


Sodium (Na+) is listed in milligrams next to each item. All meals include Milk 110 calories & 125mg sodium. Margarine 36 calories & 47mg sod. Symbols >high in fiber # higher in sugar, * high in sodium.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	WEEK B	3	Na+	4	Na+	5	Na+	6	Na+
CHEESEBURGER	200	APPLE CIDER	240	GRILLED CHICKEN	320	MAC & CHEESE	403	BEEF CHILI	176
*KETCHUP	187	BEEF STEW		PEACH SALSA	45	ESCALLOPED	143	W/ BROWN RICE	36
POTATO WEDGES	27	WITH VEGETABLES		MASHED POTATO	63	TOMATOES		BROCCOLI	12
GERMAN SLAW	81	RED BLISS POT	4	SCANDINAVIAN VEG	42	>FRUIT LOAF	78	DINNER ROLL	160
HAMBURGER ROLL	230	>MULTIGRAIN ROLL	190	>OATMEAL BREAD	121	PINEAPPLE	1	APPLESAUCE	20
CINNAMON APPLE	4	MANDARIN ORANGES	6	#TAPIOCA PUDDING	130				
Total Sodium	729	Total Sodium	440	Total Sodium	721	Total Sodium	625	Total Sodium	404
Total Calories	654	Total Calories	533	Total Calories	510	Total Calories	641	Total Calories	467
9	WEEK A	10	Na+	11	Na+	12	Na+	13	Na+
LASAGNA W/	290	CHICKEN	320	*L.S. HOT DOG	550	MEATLOAF W/GRAVY	179	SWEDITH	321
TOMATO SAUCE	55	COQ AU VIN	67	*MUSTARD	55	GARLIC MASH POTATO	62	MEATBALLS	
FALL BLEND	15	O'BRIEN POTATOES	117	POTATO WEDGES	27	SPRING VEGETABLES	57	EGG NOODLES	35
VEGETABLES		BEETS	162	CABBAGE &	47	>WHOLE WHEAT	160	TAHITIAN	38
>OATMEAL ROLL	121	>MULTIGRAIN	190	CARROTS		BREAD		VEGETABLES	
FRESH APPLE	2	BREAD		HOT DOG ROLL	210	#CHOCOLATE	191	WHEAT BREAD	115
		MANDARIN ORANGES	6	PEACHES	5	PUDDING		CINNAMON APPLES	4
Total Sodium	483	Total Sodium	862	Total Sodium	894	Total Sodium	649	Total Sodium	513
Total Calories	363	Total Calories	434	Total Calories	611	Total Calories	646	Total Calories	539
16	WEEK B	17	Na+	18	Na+	19	Na+	20	Na+
PATRIOTS		PORTUGUESE	420	MUSHROOM	173	CHEESY BEEFARONI	320	CATCH OF THE DAY	190
DAY		CHICKEN		BARLEY SOUP		CALIFORNIA BLEND	27	LEMON DILL SAUCE	111
NO MEALS		CONFETTI RICE	43	ROAST PORK	244	VEGETABLES		ROAST POTATOES	33
SERVED		BROCCOLI	12	W/GRAVY		>WHOLE WHEAT	160	CHUCKWAGON VEG	2
		OATMEAL BREAD	121	SWEET POTATO	33	BREAD		WHEAT BREAD	115
		#FRUITED JELLO	1	>MULTIGRAIN BRD	190	MIXED FRUIT	10	PINEAPPLE	1
				FRESH ORANGE	6				
Total Sodium		Total Sodium	597	Total Sodium	646	Total Sodium	517	Total Sodium	452
Total Calories		Total Calories	624	Total Calories	623	Total Calories	550	Total Calories	478
23	WEEK A	24	Na+	25	Na+	26	Na+	27	Na+
CHICKEN TERIYAKI	478	BEEF PICADILLO	251	ROAST TURKEY	160	WESTERN OMELET	351	SAUSAGE WITH	520
ASIAN RICE	92	W/BROWN RICE	36	W/GRAVY		HASH BROWN POTATO	136	PEPPERS & ONIONS	
ORIENTAL VEG	26	COUNTRY BLEND	32	#CRANBERRY SAUCE	16	CALIFORNIA		PASTA ALFREDO	116
>WHOLE WHEAT	160	VEGETABLES		MASH POTATO	62	BLEND VEGETABLES	27	SUB ROLL	162
BREAD		>MULTIGRAIN	190	WINTER SQUASH	13	>FRUIT LOAF	78	PEACHES	5
APPLESAUCE	20	BREAD		DINNER ROLL	190	PEARS	4		
		MANDARIN ORANGES	6	#BIRTHDAY CAKE	209				
Total Sodium	776	Total Sodium	515	Total Sodium	650	Total Sodium	596	Total Sodium	803
Total Calories	401	Total Calories	429	Total Calories	651	Total Calories	533	Total Calories	496
30	WEEK B							<p>FOR RESERVATIONS OR CANCELLATIONS CALL 781-784-4944 AT LEAST 24 HOURS IN ADVANCE FOR WEATHER EMERGENCIES PLEASE CHECK WITH WCVB CHANNEL 5 SUGGESTED VOLUNTARY DONATION PER MEAL IS \$3.00</p>	
EGG SALAD	373								
GERMAN POTATO	85								
SALAD									
COLE SLAW	81								
>WW ROLL	160								
#BROWNIE	184								
Total Sodium	883								
Total Calories	558								

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