



Check out all of the food you can choose from!

Diabetes Friendly Frozen Vegetarian

BREAKFAST

Apple Cinnamon Oatmeal			Cinnamon Streusel Muffin		
Apple Strudel Bar			Double Chocolate Muffin		
Baked Blueberry Oatmeal			Granola Cereal		
Banana Nut Muffin			Harvest Nut Bar		
Biscotti Bites			Homestyle Pancakes		
Blueberry Lemon Baked Bar			Honey Wheat Bagel		
Blueberry Muffin			Maple Brown Sugar Oatmeal		
Buttermilk Waffles			NutriFlakes Cereal		
Canadian Style Turkey Bacon, Egg and Cheese Muffin			Oatmeal Cranberry Bites		
Chewy Chocolate Chip Granola Bar			Peanut Butter Granola Bar		
Chocolate Biscotti Bites			Strawberry Cheese Crepe		
Chocolate Chip Baked Bar			Sweetened O's Cereal		
Cinnamon Bun			Thick Sliced French Toast		
Cinnamon Bun Bar			Turkey Ham & Cheese Omelet		
Cinnamon Raisin Baked Bar			Turkey Sausage & Egg Muffin		
Cinnamon Roll					

SNACKS

Apple Pecan Bites			NutriChocolates		
Carrot Cake			Oatmeal Chocolate Chunk Cookie		
Cheesecake Flavored Bar			Oatmeal Raisin Cookie		

Cheese Puffs			Orange Cream Bar		
Chewy Peanut Bar			Peanut Butter Cookie		
Chocolate Brownie Sundae			Popcorn		
Chocolate Cake			Pretzels		
Chocolate Caramel Bar			Red Velvet Whoopie Pie		
Chocolate Chip Cookies			Salt and Vinegar Snack-A-Rounds		
Chocolate Cupcake			Smoky BBQ Snack-A-Rounds		
Chocolate Peanut Butter Brownie			Snickerdoodle Cookie		
Chocolate Sandwich Cookies			Stuffed Apple Pie		
Chocolatey Nougat Bar			Stuffed Chocolate Pie		
Chocolatey Pretzel Bar			Sweet and Salty Snack Mix		
Coconut Almond Bar			Thin Mint Crisp Bar		
Dark Chocolate and Sea Salt Nut Bar			Tiramisu		
Double Chocolate Peanut Butter Cookies			Toffee Crunch Cookies		
Fudge Bar			Vanilla Shortbread Cookies		
Fudge Brownie			Walnut Chocolate Chip Cookies		
Garlic Parmesan Snack-A-Rounds			White Cheddar Popcorn		
Golden Pound Cake			White Chocolate Chunk Cookies		
Honey Mustard Pretzel Bits			Whole Grain Soft Pretzel		
Ice Cream Sandwich			Zesty Herb Snack Mix		
Milk Chocolate Flavored Pretzels			Zesty Pizza Snack-a-Rounds		

DINNER

BBQ Seasoned Chicken			Margherita Pizza		
Bean Bolognese			Meatballs in Marinara Sauce		
Beef and Broccoli with Orzo			Meatloaf Sandwich		
Black Bean Polenta Enchilada with White Meat Chicken			Mushroom Risotto		
Broccoli & Cheese Stuffed Chicken Breast			Mushroom Stuffed Chicken Breast		
Chicken Alfredo			Pasta Fagioli		
Chicken and Bacon Ranch Pizza			Penne Bolognese with Meat Sauce		







Chicken and BBQ Beans		Ravioli Formaggio	
Chicken and Vegetable Stir-Fry		Ravioli with Meat Sauce	
Chicken Enchilada		Roasted Turkey Medallions	
Chicken Fettuccine Alfredo		Rotini & Meatballs	
Chicken Parmesan		Salisbury Steak With Mac & Cheese	
Chicken Pasta Parmesan		Santa Fe Style Chicken	
Chicken Pot Pie		Sesame Ginger Chicken	
Chili with Beans		Shrimp & Chicken Stir-Fry	
Fiesta Macaroni and Cheese		Stuffed Shells	
Grilled Sausage and Peppers		Thick Crust Pizza	
Hearty Beef Stew		Tuna Casserole	
Hickory Smoke Flavored Beef Patty		Turkey Sausage & Bacon Rigatoni	
Italian Herb Flatbread Pizza		Tuscan Inspired Pasta	
Italian Sausage and Turkey Pepperoni Pizza		Vegetable Lasagna	
Lasagna with Meat Sauce		Vegetarian Chili	
Mac & Cheese with Turkey Sausage		Whole Wheat Ricotta Crepes	

LUNCH

Arroz con Pollo		Homestyle Chicken	
Beans & Ham Soup		Loaded Potato	
Black Beans & Rice		Meatball Parmesan Melt	
Broccoli & Cheese Melt		Pepperoni Pizza Melt	
Cheddar Broccoli Rice		Red Beans & Rice	
Cheese Tortellini		Southwest Fiesta Melt	
Chicken Fajita Melt		Spicy Kung Pao Noodles	
Chicken Mozzarella Melt		Spinach and Cheese Pretzel Melt	
Chicken Noodle Soup		Steak & Cheese Melt	
Chocolate Covered Cherry Bar		Sweet BBQ Sauce with Pulled-Style Pork	
Chocolate Peanut Butter Bar		Three Cheese Chicken	
Creamy Beef Alfredo		Tortilla Soup	
Double Chocolate Caramel Bar		Trail Mix Bar	

Four Cheese Melt	 	Turkey Pot Pie Melt	 
Fudge Graham Bar	  	White Bean Chicken Chili	 
Grilled Chicken Sandwich	 	White Cheddar Mac and Cheese	 
Hamburger			

SHAKES

TurboShake Chocolate - 7 pack	 	TurboShake Vanilla - 7 pack	 
TurboShake Chocolate Mix - 14 Servings	 	TurboShake Vanilla Mix - 14 Servings	