**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
- Baked Chicken Breast
- Grilled Salmon
- Turkey Breast
- Lasagna

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

<table>
<thead>
<tr>
<th>1 Cup Serving Size</th>
<th>2 Cup Serving Size</th>
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</thead>
<tbody>
<tr>
<td>Superfood Salad</td>
<td>*American Blend Salad Mix</td>
</tr>
<tr>
<td>Kentucky Cole Slaw</td>
<td>*Hearts of Romaine Salad Mix</td>
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<tr>
<td>Green Beans or Corn</td>
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<tr>
<td>Carrots &amp; Sugar Snap Peas</td>
<td>steamed upon request</td>
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<tr>
<td>*Vegetable sticks (carrots &amp; celery)</td>
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<tr>
<td>*Veggie Medley (broccoli, carrots, cauliflower)</td>
<td>steamed upon request</td>
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<tr>
<td>*may be served with 2 tbsp. Light Ranch or Italian dressing on the side</td>
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</tbody>
</table>

### Fruit – 2/3 cup or 1 whole piece – select 1 item
- Grapes
- Blueberries
- Whole fruit: Apple, Orange or Banana
- Strawberries

### Starch – ½ cup – select 1 item
- Steamed White or Brown rice (1 – 4 oz 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
- 8 oz 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**