

# Dillons Deli CHAMPSS Menu

Available 10/1/2021 – 09/30/2022

Select one item from each category

Protein – 3oz portion – select 1 item

Grilled Chicken Breast

Grilled Salmon

Lasagna

Baked Chicken Breast

Turkey Breast

Vegetable – 1 cup– select 1 item or 2 cups Salad Mix

## 1 Cup Serving Size

Superfood Salad

Kentucky Cole Slaw

Green Beans or Corn

Carrots & Sugar Snap Peas – steamed upon request

\*Vegetable sticks (carrots & celery)

\*Veggie Medley (broccoli, carrots, cauliflower) steamed upon request

\*may be served with 2tbsp. Light Ranch or Italian dressing on the side

## 2 Cup Serving Size

\*American Blend Salad Mix

\*Hearts of Romaine Salad Mix

Fruit – 2/3 cup or 1 whole piece– select 1 item

Grapes, Blueberries or

Strawberries

Whole fruit:

Apple, Orange or Banana

Starch – ½ cup– select 1 item

Steamed White or Brown rice (1 – 4oz spoodle)

Mashed Potato (without gravy)

Baked or Twice Baked Potato (without toppings)

\*If Lasagna is chosen as the entrée, then no additional starch item is required

Included with all meals:

1 slice Whole Grain Bread or 1 Whole Grain English Muffin

8oz Skim Milk

Fried Meats and Vegetables are not included in the CHAMPSS meal plan

\*\*Substitutions cannot be made due to the dietary guidelines of the meal program\*\*