

# Lower Sodium Foods List

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## BREAKFASTS

BLUEBERRY MUFFIN  
CHEESY EGG & STEAK QUESADILLA  
CHOCOLATE MUFFIN  
CINNAMON COFFEE CAKE  
CINNAMON ROLLS  
CLASSIC WAFFLES  
CRANBERRY ALMOND BARS  
COTTAGE CHEESE, EGG, & TURKEY SAUSAGE BURRITO  
MAPLE FRENCH TOAST STICKS  
SUNSHINE SANDWICH

## ENTREES

BAKED ZITI  
BEAN & CHEESE BURRITO  
BROCCOLI & CHEESE STUFFED POTATO  
CHEESY MASHED POTATOES & FRIED CHICKEN  
CHICKEN & WILD RICE SOUP  
CHICKEN BURRITO  
CHICKEN CRANBERRY SALAD WITH CRACKERS  
CHICKEN FETTUCCINE ALFREDO  
CHICKEN MARGHERITA PASTA  
CHICKEN MARSALA

## ENTREES

CHICKEN STREET TACOS  
CHICKEN RANCH MELT  
CLASSIC CHEESEBURGER  
CLASSIC CHICKEN CARBONARA  
CLASSIC LASAGNA WITH MEAT SAUCE  
DELI STYLE TUNA SALAD WITH CRACKERS  
HAM & SWISS BAGUETTE  
ITALIAN SAUSAGE PIZZA  
LOADED BAKED POTATO  
MARGHERITA PIZZA  
MEATLOAF & VEGETABLE MEDLEY  
ORANGE CHICKEN  
PEPPERONI PIZZA  
SEASONED STEAK  
SPAGHETTI WITH MEATBALLS  
THREE CHEESE MACARONI WITH BROCCOLI & CARROTS

## DESSERTS

CARAMEL CHIP COOKIE  
CHOCOLATE CHEESECAKE  
NUT & HONEY RECHARGE BAR