sausage	Tater Circles	Peaches
	Breakfast Burrito	Tater Circles	Fruit Salad
	Tater Tot Casserole	Strawberry Applesauce	Tropical Fruit Salad
	Western Omelet	Tater Circles	Strawberries

42	Breakfast Burrito	Tater Circles	Fruit Salad
	Western Omelet	Tater Circles	Strawberries
	Oatmeal	Blueberry Muffin	Mandarin Oranges
	Waffles	Little Smokies	Strawberries
	French Toast	Scrambled Eggs	Strawberries

Breakfast items can also be found in our seven (7) and five (5) pack Dinner Entrée's and in our Low Sodium, Gluten Free, Heart Health and Diabetic Meals as Well! We try to offer both dinner, breakfast, or a combination of dinner and breakfast combo's for those who like to mix and match. Remember, you can call your personal driver directly and communicate your menu choice, change your order, switch from shelf stable to frozen or a combination of both depending on your needs and desires at any time. If possible, please allow 24-48 hour notice to insure that we can accommodate your wishes. However, please know that we will do our very best to meet your needs at any time. Why, because we serve much more than a meal, we serve people and we appreciate the opportunity to serve you!

GRANNA'S FROZEN 5-PACK

Gluten Free meals Include dry milk & snacks

gluten free meals

GF 15	Beef Brisket	Pork & Beans	Carrots
	Corn Beef Hash	Peas	Mandarin Oranges
	Baked Chicken	Carrots & Peas	Cabbage
	BBQ Chicken	Potato Salad	Mangos
	Omelet	Little Smokies	Cinnamon Applesauce

GF 25	Riblet w / BBQ Sauce	Pork & Beans	Broccoli
	Shredded Pork	Red Skin Potatoes	Oranges
	Squash Casserole	Diced Potatoes	Cobbler
	BBQ Chicken	Potato Salad	Mangos
	Tater Tot Casserole	Strawberry Applesauce	Tropical Fruit Salad

GF 35	Beef Brisket	Pork & Beans	Carrots
	BBQ Chicken	Potato Salad	Mangos
	Shredded Pork	Red Skin Potatoes	Oranges
	Corn Beef Hash	Peas	Mandarin Oranges
	Western Omelet	Tater Circles	Strawberries

GRANNA'S FROZEN 7-PACK

Gluten Free meals Include dry milk & snacks

gluten free meals

GF 71	Beef Brisket	Pork & Beans	Carrots
	Baked Chicken	Peas & Carrots	Cabbage
	BBQ Chicken	Potato Salad	Magos
	Salisbury Steak w/Brown Gravy	Mashed Potatoes	Broccoli, Cauliflower & Carrots
	Riblet w/BBQ Sauce	Pork & Beans	Broccoli
	Shredded Pork	Red Skin Potatoes	Oranges
	Tater Tot Casserole	Strawberry Applesauce	Tropical Fruit Salad

GF 72	Corned Beef	Peas	Oranges
	Squash Casserole	Diced Potatoes	Cobbler
	Beans & Wieners	Carrots	Potato Salad
	Scrambled Eggs	Diced Potatoes	Fruit Salad
	BBQ Chicken	Potato Salad	Magos
	Baked Chicken	Peas & Carrots	Cabbage
	Omelet	Little Smokies	Cinnamon Applesauce

GF 73	Beans & Wieners	Carrots	Potato Salad
	Beef Brisket	Pork & Beans	Carrots
	Riblet w/BBQ Sauce	Pork & Beans	Broccoli
	Corned Beef	Peas	Oranges
	Western Omelet	Tater Circles	Strawberries
	Omelet	Little Smokies	Cinnamon Applesauce
	Baked Chicken	Peas & Carrots	Cabbage

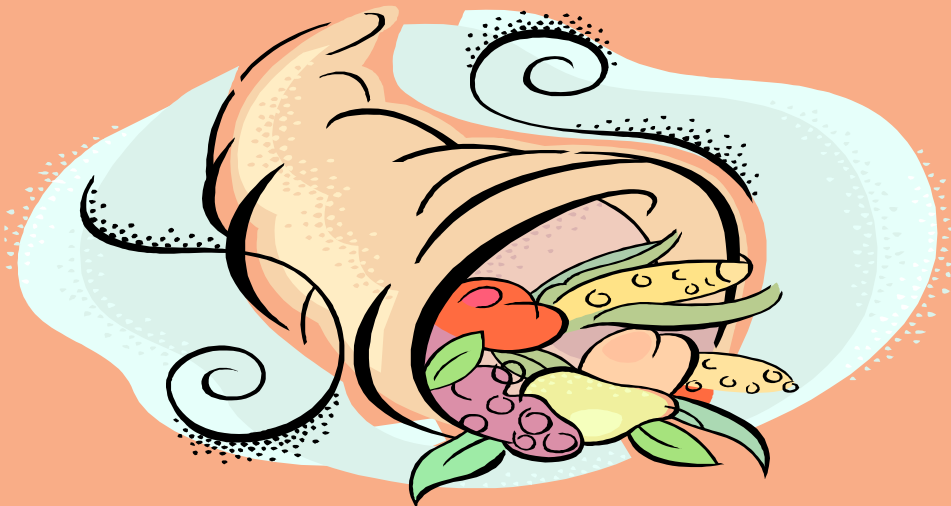
GRANNA'S FROZEN 5-PACK

All frozen meals include bread, dry milk & snacks

Pork & fish free Meals

PFF 15	Meatloaf	Mashed Potatoes	Peas & Carrots
	Chicken & Noodles	Mixed Veg	Cobbler
	Chicken Nuggets	Ranch Style Beans	Pineapple
	Oatmeal	Blueberry Muffin	Mandarin Oranges
	Turkey Pot Roast	Dressing	Pineapple

PFF 25	Chicken Filet w/Gravy	Sweet Potatoes	Mixed Vegetables
	Beef Enchilada Casserole	Refried Beans	Cinnamon Applesauce
	Teriyaki Chicken Breast	Sweet Potatoes	Zucchini Slices
	French Toast	Scrambled Eggs	Strawberries
	Salisbury Steak w/Gravy	Mashed Potatoes	Broccoli, Caulif & Carrots



GRANNA'S DIABETIC 5-PACK

All frozen meals include bread, dry milk & snacks

VH66	Salisbury Steak w/Brown Gravy	Mashed Potatoes	Broccoli, Cauliflower & Carrots
	Baked Chicken	Peas & Carrots	Cooked Cabbage
	Teriyaki Chicken Breast	Sweet Potatoes	Zucchini
	Sliced Ham on Rice	Seasoned Potatoes	Broccoli, Cauliflower & Carrots
	Riblet with BBQ Sauce	Baked Beans	Broccoli

VH67	Beef Stew	Cornbread	Mandarin Oranges
	Chicken Fillet w//Gravy	Sweet Potatoes	Mixed Vegetables
	Chicken & Dumplings	Broccoli & Cauliflower	Spiced Apple Rings
	BBQ Chicken	Potato Salad	Mango
	Brown Beans	Cornbread	Spinach

GRANNA'S DIABETIC 7-PACK

All frozen meals include bread, dry milk & snacks

D75	Old Fashion Meat Loaf	Mashed Potatoes	Peas & Carrots
	Spaghetti	Yellow Squash	Pears
	Baked Chicken	Peas & Carrots	Cooked Cabbage
	Chicken Alfredo	Green Beans	Cobbler
	Smoked Sausage	Seasoned Potatoes	Broccoli, Cauliflower & Carrots
	Shredded Pork	Red Skin Potatoes	Mandarin Oranges
	Waffles	Little Smokies	Strawberries

D76	Broccoli-Rice Casserole	Diced Potatoes	Fruit Cocktail
	Beef Stew	Cornbread	Mandarin Oranges
	BBQ Chicken	Potato Salad	Mango
	Sliced Ham on Rice	Seasoned Potatoes	Broccoli, Cauliflower & Carrots
	Pork Fritter w/Noodles & Gravy	Corn	Mixed Greens
	Beef Enchilada Casserole	Refried Beans	Cinnamon Applesauce
	Biscuit & Gravy	Mango	Strawberry Applesauce

D77	Mild Chili	Corn with Peppers	Cobbler
	Old Fashion Meat Loaf	Mashed Potatoes	Peas & Carrots
	Chicken & Dumplings	Broccoli & Cauliflower	Spiced Apple Rings
	Salisbury Steak w/Brown Gravy	Mashed Potatoes	Broccoli, Cauliflower & Carrots
	Teriyaki Chicken Breast	Sweet Potatoes	Zucchini Slices
	Shredded Pork	Red Skin Potatoes	Mandarin Oranges
	Brown Beans	Cornbread	Spinach

GRANNA'S

HEART HEALTHY Combo's FROZEN 5-PACK

The VH66 & VH67 entrée's are Heart Healthy, Low Sodium and diabetic friendly Combo's! These make the following combo meals extremely healthy, very nutritious & mouth watering good!

All frozen meals include bread, dry milk & snacks

VH66	Salisbury Steak w/Brown Gravy	Mashed Potatoes	Broccoli, Cauliflower & Carrots
	Baked Chicken	Peas & Carrots	Cooked Cabbage
	Teriyaki Chicken Breast	Sweet Potatoes	Zucchini
	Sliced Ham on Rice	Seasoned Potatoes	Broccoli, Cauliflower & Carrots
	Riblet with BBQ Sauce	Baked Beans	Broccoli

VH67	Beef Stew	Cornbread	Mandarin Oranges
	Chicken Fillet w//Gravy	Sweet Potatoes	Mixed Vegetables
	Chicken & Dumplings	Broccoli & Cauliflower	Spiced Apple Rings
	BBQ Chicken	Potato Salad	Mango
	Brown Beans	Cornbread	Spinach

GRANNA'S

5-pack

heart healthy
HH51, HH52, & HH53 entrée's
are heart healthy only

All frozen meals include bread, dry milk & snacks

HH51	Chicken Nuggets	Ranch Style Beans	Pineapple
	Oatmeal	Blueberry Muffin	Mandarin Oranges
	Turkey Pot Roast w/Dressing	Vegetables	Pineapple
	Chicken Pot Pie	Green Beans	Spiced Apple Rings
	Beef Brisket	Baked Beans	Carrots

HH52	Salisbury Steak w/Gravy	Mashed Potatoes	Broccoli, Cauliflower & Carrots
	Baked Chicken	Potato Salad	Mango
	Brown Beans	Cornbread	Spinach
	Beef Brisket	Baked Beans	Carrots
	BBQ Chicken	Potato Salad	Mango

HH53	Beans & Wieners	Carrots	Potato Salad
	Corned Beef	Peas	Mandarin Oranges
	Teriyaki Chicken Breast	Sweet Potatoes	Zucchini
	Oatmeal	Blueberry Muffin	Mandarin Oranges
	Riblet w/BBQ Sauce	Sweet Potatoes	Zucchini Slices

GRANNA'S

Shelf Stable

5 pack

Shelf Stable meals include dry milk, juice & snacks

55 E	Clam Chowder
	Ham & Beans
	Chili
	Ravioli
	Chicken & Dumplings

80	Lasagna
	Chicken & Pasta
	Chili & Crackers
	Mac & Cheese
	Chunk Chicken
	Fruit Cup x 3

56 E	Ravioli
	Clam Chowder
	Potato & Ham
	Ravioli
	Chicken & Rice

81	Beans & Wieners
	Beef Stew
	Chunk Ham
	Tomato Soup & Crackers
	Vienna Sausage
	Fruit Cup x 3

59 E	Chili
	Potato & Ham
	Chicken Noodle
	Tomato Soup
	Vienna Sausage

GRANNA'S

SHELF STABLE

7-PACK

Shelf Stable meals include dry milk, juice & snacks

75E	Chicken & Dumplings
	Chicken Noodle
	Vienna Sausage
	Tomato Soup
	Chicken & Rice Soup
	Potato & Ham Soup
	Chili

76E	Chicken & Dumplings
	Chicken Noodle
	Beef Vegetable
	Beans & Ham
	Potato & Ham
	Ravioli
	Clam Chowder

Granna's Shelf-Stable Meals contain brands such as Hormel, Kraft, Nabisco, Frito-Lay, Kellogg's, Keebler, Chef-Boyardee and Campbell's. The nutritional information will be found on the individual labels within the meal packets and will vary with each meal packet received.